

Slimtone

Gluten Free Diet

Gluten-free Foods – for Coeliac Disease

To follow a totally gluten-free diet, the guidelines below should be followed.

Ingredients and products to avoid:

(unless on Coeliac UK's Food List)

- ▶ Cereals/Cereal Products
- ▶ Wheat flour and wheat products including:
 - ▶ Spelt wheat (which is an early type of wheat)
 - ▶ Barley modified wheat starch
- ▶ Biscuits oats
- ▶ Bran pasta
- ▶ Bread
- ▶ Pastry
- ▶ Bulgar wheat rusk
- ▶ Cake rye
- ▶ Cereal filler semolina
- ▶ Cereal protein triticale wheat
- ▶ Couscous
- ▶ Wheat breakfast cereals
- ▶ Liquorice wheat starch
- ▶ Malt wheatgerm
- ▶ Soy Sauce
- ▶ Soy Sauce should be avoided unless it is labelled as gluten-free

Cereals/Cereal products freely allowed:

- ▶ Arrowroot rice flour
- ▶ Buckwheat sago
- ▶ Corn (or maize or sweetcorn)
- ▶ Tapioca
- ▶ Soya flour
- ▶ Whole or ground rice
- ▶ Potato flour (farina) special wheat starch (to Codex Alimentarius gluten free standard)

Freely allowed:

- ▶ All fresh and frozen meat including bacon, ham and poultry
- ▶ All fresh, frozen and canned fish and shellfish *without batter, breadcrumbs or sauce*
- ▶ All cheese, milk and cream
- ▶ All fresh, canned, dried and frozen fruit
- ▶ All fresh and canned vegetables in water (with or without sugar/salt)
- ▶ All fruit juices, fresh, frozen, canned, bottled or UHT

For Further Information - www.coeliac.org.uk