

Want to know more about
a **gluten-free** diet?



juvela

supporting the coeliac community

Who needs a gluten-free diet?

A gluten-free diet is the recognised treatment for coeliac disease¹ - a lifelong intolerance to gluten, which affects the lining of the bowel - and dermatitis herpetiformis - a serious skin condition.

A gluten-free diet is a medical diet and should only be followed under medical supervision. If you are considering following a gluten-free diet for any other medical conditions, please consult your doctor first.

What is a gluten-free diet?

A gluten-free diet is different to a wheat-free diet. A gluten-free diet requires the exclusion of all sources of gluten in the diet. Gluten is the protein found in wheat, rye and barley.

What foods are naturally gluten-free?

The good news is that there are many foods that are naturally gluten free including potatoes, meat, poultry, fish and nuts, as well as fruit and vegetables.

Flours, pasta, crackers and breakfast cereals are normally made from wheat and other gluten-containing grains. There are some naturally gluten-free alternatives made from rice and corn.

Dairy foods and fats such as milk, eggs, plain yoghurt, cheese, cooking oil, margarine and butter are also gluten free.

For naturally gluten free drinks and beverages choose wine, spirits, cider, tea, coffee and fruit juices.

What foods should be avoided?

All foods made from wheat, barley, rye and their flours must be avoided. That means cutting out many of the everyday staple foods most of us take for granted, such as bread, cakes, biscuits, pasta and most breakfast cereals.

Many manufactured and processed foods contain gluten. Fish fingers, chicken nuggets and all breaded and battered fish or meat, pastry, scotch eggs and yoghurt with muesli should be avoided.

Some drinks and beverages must be eliminated from your diet as they contain barley. These include malted milk drinks, barley water, beer, lager and stout.

(1) Juvela produce a range of information on the coeliac condition. Please refer to the 'How to contact us' section at the back of this leaflet.

What foods should be checked carefully?

Many processed foods may also contain gluten. Foods to check carefully include sausages and burgers, ready meals, soups, sauces, processed cheese and meat, instant mashed potato and pate, crisps and snacks and some carbonated drinks, herbal teas and milkshakes.

Foods that contain barley malt extract in small amounts can be tolerated by most coeliacs, e.g. breakfast cereals, malt vinegar. However, these products will still have to be labelled as containing barley. If you are unsure about levels in certain products, check in Coeliac UK's Food & Drink Directory².

What about oats?

Recent studies suggest that 'pure' oats can be tolerated by the majority of people with coeliac disease. However, there are a very small number who may still be sensitive to pure uncontaminated oats. You may wish to discuss with your dietitian whether to include oats in your diet.

Oats are a good source of insoluble fibre which can help to maintain a healthy digestive system. Studies have shown that diets rich in whole grains such as oats, help promote a healthy heart.

What special gluten-free foods are available?

There are a number of specially manufactured gluten-free foods available to make a gluten-free diet more varied, less restrictive and easier to comply with.

Many of these foods contain an ingredient called **Codex Wheat Starch**³. This is a special wheat starch that has had the gluten removed to a trace level and is safe for the majority of coeliacs⁴. Using Codex Wheat Starch improves the taste and texture of gluten-free food, making it more closely resemble gluten-containing food.

(2) Coeliac UK's Food & Drink Directory provides a more comprehensive list of the foods you will need to check before eating. Please refer to the 'useful information' section of this leaflet for details on how to contact Coeliac UK.

(3) For more information on Codex Wheat Starch visit www.juvela.co.uk or www.coeliac.org.uk

(4) If you are still experiencing symptoms on a regular basis it may be that you require a gluten-free and wheat-free diet. Please consult your doctor or dietitian who will assess your diet.

What is Codex?

To protect the health of consumers an international body called Codex Alimentarius⁵ has set a level of gluten that is allowed in gluten-free foods and is known to be safe for people with coeliac disease.

There are two levels within the Codex Standard:

- 1 Foods containing less than 20ppm will be labelled as “gluten-free”
- 2 Foods containing between 20 and 100ppm will be labelled as “very low gluten”

All Juvela products fall below 20 ppm and are labelled ‘gluten-free’.

