

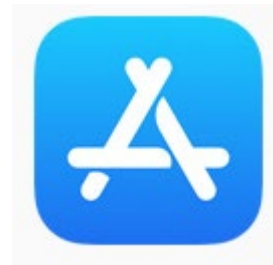


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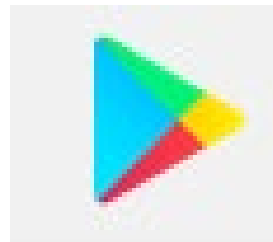
Gluten Free Food Checker

Getting started

Gluten Free Food Checker (by Coeliac UK)

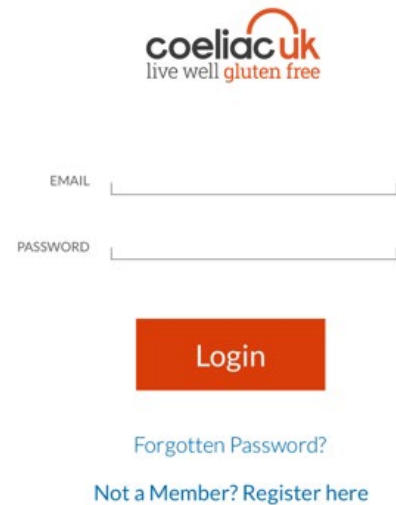


<https://www.apple.com/uk/ios/app-store/>



<https://play.google.com/store>

Login and set up



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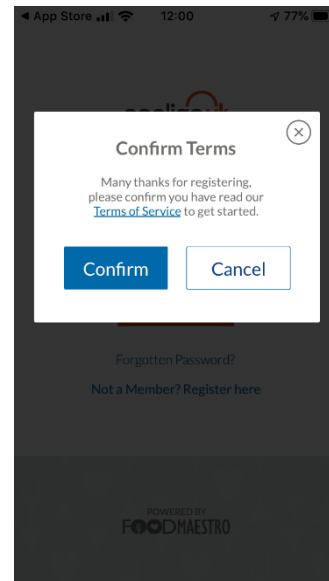
EMAIL

PASSWORD

Login

[Forgotten Password?](#)

[Not a Member? Register here](#)



