

## Coeliac Disease

### What is Coeliac Disease?

It is a condition in which the body's immune system reacts to gluten. This is a protein found in foods made with wheat, barley, rye, or oats. Eating foods containing gluten damages the lining of the small bowel. This makes it harder to absorb nutrients from food.

### How is it managed?

The only treatment is to follow a strict gluten free diet for life. Eating even small amounts of gluten will cause damage to the bowel lining even though you may not feel unwell. Eating a gluten free diet allows the bowel wall to heal and digestion to return to normal.

### How do I make my diet gluten free?

- Choose foods which are naturally gluten free and change to gluten free products where required. For example eat gluten free bread instead of normal bread.
- Read food labels and ingredient lists carefully. Some gluten free foods are clearly labelled as being gluten free. Others you will need to work out if they are safe to eat. If you see the words wheat, rye, oats, barley or

gluten in the ingredients or in an allergen warning statement then the food is NOT gluten free. This includes wheat starch, cornflour (wheat), thickeners 1400-1450 (wheat derived) or wheat maltodextrin. Starches and thickeners not specified as made from wheat are gluten free. For further information on reading labels, please contact Coeliac Queensland (see page 6).

- Be aware that *Wheat Free* and *Gluten Free* are not the same: *Wheat free* may still include other gluten containing ingredients, such as oats in muesli.
- Be aware of cross-contamination risks. Be aware of crumbs from gluten-containing breads in butter and spreads, toasters and food preparation areas. This applies both at home and when eating out.
- It is important to keep a balanced diet which is high in fibre. Choose high fibre gluten free grains such as wholemeal or seeded gluten free breads or brown rice.

	<b>Foods which are naturally gluten free</b>	<b>Foods to watch out for (READ LABEL) – any gluten present will be declared</b>	<b>Foods to avoid</b>
<b>Grains &amp; flours</b>	Rice Corn/maize Arrowroot Polenta Buckwheat Quinoa Sago/ tapioca Gram Lentil and soya flours Almond meal Lupin Millet Sorghum Teff Amaranth Glutinous rice flour Potato starch/flour	Wheaten cornflour Baking powder	All varieties of wheat (including spelt, kumat, couscous, durum) Rye Semolina Oats Triticale (a hybrid of wheat and rye) Barley Products using malt
<b>Cereal Products</b>	Plain rice & corn cereals (no malt) Gluten free muesli Rice porridge Rice noodles Gluten free corn tortillas Gluten free pasta & lasagne sheets	Corn & rice tortillas/wraps Vermicelli noodles Soba noodles Infant rice cereal (check ingredients, take particular care with selection of ones for over 6 month olds which may contain gluten)	Wheat-based & mixed grain breakfast foods Oat porridge Muesli Infant cereals (except rice) Pasta/macaroni Noodles/spaghetti Ravioli/tortellini Lasagne Egg noodles Udon noodles
<b>Breads, biscuits, cakes etc</b>	Breads/biscuits/cakes labelled as gluten free Plain rice and corn cakes (not all are GF so check label) Plain rice crackers <i>There are many gluten free breads, biscuits, cakes and pizza bases etc now available</i>	Flavoured rice cakes and crackers	Regular bread & rolls (including multigrain) Rye bread Pumpernickel breads Barley bread Sour dough breads Regular biscuits/cakes Ice cream cones or wafers Rusks Waffles/pancakes Crispbreads Pizza bases Croissants

	<b>Foods which are naturally gluten free</b>	<b>Foods to watch out for (READ LABEL) – any gluten present will be declared</b>	<b>Foods to avoid</b>
<b>Meat/meat alternatives</b>	Fresh (non-marinated meats) Eggs Fresh seafood Plain tinned fish (check for 'may contain' statements)	Flavoured tinned fish/chicken Deli meats (ham/turkey/salami etc) Sausages Marinated meats/seafood Tofu BBQ chicken (stuffing and seasoning)	Meat pies/sausage rolls Hamburgers Crumbed/battered meats Imitation seafood e.g. seafood sticks
<b>Dairy</b>	Milk (goats/cow) Cheese (hard/soft) Custard Fresh cream Buttermilk Plain cream cheese Condensed milk Evaporated milk	Soy milks Ice cream Yoghurts & fruche (that contain thickeners) Dairy desserts Flavoured milk Artificial cream Processed cheeses & cheese spreads Custard powders	
<b>Vegetables</b>	Fresh vegetables Dried legumes & lentils (check for 'may contain' statements) Olives Potatoes & sweet potatoes Sweetcorn Pumpkin Salad leaves (including lettuce, spinach, cos and rocket)	Frozen & canned (check for added thickeners and 'may contain' statements) Frozen or take-away chips (watch out for beer battered and sharing of contaminated oil) Processed/canned legumes Vegetable/potato salad	
<b>Fruit</b>	Fresh/frozen/tinned fruit	Commercially thickened fruit products Fruit mince Christmas mince	

