



## Gluten Free Diet

### Gluten-free Foods – for Celiac Disease

To follow a totally gluten-free diet, the guidelines below should be followed. There is a large range of gluten free products now available in the local supermarkets and the Genius range of bread are popular with our members.

### Ingredients and products to avoid:

(Unless on Celiac 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 wheat germ
- ▶ 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 VISIT [www.coeliac.org.uk](http://www.coeliac.org.uk)

### HEALTH RECOMMENDATION

It is recommended that you consult your GP before starting any eating plan. Slimtone and Marie Griffiths shall not be liable for any injury to health arising out of any diet or exercise recommended by Slimtone or in the Lifestyle Plan.