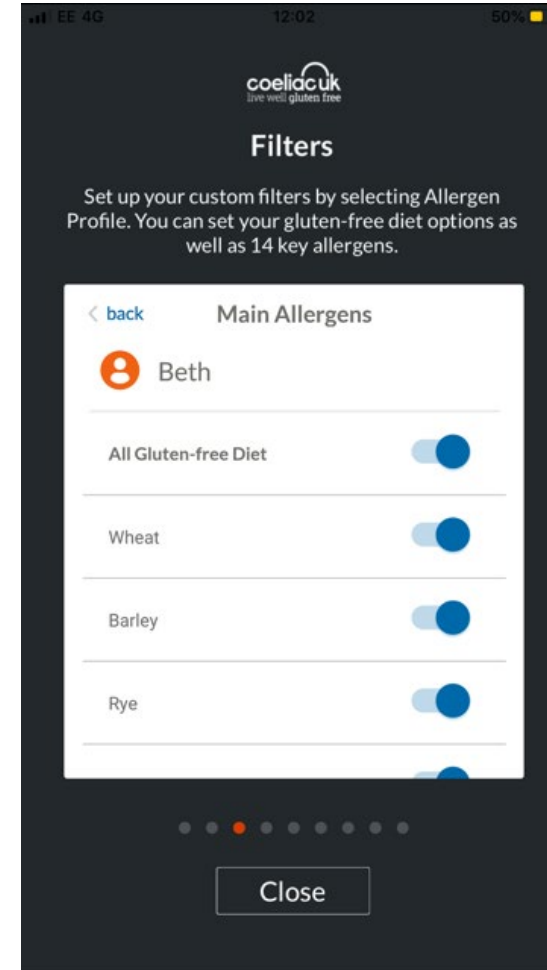
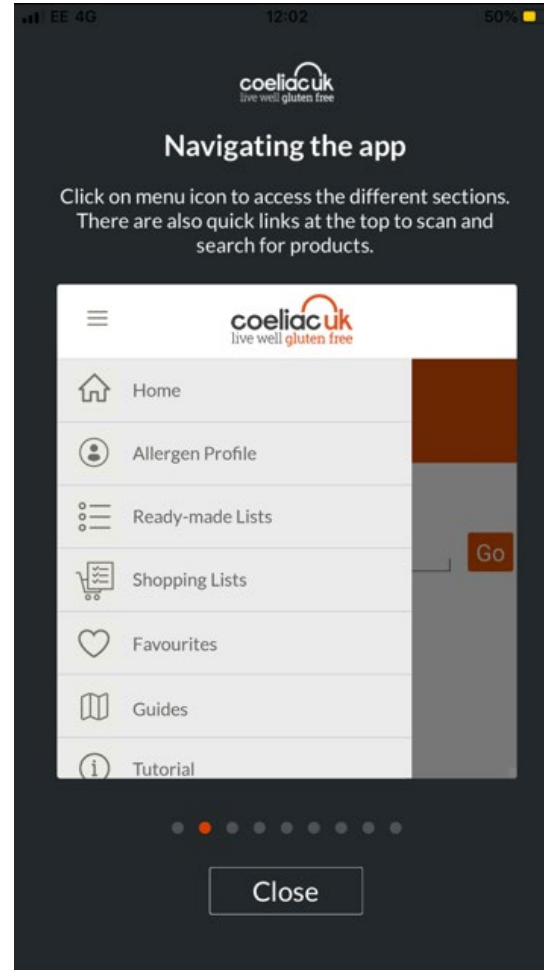
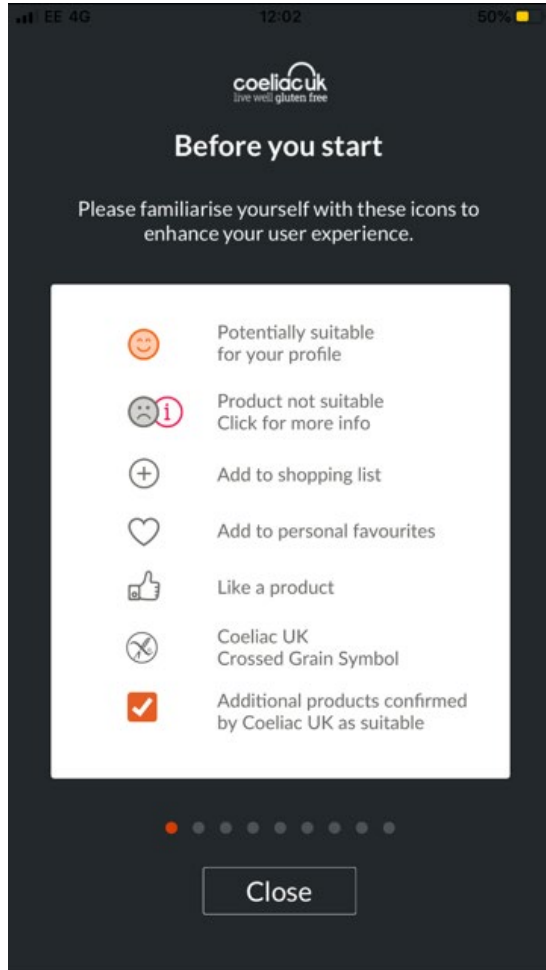
- Use the same details as your membership login:

Username is email address
Password

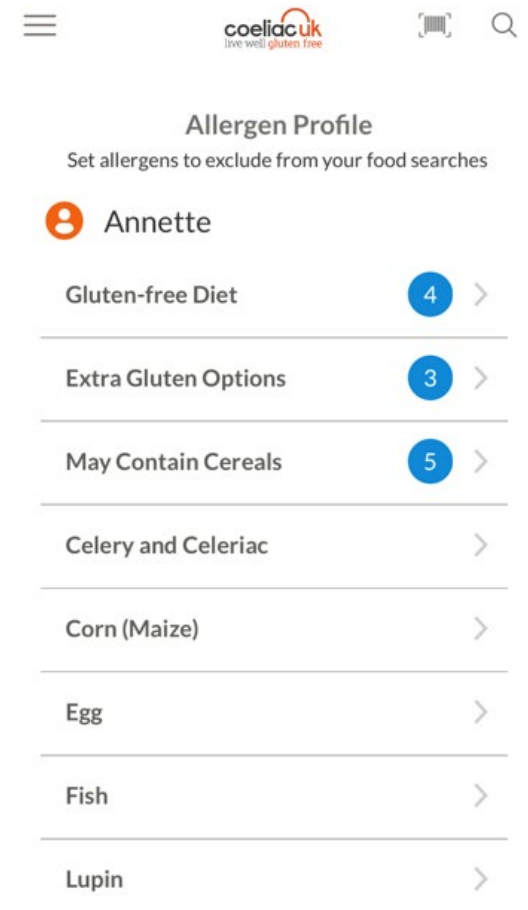
- guest@coeliac-test.org.uk, GlutenFree2020



