

GUIDE FOR PEOPLE WITH COELIAC DISEASE

WHAT IS COELIAC DISEASE?

Coeliac Disease is an autoimmune disease. For people with Coeliac Disease, the lining of the small bowel is damaged by even tiny amounts of gluten.

Eating fresh, balanced home cooked meals to maintain a gluten free diet allows for digestion to return to normal. This can prevent issues such as malabsorption of nutrients and malnutrition.

EXAMPLES OF GOOD FOOD CHOICES

- Fresh Fruits
- Vegetables
- Fish & Meat
- Beans
- Nuts & Oils
- Dairy products (including milk, eggs, cheese & yoghurt)
- Gluten free grains



These foods are often consumed in households. These foods are made with gluten-containing flour, which people with Coeliac Disease need to avoid.



Choose alternatives to cook with or look for 'gluten free' symbols on labels

CHOOSE GLUTEN FREE OPTIONS



More recipes www.coeliac.org.au



Avoid deep-fried foods cooked in the same pot of oil that gluten-containing foods are cooked

SHOPPING



Image: <https://heas.health.vic.gov.au/>

Read food labels

- Ask your healthcare worker to help you to understand ingredient lists on food
- ‘Wheat free’ and ‘gluten free’ are not the same.
- ‘Wheat free’ may still include other gluten-containing ingredients, such as thickeners

BE CAREFUL OF CROSS CONTAMINATION

Cross contamination is when gluten- free food is exposed to a gluten- containing ingredient or food making it unsafe for people with Coeliac Disease to eat.

WAYS TO MINIMISE CROSS- CONTAMINATION



Wash your hands after handling gluten containing food



Use separate spreads e.g. margarine for gluten free products



Use separate containers for gluten free foods



Use separate appliances (e.g. toaster, pots, cutting boards) for gluten free foods



Wash all cooking utensils and benchtops before and after use e.g. chopping boards, pans, storage containers, cutlery, bowls and plates.



WHEN GOING OUT

- Call restaurants beforehand to ask about suitable gluten free options
- Choose foods labeled gluten free on the menu
- Advise the wait staff you have Coeliac Disease and require a strict gluten free meal.