

Coeliac disease and a gluten

Coeliac disease is treated by a life-long diet which is strictly gluten-free (no “breaking the diet”). This prevents further damage to the villi, and allows it to return to normal so that nutrients in foods can be properly absorbed. Anyone diagnosed with coeliac disease requires the same strict life-long gluten free diet, even if

symptoms are mild or silent.

The gluten free diet includes avoiding:

- wheat (all varieties including spelt, durum, kumat, dinkel);
- rye;
- barley;
- oats;
- triticale, and
- derivatives of these products e.g. malt.

The gluten free diet comprises an abundance of delicious foods made from the gluten free grains and starches including rice, corn, potato, tapioca, soy, millet, amaranth, sorghum, arrowroot, sago, buckwheat and others. Fortunately, there are a great range of alternative gluten free products now available. This will

	Foods to Avoid	Foods to Include
Flours	Wheat flour, wheaten cornflour, bakers flour, spelt flour, rye flour, custard powder made from wheat, oat flour, barley meal, gluten flour.	Rice flour, pure cornflour (maize flour), cornmeal, soya flour, potato flour, arrowroot, buckwheat, sago, sorghum, millet, tapioca, besan flour, urid flour, lentil flour, amaranth, lupin, baby rice cereal
Bread	All bread including rye, and commercial soya bread, flat bread, wuppertaler, pumpnickel, sourdough bread, biscuits, buns, pastries, muffins, crumpets, pikelets, croissants, breadcrumbs	Rice cakes, corn cakes, most rice crackers. Gluten-free bread, breadcrumbs, biscuits, rolls, cakes, pastries and desserts from allowed flours. Gluten-free bread, biscuit and cake mixes. Cornmeal, polenta.
Cereals	Breakfast cereals containing wheat, oats, semolina, barley, rye, malt, malt extract, wheatgerm, wheatbran, oatbran, bulgur	Rice and corn breakfast cereals (check for malt and malt extract). Gluten free cereals, homemade muesli and mixes using allowed ingredients.
Pasta	Spaghetti, noodles, pasta, couscous, gnocchi	Rice, 100% buckwheat noodles, gluten-free pastas, rice vermicelli, rice noodles
Fruit	Fritters, many choc coated sultanas and nuts.	Fresh, frozen, canned, preserved, stewed or dried fruit, fruit juices
Vegetables	Canned or frozen vegetables in sauce, many commercially prepared salads, commercial hot chips/wedges	Fresh, frozen, dried, canned vegetables without sauces, vegetable juices.
Meat, Fish, Poultry	Foods prepared or thickened with flour, battered or crumbed, sausages, many processed meats and fish. Meat pies, frozen dinners	Fresh, smoked, frozen without sauces, crumbs or batters. Canned meat or fish without sauce or cereal. Ham without fillers, bacon, gluten-free sausages.
Dairy Products	Malted milks, icecream with cone or crumbs, many with flavour additions (eg. syrup swirls, confectionery pieces)	Milk, cheese, cream cheese, cream. Most yoghurts and dairy desserts. Plain or flavoured icecream
Legumes, nuts	Textured vegetable protein products, gluten steaks Some baked beans	Dried, canned or fresh beans, nuts, seeds, peanut butter Some baked beans
Takeaway food	Hamburgers, pizza, souvlaki, sausages, battered food (e.g. fried fish), crumbed food (e.g. crumbed chicken), stuffed roast chicken pies and pastries	Steamed rice, most fried rice, grilled fish (check no flour), chicken (no stuffing), baked potato, some chips (check), most sushi (check filling & soy sauce)
Snacks	Many flavoured potato crisps, corn chips, sweets, filled chocolates and packet savoury snacks, licorice.	Plain chocolate, popcorn, jelly, meringue, plain potato crisps, plain corn chips, most rice crackers, most yoghurts
Beverages	Cereal-based coffee substitutes. Many soy milks, and milk flavourings. Barley cordials. Beer, ale, stout, lager. Many hot chocolate drinks and dustings on cappuccino	Water, tea, coffee, cocoa, milk, cordials, soft drinks, mineral water, fruit and vegetable juices Wine, most spirits and liqueurs, cider
Misc	Malt vinegar, many soy sauces, baking powders containing wheat flour, mixed seasonings, yeast extract spreads, Many sauces, pickles, relish, chutney, salad dressings, stock cubes, chicken salt.	Tomato sauce, most vinegars, honey, jam, peanut butter, gelatine, gluten free baking powder, gluten free custard powder, gluten-free soy sauce, sugar, golden syrup, Mighty Mite®, Vege Spread®, Aussie Mite®. Some stock cubes, gravies, sauces and condiments, salad dressings

free diet

enable you to make the transition from a wheat-based diet to gluten free easily without sacrificing good nutrition. The health food section of the supermarket, health food stores and other specialty outlets will stock a variety of gluten free foods. The table summarises general foods to avoid, and to include in the diets for people with coeliac disease. Use the table as a guide only; individual products should always be checked for suitability.

To help ensure you are enjoying your diet safely, it is recommended you see a dietitian with experience in coeliac disease. Coeliac Societies in each state have a list of dietitians who specialise in teaching the gluten free diet.

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