

## Gluten Free Product Overview

Gluten free products have now become commonplace in supermarkets, reducing the need for a medical prescription. This increases patient choice and allows for gluten free food to become a part of a healthy balanced diet.

As part of a healthy balanced diet, professional advice around regular meals is well proven. Three meals (breakfast, lunch and dinner) with healthy snacks around this to fuel the body is important for your energy levels and metabolism. Controlling portion sizes with an even split of carbohydrates, proteins and vegetables on the dinner plate will ensure balanced nutrition. Hydrating the body with eight glasses of water per day, or four pints, or two litres, this includes sparking water, squashes, tea and coffee. Reducing intake of sugary foods and confectionary, as well as overly processed foods such as ready meals, will maintain healthy blood sugar levels. Staying within the alcohol guidelines and avoiding smoking are key parts of day to day health as well as getting outdoors for at least thirty minutes per day.



The Food and Drink directory mentioned previously can be downloadable from this link on the Coeliac UK website: <https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/food-shopping/food-and-drink-directory/>

This allows patients to see all food that can be eaten and where it can be purchased. Cost is dependent on where you do your shopping, but we encourage you to shop around for the best prices on products you like. Different supermarkets are worth trying in your local area to get the best deal on price. Often supermarkets will be cheaper than traditional online alternatives.