



## Gluten free, Dairy free, Lactose free, Egg free

### Gluten free/Coeliac diet

Any type of food containing **wheat flour, wheat, barley, rye, oats** is not suitable for people with coeliac disease or those on a gluten free diet.

#### Other names for these grains which may be found on food labels are:

Atta, Bourghul/bulgar/bulghur/bulgur, Bran, Couscous, Dinkel, Durum, Emmer, Farina, German Wheat, Graham Flour, Kamat, Polish Wheat, Semolina, Spelt, Triticale (hybrid of wheat and rye), Wheat bran, Wheat germ Malt (barley), Pilcorn



#### Examples of foods that contain gluten:

Unless specified gluten free these types of foods are generally **NOT** gluten free:

Bread, burger buns, cakes, biscuits, croutons, stuffing, luncheon meats, sausages, beer, bagels, cheesecake, wraps, doughnuts, buns, spaghetti, pasta, breakfast cereals, dried packet soup, pizza bases, pies, crackers, gravy.

#### The following foods may contain hidden sources of gluten (unless specified gluten free):

Baked beans, corn flakes, rice bubbles, sausages, marinated meat, imitation seafoods, dry roasted nuts, some ice-cream/desserts, hot chips, chips/crisps, pasta sauces, mince sauces, soups, sauces, soya sauce.

#### Substitutions:

Arrowroot or maize cornflour for thickening, gluten free stock powders and soup mixes, gluten free flour or baking mixes, gluten free bread, rice, potatoes.

### Lactose free

Lactose free is not the same as dairy free although most of the foods to avoid are the same. Lactose free milk and yoghurt is ok on a lactose free diet but not on a dairy free diet.



## Dairy Free

### Foods containing dairy:

Milk, cream, custards, cream sauces and soups, ice cream, gelato, yoghurts, some mayonnaise and other condiments, butter, most margarines, cheese, many baked items.

Usually a food containing milk will specify 'contains milk' on the label.

### Look out for the following on dairy products on food labels:

Milk, buttermilk, milk solids, butter, casein and caseinates, cheese, cheese flavour, cream, curds, dairy solids, custard, ghee, Lactate, lactose, quark, rennet, whey, yoghurt



### Substitutions:

Soy milk, almond milk, rice milk, dairy free margarine (most contain whey), soy yoghurt, sorbet, non- dairy ice cream.

## Egg free

Commercial products containing egg should say "contains egg" on the label. Common foods that may contain egg are mayonnaise and salad dressings, many baked goods, some pastas and noodles, custards, ice cream.

### Look out for the following on food labels:

Egg, dried egg, albumin, anything starting with 'ovo'

### Substitutions:

For 1 egg, substitute:

½ large mashed banana or ½ cup pureed apple or a mix of 1 ½ tablespoons baking powder, 1 ½ tablespoons oil and 1 tablespoon water or commercial egg replacer (as per packet instructions).



***Therapy Professionals has a Dietetic service, so if you need help you just call us, we come to you.***

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