

## The Gluten Free Diet

The following list is intended as a general guide only.

If you have coeliac disease you are encouraged to consult with a dietitian for individual dietary planning and information about reading food labels.

*Note: In this table, "check" indicates that some brands contain gluten, others are gluten-free. Ingredient lists of all food products should be checked.*

Foods to Avoid	Foods to Include
<b>Flour</b> Wheat flour, rye flour, barley flour, wheaten cornflour, triticale flour and oat flour**	Rice flour, pure maize cornflour, cornmeal/polenta, soya flour, potato flour, arrowroot, buckwheat, sorghum, millet, sago, tapioca, lentil flour, baby rice cereal, amaranth, lupin
<b>Bread</b> All bread including wheat, rye and sourdough bread, biscuits, pastries, buns, muffins, pikelets, crumpets, croissants, breadcrumbs (unless labelled gluten-free)	Rice cakes, corn cakes, some rice crackers (check), gluten-free bread, biscuits, pastries, rolls, breadcrumbs, cakes, and desserts made from allowed flours, gluten-free bread, biscuit, cake mixes
<b>Cereals</b> Breakfast cereals containing wheat, oats**, semolina, barley, rye, malt extract, wheatbran, oatbran**	Rice, corn and soy breakfast cereals (check), gluten-free muesli, home-made muesli using allowed ingredients
<b>Pasta and grains</b> Wheaten noodles, pasta, spaghetti, vermicelli & instant pasta meals. Triticale, couscous, bulgur, semolina	Rice, corn, cornmeal, tapioca, buckwheat and gluten-free pastas, rice noodle, rice vermicelli, rice, buckwheat, polenta
<b>Fruit</b> Commercial thickened fruit pie filling	Fresh, frozen, canned or dried fruit, fruit juices
<b>Vegetables</b> Canned or frozen vegetables in sauce, commercially prepared vegetable and potato salad (unless dressing checked)	Fresh, frozen, dehydrated, or canned vegetables without sauces, vegetable juices
<b>Meat, Fish &amp; Poultry</b> Foods prepared or thickened with flour, batter or crumbs, sausages, most processed meats and fish, corned beef, meat pies, frozen dinners	Fresh, smoked, cured, frozen without sauces, crumbs or batters. Canned meat or fish without sauce or cereal. Ham off the bone (check), bacon, gluten-free sausages

*Some foods are marked "gluten-free" on the package.*

## Foods to Avoid

**Dairy Products** Cheese mixtures, pastes and spreads (unless checked), malted milks, icecream with cone or crumbs, soy drinks containing malt (check)

**Legumes and nuts** Processed varieties of legumes if thickened (unless checked), textured vegetable protein products

**Takeaway Food** Hamburgers, pizza, souvlaki, sausages, battered food (e.g. fried fish), crumbed food (e.g. crumbed chicken), stuffed roast chickens

**Snacks** Packet savoury snacks, many sweets and filled chocolates, licorice, many frozen desserts, flavoured potato crisps and corn chips (check)

**Beverages** Cereal-based coffee substitutes, malted cocoa beverages (e.g. Milo® Ovaltine® Aktavite®), barley waters, milk flavourings (unless checked), beer, ale, stout and lager, alcoholic soft drinks containing malt extract

**Miscellaneous** Malt vinegar, soy sauce containing wheat, mixed seasonings, yeast extract spreads (e.g. Vegemite®, Marmite®, Promite®), sauces, pickles, relish, chutney, thickened salad dressings, stock cubes, custard powder containing wheat starch, baking powders containing flour, communion wafers

*Gluten-free breads, biscuits, pastas, cereals and other foods are available from supermarkets and health food stores. \*\* Oats: At the time of writing, oats are not recommended, but are the subject of further research. Consult your dietitian.*

## Foods to Include

Block, processed, cream, cottage or ricotta cheese, fresh, UHT, evaporated, powdered or condensed milk, yoghurt (check), buttermilk, fresh or canned cream, plain or flavoured icecream (check)

Dried or fresh beans, nuts and seeds, gluten-free canned baked beans, canned beans or legumes (check)

Steamed rice, grilled fish (check no flour), chicken (no stuffing), steak, Asian dishes without flour or soy sauce, steamed vegetables, baked potato, some chips (check)

Plain chocolate, plain popcorn, jelly, plain potato crisps (check), plain corn chips, plain rice crackers, yoghurt

Water, tea, coffee, cocoa, milk, cordials, soft drinks, soda water, mineral water, fruit and vegetable juices. Wine (including sparkling and fortified wines), most spirits and liqueurs, cider

Tomato sauce, gluten-free soy sauce, most vinegars, sugar, honey, golden syrup, jam, peanut butter, salad dressings not thickened, gluten-free stock cubes, gelatine, gluten-free baking powder and custard powder, herbs, spices, salt, pepper

## Digestive Health Foundation

The Digestive Health Foundation (DHF) is an educational body committed to promoting better health for all Australians by promoting education and community health programs related to the digestive system. The DHF is the educational arm of the Gastroenterological Society of Australia.

Research and education into gastrointestinal disease are essential to contain the effects of these disorders on all Australians.

Further information on a wide variety of gastrointestinal conditions is available on our website.