Tutorial

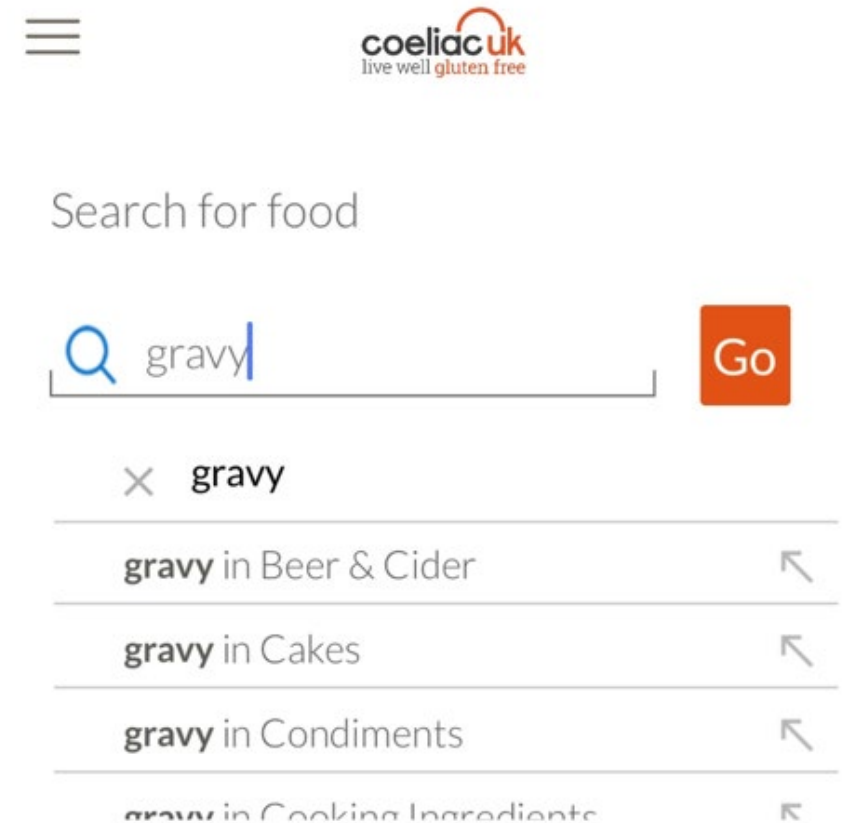
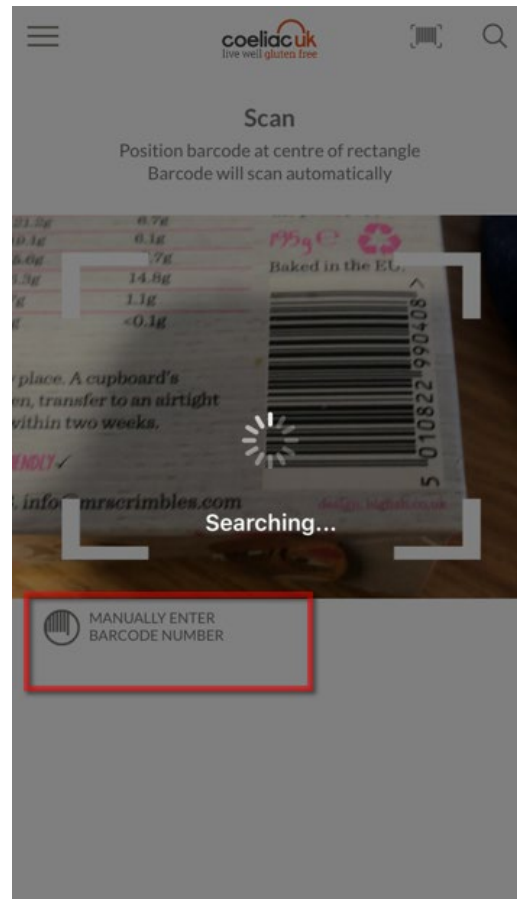
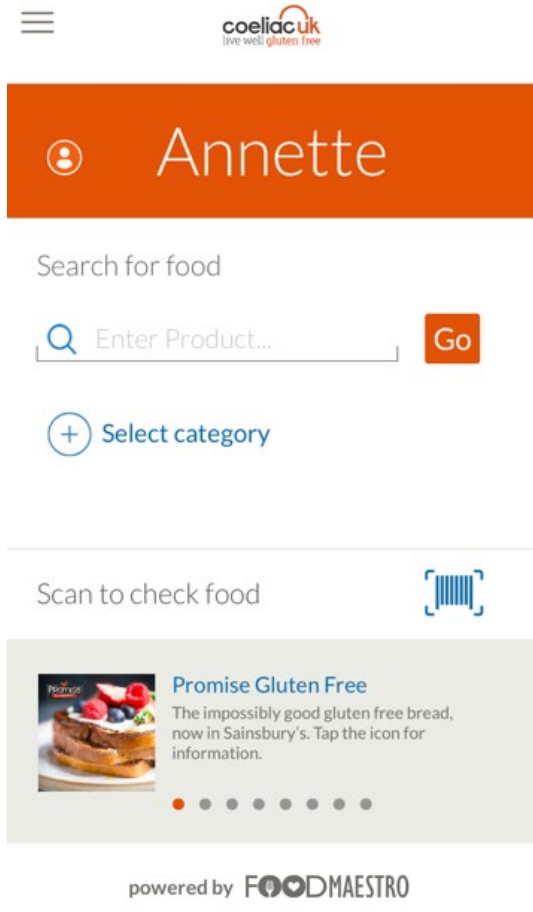


