NHS
Calderdale and Huddersfield
NHS Foundation Trust

Department of Nutrition and Dietetics

The Gluten Free Diet

Basic information until you see the dietitian

What is gluten?
Gluten is a protein found in wheat, barley, rye and oats.

Why must I avoid gluten?
Because gluten damages the lining of your gut. This means your body will not be able to use the goodness (nutrients) from the food you eat.

What is the treatment?
You need to avoid gluten in food.
Bread, pastry, cakes, pies, sausages, burgers, pasta, spaghetti, noodles, sauces, batters, breadcrumbs, wheat flour, porridge, beer, flapjack, breakfast cereals, and foods containing wheat, barley, rye and oats.

How long do I have to follow this diet?
It is strongly recommended that you follow the diet for the rest of your life.

Where can I go for help?
Help and advice is available from coeliac UK call their helpline on 0333 332 2033

or visit their website www.coeliacuk.org.uk


Crossed Grain Symbol

You need to check the food label on packaged foods.
Check the ingredients list, allergy box and for the crossed grain symbol (this symbol means the food is suitable for your diet).
Choose food containing the allergy statements: gluten-free, very low gluten, suitable for a gluten free diet, suitable for coeliacs. Allergens such as wheat, barley, rye and oats will be bold.
Also many unprocessed foods are naturally gluten free such as fresh, tinned or frozen fruit and vegetables, plain boiled rice, blocks of hard cheese, fresh potatoes, milk, fruit juices, fresh beef, lamb, fish or chicken (purchase raw meat to cook that has been pre-packaged and check the label.) All these foods are suitable to eat. There are gluten free alternatives available such as breads, crackers, rolls, etc.

Avoid food containing ingredients and allergy statements: CONTAINS GLUTEN, wheat, bulgar wheat, durum wheat, barley, pearl barley, barley malt, cous cous, dinkle, einkorn, emmer, tricale, rye, semolina, oats, spelt, kamut, made on a line handling wheat, made in a factory also handling wheat, barley, rye or oats.

If you also have diabetes choose sugar free or diet gluten free foods.

Keep your appointment with the dietitian and get lots more advice and information, including a starter pack with sample cards to send for samples of gluten free food.

compassionate care

What can I eat when following a gluten free diet?

You may feel that the gluten free diet is very limited; however there are lots of tasty, healthy foods you can choose!

Breakfast – choose from the following list

- ✓ Fruit juice and
- ✓ Eggs - boiled, poached or scrambled or grilled bacon
- ✓ Cereals labelled gluten free – available in most supermarkets or
- ✓ Baked beans*or
- ✓ Gluten free toast / bread / crackers with margarine and jam or marmalade.
- ✓ Yoghurt* with fresh / dried / tinned fruit.
- ✓ Tea, coffee (including fresh or dried milk)

Light meal/lunch ideas – choose from the following list

- ✓ Omelette with cheese and baked beans*
- ✓ Lentil/dhal or vegetable / meat curry with boiled rice (check spice pastes/curry powder prepared sauces*)
- ✓ Gluten free naan bread
- ✓ Jacket potato with hard cheese / cottage cheese/baked beans*/tuna
- ✓ Gluten free pasta salad
- ✓ Gluten free crackers with hard cheese and salad (Pre-packaged*)
- ✓ Gluten free soup
- ✓ Gluten free pitta bread with hummus* and salad (Pre-packaged*)
- ✓ Gluten free bread with margarine filled with meat / chicken / fish (no coatings /flour/batter/breadcrumbs)

Evening meal ideas – choose from the following list

- ✓ Fresh lamb / beef / chicken / wet fish with potatoes and fresh/frozen/tinned vegetables (no coatings/flour/batter/breadcrumbs)
- ✓ Pizza made with gluten free pizza base and salad (Pre-packaged*)
- ✓ Lentil/dhal or vegetable / meat curry with boiled rice (spice pastes/curry powder and prepared sauces*)
- ✓ Gluten free naan bread
- ✓ Chilli and rice (spice pastes and ready made sauces*)
- ✓ Gluten free pasta, sauces (Pre-packaged*)

Puddings – choose from the following list

- ✓ Jelly
- ✓ Rice pudding (Pre-packaged*)
- ✓ Yoghurt*
- ✓ Fresh/tinned fruit (in juice)

(* for these items, you need to check the food label)

Many manufacturers vary ingredients, therefore we advise you always check the label

Ask your supermarket for a 'free from' list

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If you have any comments about this leaflet or the service you have received you can contact :

The Dietitians, Calderdale Royal Hospital, Tel No.01422 224267

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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