

Avoiding Gluten

There are an increasing number of people of all ages becoming gluten intolerant. The following list provides a guide to foods which do and do not contain gluten.

If you must follow a gluten-free diet, please be aware that there are many other foods that may contain gluten that you will also need to avoid.

These foods are all naturally **gluten-free**

- Fruits
- Vegetables
- Unprocessed meats
- Unprocessed fish
- Legumes (Beans) and Pulses (Lentils, Chick Peas) - soy beans
- Gluten-free grains – Amaranth, Buckwheat, Corn (Maize), Fonio, Millet, Quinoa, Sorghum, Rice
- Gluten-free starches – Sago, Tapioca (Arrowroot), Potato, Soy
- Milk, Eggs, Cheese
- Oils
- Nuts and Seeds
- Butter and Margarine
- Any food labelled 'Gluten-free'

If the above foods are cooked or combined with wheat or gluten-containing flour, sauces, batter or breadcrumbs they are no longer gluten-free and so are not part of a gluten-free diet.

These Grains contain Gluten

- Wheat – and its varieties including Spelt, Kumut, Durum - and its derivatives – Cous cous, Semolina, Bulgar (bourghul)
- Barley – and its derivative Malt, Malt Flavouring
- Rye
- Oats
- Triticale – a cross between wheat and rye

Foods which may Contain Gluten

- Regular Bread, Cakes, Biscuits,
- Cereals
- Pastries, Soups
- Pizza, Pasta, Pancakes
- Sausages, Burgers, Batter or Crumbed foods, Cornflour
- Sauces and Condiments
- Baking powder
- Soy Sauce, Malt vinegar, Stock
- Spreads like Vegemite

Many processed, pre-packaged and ready-to-eat-meals contain gluten. Most take-away foods are gluten-based or prone to cross-contamination from gluten containing foods.

There is now a wide choice of gluten-free alternatives available in most supermarkets especially the basics like bread, cakes, biscuits and pasta. Please always check the label very carefully.

Naturally-u

Avoid Ingredients that may be derived from gluten unless the packaging says otherwise

- Thickeners (& additives 1400-1450)
- Hydrolysed vegetable protein
- Starch
- Dextrin, Maltodextrin,
- Flavours, MSG (Monosodium Glutamate), Natural Flavouring.

There are a few ingredients derived from wheat which are gluten free due to their processing. These include dextrose, glucose and caramel colour (additive 150).

The drinks you consume may also contain gluten.

- Gluten-free include wine and pure water
- No detectable gluten in Bourbon, Brandy, Cider, Cognac, Gin, Port, Rum, Scotch, Vodka, Whiskey
- Ale, Beer, Lager, Malt and Malted drinks should be avoided unless clearly marked 'gluten free'
- Cocoa drinks and other powdered beverages.

Medication and Supplements

Check your medication for any gluten content. Your doctor can prescribe a suitable gluten free alternative.

Many vitamin, mineral and herbal supplements contain gluten. Be sure to check labels and ask for a gluten free alternative.

Cross Contamination

If a member of your family is completely intolerant to gluten, you should take extra care when preparing and storing foods. Cross contamination can be an unintentional source of gluten in your diet. Keep any gluten foods away from your gluten-free food. Use separate or clean pots, pans, utensils, toasters and grills. Crumbs from the toaster, butter or spread jar are common sources of contamination.

Even a tiny amount of gluten in the diet can have an effect on health if a sensitivity exists. Even a small amount can reverse any healing achieved while eliminating gluten, to the point of damaging the villi (small intestine lining), which can then take months to repair. Gluten damage impairs the body's ability to absorb vital minerals and vitamins leading to symptoms of discomfort and disease.

Labelling

Food labelling standards vary dramatically from country to country. Some countries allow a certain level of gluten content to be present in products labelled "gluten free". For your good health it is essential that you become ingredient aware and a dedicated label reader to always check for gluten content.

In Australia and New Zealand 'Gluten-free' must not contain any detectable gluten - that is less than 0.0005% (5 parts per million PPM) This is the smallest level scientific tests can detect. 'Low-Gluten' must contain less than 0.02% gluten (200 PPM). This is not recommended in a gluten-free diet.