Allergen profile



- **Really important** this is checked before you search or scan products
- The Gluten free diet and May contain cereals filters are selected by default
- Extra Gluten Options remove products with wheat starch, GF oats and GF Barley
- The profile on the app will match the profile in your online account on Coeliac UK's website

Product search and scan



Search results

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< back Search results
gravy: 184 items

Refine results (e.g. by brand name...) Go

- Asda Free From Chicken & Gravy Pie 200g
- Asda Free From Gravy Granules 170g
- Asda Free From Gravy Granules for Chicken 170g
- Asda Free From Steak & Gravy Pie 200g
- Bisto Gluten Free Gravy Granules 175g

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< back Product detail

SUMMARY INGREDIENTS NUTRITION

Asda Free From Gravy Granules 170g

0 likes

PROFILE SUITABILITY

Annette

ADD TO SHOPPING LIST ADD TO FAVOURITES SHARE THIS PRODUCT PRODUCT FEEDBACK

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< back Product detail

SUMMARY INGREDIENTS NUTRITION

Asda Free From Gravy Granules 170g

Ingredients Label Itemised Ingredients

Potato Starch, Palm Oil, Salt, Maltodextrin, Colour (Ammonia Caramel), Flavouring, Hydrolysed Maize Protein, Onion Powder, Lactic Acid, Emulsifier (Lecithins)









Typical Values	(prepared as directed) Per	(prepared as directed) Per
Energy KJ	133	100
Energy kcal	32	24
Fat	2.1g	1.5g
of which saturates	1.1g	0.8g
Carbohydrate	3.2g	2.4g
of which sugars	<0.5g	<0.5g
Fibre	<0.5g	<0.5g
Protein	<0.5g	<0.5g

Ready made lists

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Ready-made Lists

Here are some ready to go lists compiled by our gluten-free experts



 GF Baked Beans 99 items	 GF beers, lagers, ales and stouts 6 items
 GF flours and flour mixes 29 items	 GF granola 52 items
 GF muesli 54 items	 GF pizzas 31 items
	



