

SUPPORTING SOMEONE WITH COELIAC DISEASE

Helping someone live well gluten free
doesn't have to be difficult


coeliac uk
live well **gluten free**



WHAT IS COELIAC DISEASE?

- It's a serious autoimmune condition where the body attacks its own tissues when gluten is eaten. It's not an allergy or intolerance.
- The disease affects one in 100 people in the UK, but 70% of them are not diagnosed
- Symptoms include diarrhoea, vomiting, stomach cramps, bloating, anaemia, chronic fatigue and mouth ulcers.
- Complications can include osteoporosis, neurological problems and in very rare cases, cancer of the small bowel.
- Find out more at at coeliac.org.uk/coeliacdisease.

The gluten free diet

Gluten is a protein found in the grains wheat, barley, rye and oats (if they aren't marked "gluten free"). The only treatment for coeliac disease is a gluten free diet. And the diet needs to be stuck to strictly – just one crumb of gluten could make someone feel very ill, and in the long term can cause damage to the gut.

Whilst adapting to a new diet can be really challenging for some people, the good news is that lots of foods are naturally gluten free:

- meat
- fish
- fruit and vegetables
- rice
- potatoes
- lentils.

There are also lots of processed foods that don't contain gluten and specially made gluten free alternatives to bread, pasta, cakes and other typically gluten containing foods.

Caring for a child with coeliac disease?
Visit coeliac.org.uk/children for more support.

What can I do to help?

The best thing you can do is just be there. Sticking to a gluten free diet can be isolating, especially on social occasions. But having a gluten free friend or family member doesn't mean you can't have them over for dinner or go out for tea and cake!

Our top tips for friends and family:

Talk to them - find out what gluten free foods they like and what will make them feel most comfortable in situations involving food.

Download our GF checklist - visit coeliac.org.uk/GFchecklist for a list of which foods to check and what isn't suitable. Plus coeliac.org.uk/labels tells you all you need to know about finding safe foods in shops.

Choose accredited venues for meals out - Coeliac UK's GF symbol means that a venue provides gluten free food. Over 3,300 venues in the UK are accredited, including major high street chains.

Don't exclude them - never assume that someone won't want to come to an event because they're gluten free. Most people are happy to advise you on what foods they can eat or would rather bring their own meal than be left out.

Avoiding cross contamination

Cross contamination happens when gluten comes into contact with gluten free food but it's easy to avoid:

- Clean everything before cooking - wipe down surfaces and clean pots/pans with soapy water
- Use a separate toaster or toaster bags
- Use clean oil or a separate fryer for frying gluten free foods
- Use different butter knives or dishes and spoons for condiments
- Prepare gluten free food first, store gluten free dishes on the top shelf. Also, make sure you store gluten free ingredients on

COELIAC UK IS THE CHARITY FOR EVERYONE WHO NEEDS TO LIVE WITHOUT GLUTEN.

We provide independent, trustworthy advice and support, strive for better gluten free food in more places and vital research so that people can live well, gluten free.



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