

coeliac disease



BY REMOVING GLUTEN FROM YOUR DIET YOU CAN RETURN TO A NORMAL LIFE

Coeliac disease is caused by sensitivity to gluten, a protein found in certain food. Gluten causes an inflammation of the small intestine so that it is unable to absorb nutrients from the food you eat. If left untreated coeliac disease can cause very unpleasant symptoms and can lead to poor health. Coeliac disease is a life-long condition diagnosed by a small bowel biopsy.

Fortunately, by removing gluten from your diet, the symptoms of coeliac disease can be controlled and your small intestine can return to normal. The information below will provide you with a starting point for following a gluten-free diet. For more personalised advice, specific to your needs it is best to consult an Accredited Practising Dietitian (APD).

WHAT CAN YOU DO?

FOOD AND NUTRITION TIPS

► **Avoid Foods Containing Gluten:** Gluten is a type of protein that is naturally found in the following grains: wheat, rye, triticale, barley and possibly oats. A wide range of cereal-based foods contains gluten and need to be avoided including:

- > *Most breakfast cereals, pasta, breads, cakes, biscuits, scones, pizza and pies.*
- > *Many thickened commercial sauces, gravies, soups, puddings and mayonnaise.*
- > *Wheat flour and breadcrumbs used in meat loaves, most sausages and processed meat.*
- > *Many commercial sweets containing grain products.*
- > *Malt used in breakfast cereals and cereal beverages such as malted-milk powders.*
- > *Beer, ale & some chocolate drinking powders and some brands of coffee substitutes..*
- > *Cornflour is often made from wheat rather than corn.*

► **Read Food Labels Carefully:** New labeling regulations mean that food manufacturers must declare the presence of major allergens, like gluten. You should also use food labels to avoid all foods containing the following ingredients:

- > *Wheat, wheat flour, wheat bran, breadcrumbs, wheat germ, enriched wheat flour, wheat starch.*
- > *Semolina, cous cous, bulgur, spelt, durum, rye, rye flour, triticale, triticale flakes.*
- > *Barley, barley flour, barley flakes, oats, oat flour, oat bran, rolled oats.*
- > *Cereal, flour, bran, cornflour (made from wheat) some types of hydrolysed vegetable protein, plain vegetable protein and hydrolysed plant protein [often found in stock cubes & textured vegetable protein (TVP)].*
- > *Malt, malt extract, malted milk, malt vinegar, soy sauce (containing wheat).*

► **Choose Gluten Free Foods:**

- > *Corn, corn-based breakfast cereals[†] (malt-free), maize meal or polenta, unflavoured popcorn[†], taco shells[†], unflavoured corn chips[†], cornflour[†] (made from corn/maize).*
- > *Rice, rice flour, rice breakfast cereals[†] (malt-free), infant rice cereal, rice bran, plain rice noodles, plain rice cakes, plain rice crackers[†].*
- > *Sago (very rich in starch), tapioca (also called cassava), arrowroot (starch product), wild rice.*
- > *Buckwheat (can be used in the same way as cereal grains), millet (a grain widely used in India).*
- > *Potato flour which has greater thickening power than most cereals.*
- > *Soya flour, yellow split pea flour, chick pea flour.*
- > *Gluten-free bread and bread mixes, gluten-free flour, gluten-free baking powder, gluten-free breakfast cereals and pasta, gluten-free biscuit mixes and gluten-free cake mixes.*

[†]If unsure about the suitability of a product or ingredient for a gluten-free diet, check the Coeliac Society of Australia's Ingredient List or with the manufacturer. Contact The Coeliac Society in your state or visit the website www.coeliac.org.au

LIFESTYLE TIPS

RECIPE FOR REST: While nutrition is important for treating coeliac disease, time for rest is also important. Your body needs this time to rejuvenate and heal body tissues, so for a good restful sleep:

- > *Avoid caffeine after dinner*
- > *Enjoy some moderate physical activity*
- > *Drink clear fluids throughout the day*
- > *Try some soothing music to help you wind down*

The information contained in this leaflet is correct at the time of publication with every effort made to ensure that it follows the latest nutrition guidelines. Please consult your Accredited Practising Dietitian (APD) or doctor for advice on your personal dietary requirements.

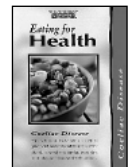


WOULD YOU LIKE MORE INFORMATION?

At the **Sanitarium Nutrition Service**, we are a team of qualified nutritionists and dietitians who work together for the sole purpose of helping people enjoy healthy foods and the benefits of a healthier lifestyle.

We invite you to contact us during business hours to:

- ✓ Receive a copy of our **'COELIAC DISEASE'** leaflet.



- ✓ Subscribe to our **FREE**, quarterly food & nutrition newsletter, **'GOOD FOOD NEWS'**.



- ✓ Talk with a qualified dietitian about any nutrition issue of interest to you.

SANITARIUM NUTRITION SERVICE 1800 673 392
www.sanitarium.com.au

This nutrition sheet has been developed by the Sanitarium Health Food Company and favourably reviewed by The Coeliac Society.



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