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< back



GF Baked Beans



99 items

 Ansora Baked Beans in Tomato Sauce 2.61kg
+ 

 Ansora Baked Beans in Tomato Sauce 2.61kg
+ 

 Asda Baked Beans 220g
+ 

 Asda Baked Beans Reduced Salt in our Tasty Tomato Sauce 410g
+ 




 Asda Baked Beans in our Tasty Tomato Sauce 220g
+ 




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< back



GF granola


52 items

 Bakery on Main Fiber Power Cinnamon Raisin Granola 34g
+  

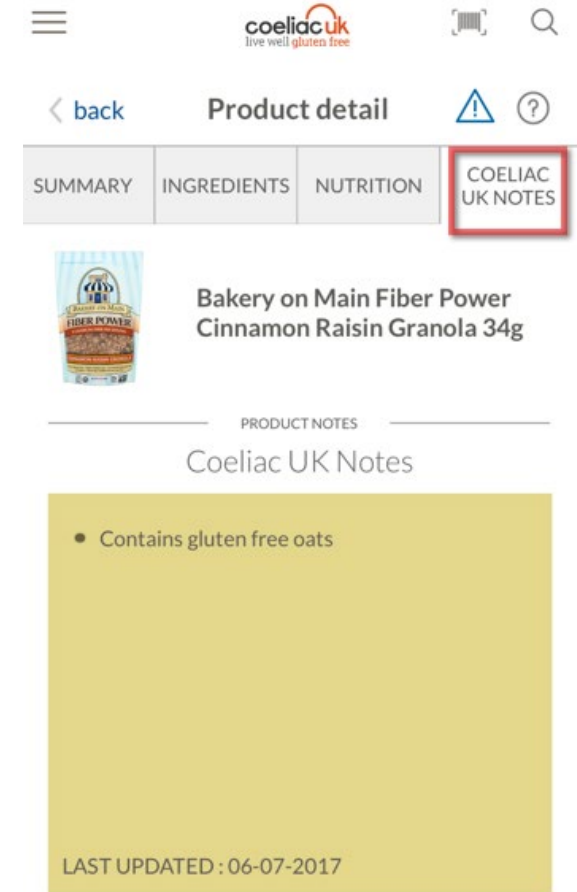
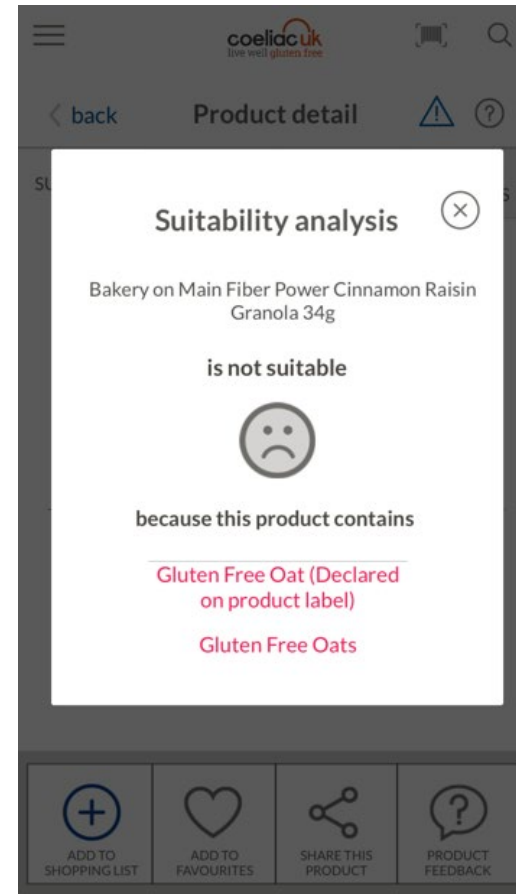
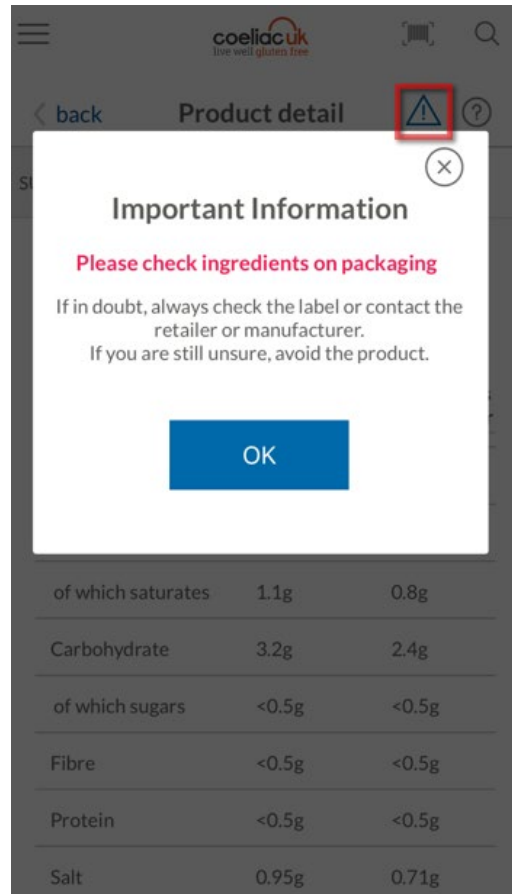
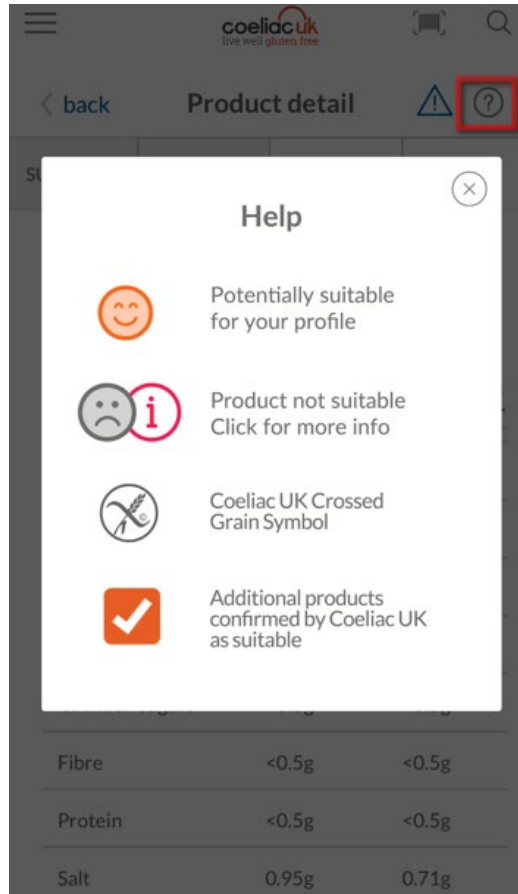
 Bakery on Main Fiber Power Triple Berry Granola 34g
+  