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<b>Sauces, spreads &amp; herbs</b>	Jams & honey Golden & maple syrup Marmalade Treacle Molasses Salt & pepper Pure Herbs & spices (check for packets if mixed with other ingredients and 'may contain' statements) Peanut butter Tahini All vinegars <u>except malt</u>	Salad dressings & mayonnaise Meat & fish pastes Asian sauces (soy, fish, oyster etc) All commercial sauces (tomato, BBQ, sweet chilli etc) Stock cubes & gravy mixes Curry powder & pastes Vanilla & flavouring essences Chutney Pickles	Malt vinegar Vegemite, promite & marmite (GF varieties available)
<b>Beverages</b>	Water Mineral water & soft drinks Cordials (some contain barley) Fruit & vegetable juices Soda & tonic water Sports drinks Tea & coffee (some herbal tea bags and flavoured tea bags contain gluten) Wine All <u>distilled</u> spirits (even malted whisky) Fortified wines (port, sherry) Cider	Drinking chocolate Tea & coffee substitutes (coffee 'sachets') Chocolate dusting powder	Barley drinks Beer/ale/lager Milo and other malt powder beverages
<b>Miscellaneous</b>	Jelly (check for 'may contain' statements) Sugar Pure icing sugar Plain dark or milk chocolate (check for "malt" in the ingredients) Popcorn Nuts Butter & margarine Oils	Flavoured crisps & chips Lollies/sweets Filled chocolates & chocolate snack foods Tinned & packet soups Icing mixture (GF varieties available) Cholesterol lowering spreads (gluten flavours added to some)	Liquorice (GF now available) Wheat germ oil Milo and other malt containing powders

## Gluten free alternatives when planning your meals or cooking

Gluten-containing foods	Alternative	Brands
Bread & wraps	Gluten free bread (homemade/store bought)	Old time bakery Pure Bred Golden Life (Helga's, Burgen and Country Life all have gluten free range check package)
Pancakes	Buckwheat GF pancake mixes	
Porridge (oats)	Rice porridge	Bob's Red Mill Rice Farina lowans
Muesli	Gluten free muesli	Carmel's, Coles or Woolworths brands and Health food Co, Food for Health
Cereals	Corn flakes (with psyllium) Rice flakes/puffs (with psyllium) Cocoa Bombs	Norganic, Lowan
Tortillas	Corn tortillas (ensure these are pure corn)	Ole de paso Mission corn chips
Pasta	Rice pasta Rice and corn pasta Buckwheat, Quinoa and rice pasta	Sam Mills, Buon Tempo San remo (has a gluten free range check package)
Pizza bases	GF pizza bases	Old time bakery
Noodles	Rice noodles Buckwheat noodles	
Flour	Gluten free flour Almond meal Chickpea or Buckwheat flour Arrowroot flour	McKenzies Rice Flour White wings gluten free cornflour.
Miscellaneous	Tomato Sauce  Soy Sauce  Yeast spread (alternative to vegemite)  Stock  Gravy	Fountain, master foods Kikkomen soy sauce or tamari. Ozemite (Dick Smith), AussieMite Massell  Gravox (gluten free range check label). Orgran



## Coeliac Queensland

Coeliac Queensland (CQ) supports people with coeliac disease and their families. There are a number of benefits of being a member. These include:

- A quarterly full colour magazine (The Australian Coeliac), a state newsletter (Against the Grain) and a monthly e-newsletter with new products, research updates, travel advice, recipes, cooking tips and other general information on coeliac disease and the gluten free diet.
- Ingredient List Booklet – specifies whether an ingredient is gluten free or not
- Supermarket tours
- Label reading workshops
- Information on eating out and gluten free restaurants and cafes in Queensland
- Tips on travelling overseas, including translation cards
- Information about new companies and restaurants providing gluten-free products and foods
- Children's support and events
- Recipe books and products to purchase

- A member card entitling you to discounts on selected gluten free products at Coles Supermarkets nationally and other businesses throughout Queensland.
- Membership hotline available Monday-Friday 8am-4pm.
- Discounts to CQ events during the year (e.g. the Gluten Free Food Expo).
- Member's only area access on the website - containing fact sheets, quick reference guides, travel advice, and more.

**Web site:** [qld.coeliac.org.au](http://qld.coeliac.org.au)

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GLUTEN (1300 458 836)  
Fax: (07) 3356 4474

**For any queries or concerns please contact your Dietitian**

**Name:** \_\_\_\_\_

**Contact:** \_\_\_\_\_



## Sample Meal Plan:

- Breakfast:            Gluten free muesli with psyllium and low fat milk & fruit  
                             Or  
                             Eggs and grilled tomato on gluten free toast
- Morning tea:        Rice cakes with low fat cheese and tomato
- Lunch:                Wrap or sandwich (choose wholemeal or seeded Gluten Free breads)  
                             with salad and chicken/ham/tuna (gluten free) filling  
                             Piece of fruit
- Afternoon Tea:     Low fat yoghurt
- Dinner:               Meat/fish/chicken with potato and vegetables  
                             Or  
                             stir fried meat/chicken using gluten free sauces with vegetables and  
                             rice  
                             Or  
                             Gluten free pasta with mince and vegetables and gluten free  
                             bolognaise sauce.
- Dessert/supper:    Custard (gluten free)  
                             Or gluten free ice cream  
                             Or gluten free cake/slice.