For further explanation of the Codex Standard and ‘parts per million’ please visit our website www.juvela.co.uk

How can I check what foods are safe to eat?

The introduction of allergen labelling makes it easier to identify from the ingredients list whether or not a product is gluten-free. Food manufacturers have to list all ingredients on pre-packed foods and identify any allergens, including gluten and/or wheat, either in the ingredients list or in an allergy box and all supermarkets are now legally required to label all foods that contain gluten and wheat.

It is important to remember to check that the information you refer to is up to date, as the ingredients for some manufacturers foods change from time to time. **The Gluten-Free Food & Drink Directory** is an annual food list available from Coeliac UK which is updated monthly on their website.

Always check with your pharmacist that any medication you are prescribed is gluten-free.

An allergen advice box is not a compulsory requirement so it is important to always check the ingredients list.

How do I obtain gluten-free foods?

Staple gluten-free foods are available on prescription⁶ for people medically diagnosed with coeliac disease. If you pay for prescriptions you might consider buying a prescription season ticket. Ask your pharmacist for details. Gluten-free food items are also now readily available from supermarkets, health foods shops, and via the internet and mail order.

(5) Codex Alimentarius is an internationally recognised standard for gluten-free foods. For more information, visit: www.codexalimentarius.net

(6) As per the Advisory Committee for Borderline Substances for Gluten Sensitive Enteropathy.

Getting started

A gluten-free diet can be both varied and interesting but it does involve adopting a new attitude to food. Here are just a few suggestions on how to get started.

See a dietitian After diagnosis is confirmed by a gastroenterologist, you should be referred to a dietitian who will give you detailed and practical advice on following a gluten-free diet. Ask your GP if you are not referred.

Set up a prescription Make an appointment with your GP to set up a regular prescription.

Ask your pharmacist Find a friendly pharmacist, as once you have a regular prescription they are ideally placed to support you and answer any questions you may have on a day to day basis.

Join Coeliac UK Please refer to the 'useful information' section on how to contact Coeliac UK.

Planning Ahead When eating away from home always check in advance the availability of gluten-free food, or take along a suitable gluten-free meal or snack.


Shopping Always remember to take an up to date copy of Coeliac UK's **Gluten-Free Food & Drink Directory** with you when you go food shopping. If you are unsure always check the label carefully for guidance.

Eating Out More and more restaurant chains are considering the needs of people on special diets and now provide or label gluten-free dishes. If unsure, notify the restaurant in advance of your special requirements, and always confirm again when ordering your meal.

Holidays If choosing a full-board holiday check to see if the hotel provides gluten-free meals. Many airlines and other transport operators now offer gluten-free meals which must be requested at the time of booking.

Eating Well Why not experiment with gluten-free cooking and discover your favourite gluten-free dishes. For regular recipe ideas why not '**join juvela**' at www.juvela.co.uk

Useful information


 Coeliac UK is the leading charity working for people with coeliac disease and dermatitis herpetiformis

The charity provides a free dietetic and food helpline and support for members via its network of local voluntary groups. For further information on the charity and its resources visit www.coeliac.org.uk or call the helpline on **0845 305 2060**

How to contact us

Juvela is the leading provider of gluten-free foods on prescription. This leaflet is one in a series produced by Juvela.

For free copies of these leaflets and information on Juvela Gluten-Free Foods and Support Services please contact us on our Advice Line open Monday to Friday from 9am to 5pm

 **UK Freephone 0800 783 1992**
ROI Freephone 1-800-40-50-90

Our Website: Visit our website for information on products, recipes and setting up a gluten-free prescription
www.juvela.co.uk

E mail us at: info@juvela.co.uk

Or write to us at: Juvela, 19 De-Havilland Drive, Liverpool L24 8RN

This leaflet has been compiled with the help and advice of Juvela's panel of medical advisors. Whilst every care has been taken to check that the dietary advice published represents current opinions, Juvela strongly recommends that anyone needing to follow a specialist diets seeks medical advice first.

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