 Bakery on Main Gluten Free Cranberry Orange Cashew Granola 340g
+ 

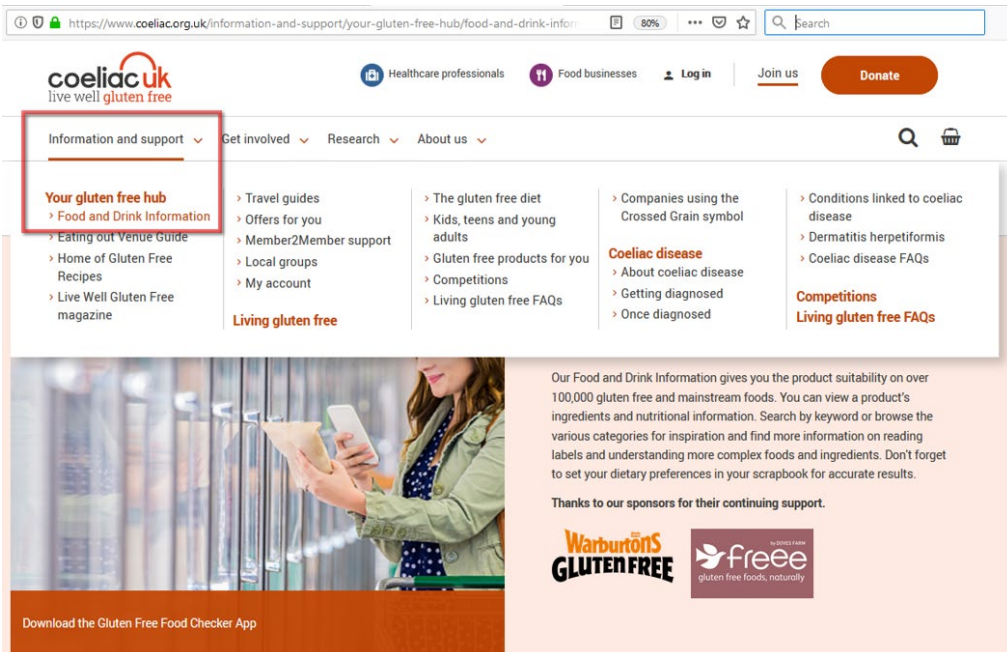
 Bakery on Main Gluten Free Rainforest Granola 340g
+ 

 Big Oz Granola Red Berries (Contains GF Oats) 450g

Additional information



Online food and drink information



https://www.coeliac.org.uk/information-and-support/your-gluten-free-hub/food-and-drink-infor

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Healthcare professionals Food businesses Log in Join us Donate

Information and support Get involved Research About us

Your gluten free hub

- Food and Drink Information
- Eating out Venue Guide
- Home of Gluten Free Recipes
- Live Well Gluten Free magazine

- Travel guides
- Offers for you
- Member2Member support
- Local groups
- My account

Living gluten free

- The gluten free diet
- Kids, teens and young adults
- Gluten free products for you
- Competitions
- Living gluten free FAQs

- Companies using the Crossed Grain symbol



- Coeliac disease
- About coeliac disease
- Getting diagnosed
- Once diagnosed

- Conditions linked to coeliac disease
- Dermatitis herpetiformis
- Coeliac disease FAQs

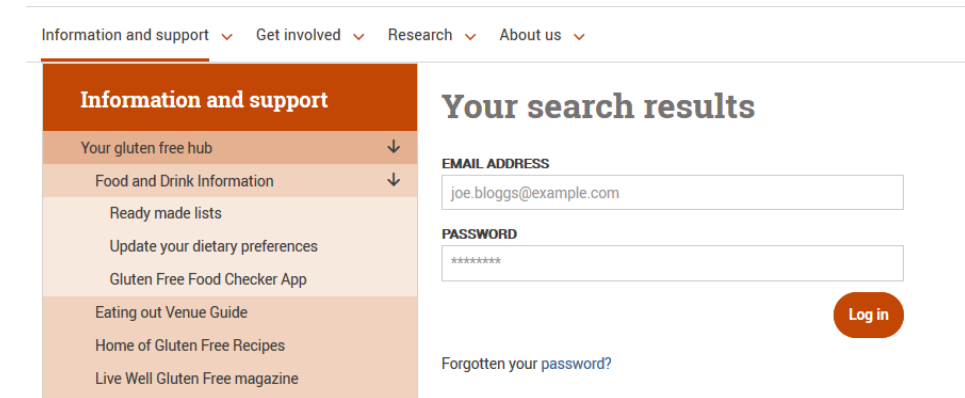
- Competitions
- Living gluten free FAQs

Our Food and Drink Information gives you the product suitability on over 100,000 gluten free and mainstream foods. You can view a product's ingredients and nutritional information. Search by keyword or browse the various categories for inspiration and find more information on reading labels and understanding more complex foods and ingredients. Don't forget to set your dietary preferences in your scrapbook for accurate results.

