

Coeliac Awareness Week 15 – 22 May

Here are a few tips on Coeliac Disease and Gluten Free Eating

In Coeliac Disease damage is caused to the cells of the small intestine due to a reaction to dietary gluten.

Common symptoms include diarrhoea, fatigue, anaemia, cramping and bloating and weight loss. People may experience some or none of these symptoms.

Coeliac disease is treated by a life long gluten free diet, which means avoiding all foods that contain wheat, rye, barley and oats.

Examples of common foods that contain gluten are: flour, bread, biscuits and cakes, crackers, pastry, sausages, beer, dried packet soup, pies, most breakfast cereals, porridge, bran and bran cereals, pasta and spaghetti (unless gluten-free versions).

Common foods that are suitable include foods made from rice, corn, maize, potato and specially made 'gluten free' products.

A balanced diet

Many foods are naturally gluten free such as plain meat, chicken and seafood, fresh fruit and vegetables, most dairy, beans, legumes and nuts.

Follow healthy eating guidelines and include daily:-

- At least 3 servings of vegetables and 2 servings of fruit
- 6 serves of high fibre unprocessed gluten free grains and starchy foods
- 1-2 serves meat, chicken, seafood, nuts, legumes, seeds or eggs
- 2 serves milk and milk products

Buying food and reading labels

Products in New Zealand and Australia that are labelled 'gluten free' must contain no detectable gluten, however, this does not apply for imported foods.

Products displaying the Crossed Grain Logo are certified gluten free by Coeliac NZ.



Coeliac NZ is a not for profit organisation. They have a lot of useful information on their website including how to eat gluten free, eating out, and food labelling. Also check out their Crossed Grain Logo shopping guide. See <http://www.coeliac.org.nz>

The following list may help to clarify some foods that you may be unsure of.

Alcohol

Beer allowed in moderation

Distilled beverages allowed eg whisky, scotch whisky, brandy, wine, fruit liqueurs all allowed

Arrowroot

gluten free; used as a thickening agent

Barley	avoid
Brewer's Yeast	gluten free
Chickpeas	allowed
Corn	gluten free in all forms ie corn-on-the-cob, corn grits, cornmeal, maize, cornflour or corn starch. Also called <u>maize</u>
Couscous	avoid as it is prepared from wheat
Flax/linseed	gluten free; occasionally used as a source of fibre
HVP	avoid hydrolysed vegetable protein only if it is of unknown origin or if it is made from wheat, rye, barley or oats
Lentils	allowed
Malt	malt is not allowed. <u>But</u> malt extracts and flavouring are gluten free
Maltodextrin	gluten free; as it contains malt flavouring
Malt Vinegar	Made from barley – contains gluten (non malt vinegars ok)
Nuts	allowed
Oats	avoid
Pasta	avoid unless specifically labelled gluten free
Pea flour	allowed
Potato flour	allowed
Pulses	gluten free; examples are peas, beans, lentils
Potato	Gluten free; check some potato products eg hash browns, waffles
Rice	gluten free; brown rice, white rice, wild rice, rice flour, ground rice, rice flakes, rice bran are all gluten free
Rye	avoid
Sago	gluten free; usually used in puddings
Semolina	avoid; it is 100% wheat
Sesame	gluten free; seeds are good on top of bread
Soy bean	allowed; also soy flour/flakes/bran allowed. Check brand of soy sauce as not all are gluten free
Tapioca	gluten free; used as a thickener or for puddings. Also called Cassava
Wheat	avoid in all varieties and forms
Wheatgerm Oil	gluten free
Wheat starch	avoid commercial wheat starch

High Fibre Hints

Dietary fibre is an important part of a healthy balanced diet. It can help prevent heart disease, diabetes, weight gain, some cancers and improve digestive health. A gluten free diet may contain less fibre due to the removal of cereals, wheat, rye and barley.

The following are suggestions to help you increase your fibre intake:

Eat plenty of Fruit and Vegetables

- Eat at least three servings of vegetables and two servings of fruit a day.
- Leave the skin on fruit and vegetables to retain maximum fibre content.
- Dried fruits and berries are good sources of fibre
- Add fruit and vegetables to baking mixes to add fibre, moistness and flavour to the baked product -
 - e.g. - Try adding plenty of vegetables to soups and casseroles
 - Add grated carrot/apple to baking mix
 - Add dried fruit to scones and cakes

Eat Legumes

- Beans, such as haricot, pinto, kidney, lima and soy and dried peas, such as split, yellow, green, blue, and chickpeas and lentils are high in fibre and can be used in salads, soups, casseroles and the base of a vegetarian recipe.
- Baked beans and cream style corn are two gluten free instant vegetable meals that are high in both fibre and protein. (Check brands)
- Dried beans need extra soaking and cooking time.
- Try to have some pulses in your diet each week. Start with baked beans and move onto other interesting beans, peas, or lentils.

Use high fibre gluten free grains and cereal

- Brown rice
- Rice bran and soy bran
- Try using fine or coarse cornmeal as they have a higher fibre content than cornflour
- Cornmeal and corn grits can be added to bread or baking and will give a firmer, more crunchy product
- Try millet, as a cereal. It can be made into porridge, used in gluten free muesli, added to baking and also used to chicken soups.
- Try adding whole grain rice flakes or soy flakes in small amounts to bread, muffins and even casseroles.

Include nuts and seeds in your diet

Nuts and seeds contain fibre and can be added to baking or used as snack foods or a spread e.g. nut butters. They can easily be added to salads and vegetables.

Toasted sesame and sunflower seeds make an easy and delicious garnish to salads and steamed vegetables.

Along with increasing the amount of dietary fibre, also have -

1. A sufficient fluid intake (at least 6 cups each day)
2. Regular meal times
3. Regular daily exercise

Recipes

Homemade Gluten Free food is cheaper and healthier than buying ready made gluten free foods. There are thousands of great printable recipes on the internet and many gluten free cookbooks available. Give some new recipes a try and try making extra to freeze for lunches or easy dinners.

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Reference: This information has been developed using information from Coeliac NZ.

