

Press Release

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MASTERCHEF WINNER, JANE DEVONSHIRE, SUPPORTS COELIAC UK AT WINTER-THEMED FREE FROM EVENT IN LIVERPOOL

Jane Devonshire, winner of MasterChef 2016 will be on Coeliac UK's stand (A9) at the Free From Show Winter 2018 at the Exhibition Centre Liverpool Kings Dock, on Saturday 3 and Sunday 4 November 2018.

The show is the world's largest celebration of 'free from' food, drink and lifestyle products and Jane will be on Coeliac UK's stand and signing copies of her recently launched cook book, *Hassle Free Gluten Free*, written in association with Coeliac UK.

Jane explains: "My youngest child Ben, was diagnosed with coeliac disease when he was two years old, so most of the food we eat is gluten free and no one really notices. It has become a way of life and integral to how I cook."

Coeliac UK is the largest independent charity for people who need to live gluten free, whether due to coeliac disease or another medical condition. 1 in 100 people in the UK has coeliac disease but around half a million people in the UK are undiagnosed. A serious autoimmune condition caused by a reaction to gluten, found in wheat, barley and rye, people diagnosed with coeliac disease must maintain a strict gluten free diet for the rest of their life to avoid very serious complications such as osteoporosis, infertility and, although rare, small bowel cancer.

The Free From Show Winter 2018 will feature talks and demonstrations throughout the weekend, including talks by Coeliac UK experts on how to keep healthy on a gluten free diet and managing coeliac disease over the winter months. The charity's Food Economist will also be doing a cookery demonstration making gluten free pasta.

Ends

For more information and interviews with Jane Devonshire please contact
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Notes to Editors

- Jane will be on Coeliac UK's stand A9 from 11am – 2pm on both Saturday 3 November and Sunday 4 November Exhibition Centre Liverpool Kings Dock, L3 4FP. Coeliac UK will also be on stand B14.
- For more information on the show see: <http://www.allergyshow.co.uk/liverpool/>
- Coeliac UK is the national charity for people who need to live without gluten, whether due to coeliac disease or another medical condition requiring a gluten free diet. Gluten is a protein found in wheat, rye and barley
- The charity was launched in 1968 and is celebrating its 50th Anniversary this year
- Coeliac disease is a serious illness where the body's immune system reacts to gluten found in food, making the body attack itself. Symptoms include diarrhoea, vomiting, stomach cramps, mouth ulcers, fatigue and anaemia.
- In undiagnosed, untreated coeliac disease there is a greater risk of complications including anaemia, osteoporosis, neurological conditions such as gluten ataxia and neuropathy, and although rare there's an increased risk of small bowel cancer and intestinal lymphoma.
- 1 in 100 people in the UK has coeliac disease and the average time to diagnosis is 13 years.
- At least 1 in 4 people diagnosed with coeliac disease had previously been diagnosed with IBS.
- Coeliac UK has a Helpline on 0333 332 2033 and further information can be found at www.coeliac.org.uk