Thanks to our sponsors for their continuing support.



Download the Gluten Free Food Checker App



Information and support Get involved Research About us

Information and support

- Your gluten free hub
- Food and Drink Information
- Ready made lists
- Update your dietary preferences
- Gluten Free Food Checker App
- Eating out Venue Guide
- Home of Gluten Free Recipes
- Live Well Gluten Free magazine

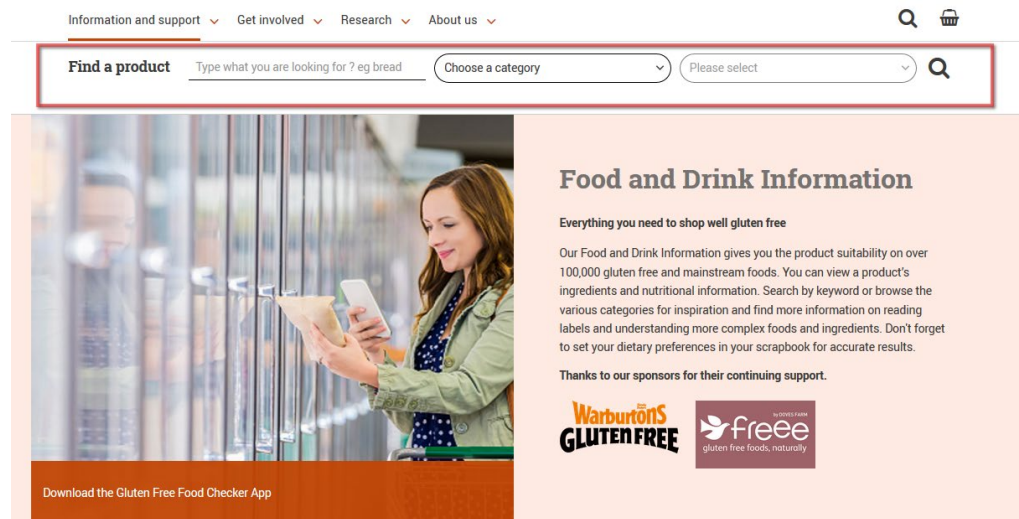
Your search results

EMAIL ADDRESS
joe.bloggs@example.com

PASSWORD

Log in

Forgotten your password?



Information and support Get involved Research About us



Find a product Type what you are looking for? eg bread Choose a category Please select

Food and Drink Information

Everything you need to shop well gluten free

Our Food and Drink Information gives you the product suitability on over 100,000 gluten free and mainstream foods. You can view a product's ingredients and nutritional information. Search by keyword or browse the various categories for inspiration and find more information on reading labels and understanding more complex foods and ingredients. Don't forget to set your dietary preferences in your scrapbook for accurate results.

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Search results

Information and support | Get involved | Research | About us

Information and support

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 - Update your dietary preferences
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Key

- Suitable for you. This icon indicates this product is suitable for you based on your dietary profile.
- Unsuitable for you. This icon indicates this product is unsuitable for you based on your dietary profile.
- Crossed Grain certified. This product is suitable for people following a gluten free diet.
- Coeliac UK approved. Additional products confirmed by Coeliac UK as suitable.

* This is based on the available information that we have about the product.
Please contact our Helpline (0333 332 2033) for product queries.

Your search results

Find a product


[Reset search](#)

910 results found

Sort by: [Alphabetically](#) | [With notes](#) | [Updated](#) | [Likes](#)


- Amy's Kitchen Hearty Organic Quinoa, Kale & Red Lentil Soup 408g**

Category: Soups
Subcategory: Tinned Soups




Suitable Like - 0 likes
- Amy's Kitchen Hearty Organic Rustic Italian Vegetable Soup 397g**

Category: Soups
Subcategory: Tinned Soups



Suitable Like - 0 likes
- Amy's Kitchen Hearty Organic Spanish Rice & Red Bean Soup 416g**