**Digestive Health Foundation**  
c/-GESA  
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SYDNEY NSW 2000  
[www.gesa.org.au](http://www.gesa.org.au)

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*This leaflet is promoted as a public service by the Digestive Health Foundation. It cannot be comprehensive and is intended as a guide only. The information here is current at the time of printing but may change in the future. If you have further questions you should raise them with your own doctor.*



Supported by the Dietitians Association of Australia. For expert nutrition and dietary advice, contact an Accredited Practising Dietitian (APD). Telephone 1800 812 942 to find an APD near you.

# COELIAC DISEASE

facts about...

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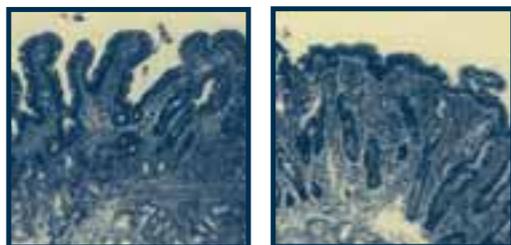
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An information leaflet for patients and interested members of the general public prepared by the Digestive Health Foundation

### What is Coeliac Disease?

Coeliac Disease is a condition in which the lining of the small intestine becomes damaged when it is exposed to even small amounts of gluten, which is a protein found in wheat, barley, rye and possibly oats. As a result, affected patients absorb food and nutrients poorly. This can result in bowel symptoms and deficiencies of vitamins, minerals and other nutrients. Coeliac Disease is successfully treated by avoiding eating all foods containing gluten. This is called a “gluten-free-diet”. Following a gluten-free diet after the diagnosis of coeliac disease should allow an improvement in symptoms and restoration of health.



Biopsy of Normal Intestine

Biopsy of Coeliac Intestine

### How common is Coeliac Disease?

It is relatively uncommon. In Australia about one person in 2000 is diagnosed with the condition, but it may be more frequent than this, maybe 1 in 500.

### What are the symptoms?

Coeliac Disease can vary in its symptoms, ranging from many to none at all. There are no specific symptoms of the disease. Diarrhoea, loss of weight, nausea, flatulence and abdominal discomfort are common complaints. Tiredness and weakness are also common, usually because of a degree of iron and/or folic acid deficiency, sometimes resulting in

anaemia. Some patients may also be diagnosed following investigation for osteoporosis. Less commonly, mouth ulceration recurring miscarriages or infertility can be the presenting feature in adults.

In children, coeliac disease often causes poor weight gain, delayed growth and development, irritability and a poor appetite, in addition to bowel problems and anaemia.

Of course many of the above-mentioned complaints are very common in the community and are usually not due to coeliac disease. Nonetheless, it is widely accepted now that this condition is under-diagnosed and should be considered in a broader range of patients than has been the practice in the past.

### Does it run in families?

Yes, it certainly can.

About one in ten close family relatives of an affected patient may also have coeliac disease.

### What should I do if I think I have Coeliac Disease?

You should first approach your general practitioner. A medical history and an examination will be performed and, if thought necessary, further tests will be undertaken to help diagnose the condition. You may be referred to a specialist.

**If Coeliac Disease is suspected, a gluten-free diet should never be started until the condition has been properly diagnosed. Otherwise, this will interfere with establishing the correct diagnosis. The gluten-free diet should always be undertaken with medical supervision.**

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### What should I do if someone in my family has Coeliac Disease?

Again, your local doctor should be your first contact. There are blood tests available that are useful to screen for coeliac disease. You may like to take this leaflet with you indicating where you have read about the condition.

### How is Coeliac Disease diagnosed?

Your doctor's assessment and, if appropriate, some blood tests will determine whether coeliac disease is likely. However, the diagnosis can only be properly made by a pathology examination of a biopsy taken from the intestine. Now days, this is quite a simple, safe and painless procedure that does not require you to stay in hospital overnight.

### What is the treatment if I have Coeliac Disease?

Coeliac Disease is treated by a strict gluten-free diet. Medication is rarely necessary. The diet needs to be continued for life, because the sensitivity to gluten does not disappear.

Basic information regarding the diet can be obtained from your doctor. A visit to a dietitian is highly recommended for a comprehensive explanation and planning of the gluten-free diet. In addition, the Coeliac Society of Australia and its state branches are invaluable aids. They are self-help organisations for people with coeliac disease and their families and have access to excellent information, including the availability of special gluten-free foods and recipes.

You will need ongoing monitoring of your health through your local doctor, gastroenterologist and/or dietitian. It is usual practice to repeat the biopsy about 6-12 months after diagnosis. It is also recommended to have certain blood tests periodically at the discretion of your doctor. A bone density test should also be performed at the time of diagnosis and thereafter as indicated by your doctor.

Long-term problems associated with failure to adhere to a strict gluten-free diet include increased risk of bowel lymphoma (a type of cancer), osteoporosis, infertility and chronic ill health. The risk of these is no greater than normal when a gluten-free diet is followed.

## State Coeliac Societies

### NSW/ACT

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Ph: (02) 9411 4100  
Fax: (02) 9413 1296

### QLD

Level 1,  
Government House,  
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### SA/NT

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Hectorville SA 5073  
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11 Barlyn Road,  
Mount Waverley VIC 3149  
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### WA

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