

Dietary Advice

Put simply, avoidance of gluten containing food will reduce chance of symptoms. This means following a gluten-free diet for the rest of your life. If you are diagnosed with coeliac disease, the doctor will suggest you should consult a dietician. Sticking to a gluten-free diet requires knowledge about which foods contain gluten and how to maintain a balanced diet without wheat and the other cereals you must avoid.

What foods contain gluten?

Gluten is present in any foods that are made using wheat, rye or barley. Bread, pastry and cakes are all made with flour and contain large amounts of gluten. Breakfast cereals are often made from wheat, rye and barley. Lots of other foods unexpectedly turn out to contain gluten. For example, flour is used as a thickener in many cooking sauces and barley is used in making all beer and lager. Some foods occasionally get contaminated with small amounts of gluten during production or processing. Oats are not believed to be harmful to people with coeliac disease but some cereals made from oats turn out to contain traces of gluten which make them unsafe to eat. It is worth checking the labels on such products to see if they are gluten-free.