Category: Soups
Subcategory: Tinned Soups



Suitable Like - 0 likes

Amy's Kitchen Hearty Organic Quinoa, Kale & Red Lentil Soup 408g

Brand: Amy's Kitchen
Category: Soups
Subcategory: Tinned Soups
Last updated: 25 March 2016

suitable Like - 0 likes

Ingredients | Nutritional Information | Product feedback

Ingredients label
(Vegan): Filtered Water, Organic Onions, Organic Tomato Puree, Organic Kale (6%), Organic Cooked Quinoa (4%), Organic Red Lentils (3%), Organic Olive Oil, Organic Coriander, Organic Green Onions, Sea Salt, Organic Garlic, Organic Jalapeño Peppers, Organic Ginger, Organic Turmeric, Organic Black Pepper

Itemised ingredients

- Filtered Water
- Organic Onions
- Organic Tomato Puree
- Organic Kale
- Organic Cooked Quinoa
- Organic Red Lentils
- Organic Olive Oil
- Organic Coriander
- Organic Green Onions
- Sea Salt
- Organic Garlic
- Organic Jalapeño Peppers
- Organic Ginger
- Organic Turmeric
- Organic Black Pepper

- [Back](#)
- Similar items**
- Amy's Kitchen Hearty Organic Rustic Italian Vegetable Soup 397g
 - Amy's Kitchen Hearty Organic Spanish Rice & Red Bean Soup 416g
 - Amy's Kitchen Hearty Organic Quinoa, Kale & Red Lentil Soup 408g

Amy's Kitchen Hearty Organic Quinoa, Kale & Red Lentil Soup 408g

Brand: Amy's Kitchen
Category: Soups
Subcategory: Tinned Soups
Last updated: 25 March 2016

suitable Like - 0 likes

Ingredients | Nutritional Information | Product feedback

Typical values	Per 100g	Per Can (serves 1)
Energy	247 kJ	1021 kJ
Energy (in kcal)	59	244
Fat	2.4g	10.0g
of which saturates	0.4g	1.6g
Carbohydrate	7.8g	32g
of which sugars	1.6g	6.6g
Fibre	1.6g	6.6g
Protein	1.6g	6.6g
Salt	0.80g	3.2g

[Back](#)

Amy's Kitchen Hearty Organic Quinoa, Kale & Red Lentil Soup 408g

Brand: Amy's Kitchen
Category: Soups
Subcategory: Tinned Soups
Last updated: 25 March 2016

suitable Like - 0 likes

Ingredients | Nutritional Information | Product feedback

Let us know if you have any updated information on this product

Your comments *

[Submit your comments](#)

[Back](#)

Dietary preferences

- My profile
- My health information
- My dietary preferences →**
- My services
- My gluten free hub
- My favourites
- My support
- My events
- My transactions

You can update your dietary preferences to tailor the food and drink product searches shown within the Gluten free food checker app and on our website. The three gluten filters are already preset to only show product results that are suitable for a gluten free diet.

If you also have other dietary requirements, you can update your profile by choosing from the 14 dietary options below to further refine your product searches.

Please note these dietary preferences will not refine your recipe or venue searches.

[Back to my account](#)

Please tell us about your preferences

<input type="checkbox"/>	Gluten-free Diet(4)
<input checked="" type="checkbox"/>	Wheat
<input checked="" type="checkbox"/>	Barley
<input checked="" type="checkbox"/>	Rye
<input checked="" type="checkbox"/>	Oats
<input type="checkbox"/>	Extra Gluten Options(3)
<input checked="" type="checkbox"/>	Wheat (Gluten Free)
<input checked="" type="checkbox"/>	Oats (Gluten Free)
<input checked="" type="checkbox"/>	Barley (Gluten Free)
<input type="checkbox"/>	May Contain Cereals(5)
<input checked="" type="checkbox"/>	May Contain Gluten
<input checked="" type="checkbox"/>	May Contain Wheat
<input checked="" type="checkbox"/>	May Contain Oats
<input checked="" type="checkbox"/>	May Contain Barley
<input checked="" type="checkbox"/>	May Contain Rye
<input type="checkbox"/>	Celery and Celeryiac
<input type="checkbox"/>	Corn (Maize)
<input type="checkbox"/>	Egg
<input type="checkbox"/>	Fish
<input type="checkbox"/>	Lupin
<input type="checkbox"/>	Milk
<input type="checkbox"/>	Mustard
<input type="checkbox"/>	Peanut
<input type="checkbox"/>	Sesame Seeds
<input type="checkbox"/>	Shellfish
<input type="checkbox"/>	Soya
<input type="checkbox"/>	Sulphites

[Set my dietary preferences](#)



Updates and considerations

- Daily updates via BrandBank
- Individual product updates can also be actioned in house
- Not all products will have images
- Not all supermarkets or brands are listed
- But there is information on over 150,000 products and any product queries can be sent through to Coeliac UK on:

Foodanddrink@coeliac.org.uk 0333 332 2033

