



GLUTEN FREE DIET

- 1 in 70 people have coeliac disease – a condition in which the body has an abnormal reaction to gluten. It is a life-long condition and the only treatment is a strict gluten free diet.
- Gluten is a naturally occurring protein found in wheat, rye, barley and oats. It is widespread throughout the food supply.
- Unless you have a medical need to do so, there is no benefit to avoiding gluten

Gluten containing foods

Unless labelled as gluten free...

- ✗ Bread
- ✗ Pasta
- ✗ Noodles
- ✗ Pastries and cakes
- ✗ Pizza
- ✗ Baked goods (e.g. doughnuts, eclairs)
- ✗ Biscuits and crackers
- ✗ Couscous
- ✗ Soy sauce
- ✗ Spelt products (bread, pasta, flour)
- ✗ Beer
- ✗ Breakfast cereal
- ✗ Barley
- ✗ Bagels

May contain gluten...

- ✗ Pre-made sauces and dressings
- ✗ Pre-made soups and stocks
- ✗ Stock cubes
- ✗ Ready-made meals
- ✗ Condiments
- ✗ Confectionary
- ✗ Chocolate
- ✗ Muesli bars
- ✗ Potato crisps
- ✗ Deep fried foods (due to batter)
- ✗ Processed meats like sausages and deli meats

Gluten free foods

(Always double-check the ingredients list of packaged products)

- ✓ Rice (including glutinous rice)
- ✓ Quinoa
- ✓ Corn
- ✓ Buckwheat
- ✓ Sorghum
- ✓ Amaranth
- ✓ Gluten free bread
- ✓ Pasta made from rice, quinoa, corn, buckwheat, sorghum, amaranth
- ✓ Breakfast cereal made from rice, quinoa, corn, buckwheat, sorghum, amaranth
- ✓ Popcorn
- ✓ Fresh fruit
- ✓ Fresh vegetables
- ✓ Fresh meat, poultry and seafood
- ✓ Tofu
- ✓ Eggs
- ✓ Nuts and seeds
- ✓ Milk, yoghurt and cheese (unflavoured/plain)
- ✓ Legumes (beans, chickpeas, lentils)
- ✓ Oils
- ✓ Honey
- ✓ Gluten free vegemite
- ✓ Butter and margarine
- ✓ Tamari (gluten free soy sauce)
- ✓ Wine and spirits



Beware of cross-contamination

If gluten-free food comes in contact with gluten-containing food (even in trace amounts), that food is no longer coeliac-safe. Follow these seven tips to minimise the risk of cross contamination:

1. New research suggests separate toasters are not necessary. Simply ensure your toaster is clean and it can be shared between gluten free and gluten containing bread
2. Use separate, clean serving utensils and chopping boards for all gluten free foods
3. Wash your hands thoroughly before preparing gluten free food
4. Have separate spreads and condiments to be used with gluten free products only (butter, honey, jam, mayonnaise, etc.)
5. Don't cook gluten free pasta in the same water that has just cooked regular pasta
6. Don't deep-fry gluten free foods in oil that has been used to fry gluten-containing foods
7. Store gluten free products in separate containers to gluten-containing ones