

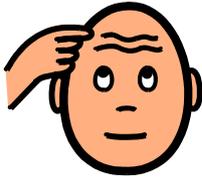
Coeliac Disease



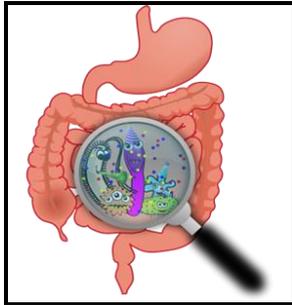
Help with your gluten-free diet

(Accessible information for people with Learning Disabilities)

Produced by Warwickshire Dietetic Department



What is coeliac disease?



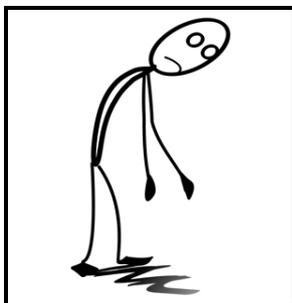
The lining of the gut is damaged when you eat foods containing gluten.



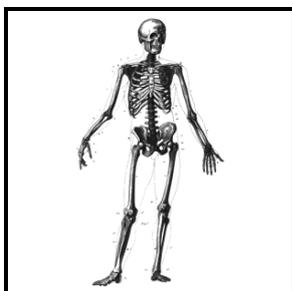
This means you cannot make use of the vitamins and minerals in your food.



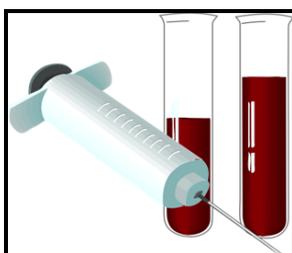
This can cause diarrhoea and a swollen stomach.



It can cause anaemia which makes you feel tired and breathless.



It can cause thinning of your bones as you get older.



A blood test can confirm coeliac disease.



Treatment of coeliac disease?



If you follow a gluten-free diet all the time you will feel better.



It may take between 6 months and 5 years for your gut to return to normal.



Gluten is found in foods that contain wheat, rye or barley.



You can get some foods on prescription from your GP.



Gluten-free bread, cereals, pasta, flour, crackers and pizza bases are on prescription.



Your dietitian can give you advice on what to eat.



Foods which do not contain gluten!



Plain meat, chicken, fish, plain tofu, nuts, beans and eggs.



Milk, cheese and most yoghurts.



Potato and rice.



Most corn, buckwheat and rice breakfast cereals.



Fruit, vegetables and salad.



Some people can get ill from oats.
Talk to your dietitian.

per 30g cereal:

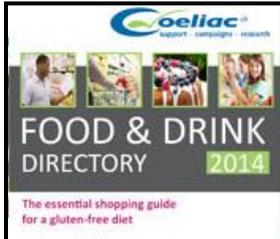
16 SERVINGS	ENERGY	FAT	SATURATES	SUGARS	SALT
	460kJ 110kcal	0.7g	0.1g	5.1g	0.2g
	6%	LOW 2%	LOW 1%	HIGH 8%	MED 4%

% of an adult's reference intake.
Typical values per 100g: Energy 1530kJ/360kcal

Hidden gluten, check your food labels...



Join the Coeliac Society and you can get a food directory and App
www.coeliac.org.uk



When shopping you can use your directory or App to check if foods are gluten-free.



Your directory needs to be kept up to date every month. Ask someone to help.



Foods are also gluten-free if they show the Crossed Grain sign.

INGREDIENTS: Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflour, **Wheat** flour, Salt, **Cream**, Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, **Celery** Seed, Vegetable Oil (sunflower), Herb and Spice, White Pepper, Parsley.

If there is no Crossed Grain sign on the packet then look at the ingredients list.

INGREDIENTS: CAMEMBERT CHEESE (66)% (Milk), **Wheat** Flour, Sunflower Oil, **Wheat** Starch, Rye Flour, **Wheat** Protein Concentrate, Salt, Barley Malt Flour, Spices, Sugar

Do not eat food which shows **wheat**, **rye** or **barley** in the ingredients list on the packet.



Avoid contamination!



Use a separate toaster or use a toaster bag.



Clean the grill pan.



Clean or use a separate chopping board.



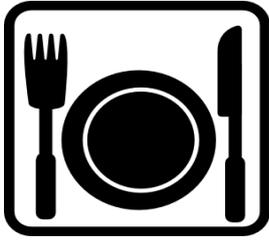
Use separate margarine, jam and spreads.



Do not share knives and spoons.



Use separate oil when cooking.



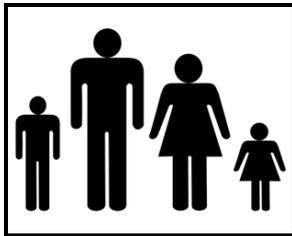
Eating out!



Some restaurants show gluten-free meals on their menus.



If not speak to the waiter.



Tell your friends and family.



Most takeaway food is not gluten-free. Speak to the staff at the takeaway shop.



Keeping healthy



Have at least three portions of food containing low fat milk, cheese or yoghurt to prevent thinning bones.



Take exercise, such as walking, most days to prevent thinning bones.



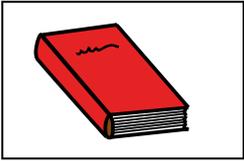
Stay a healthy weight by eating the right amount of healthy food.



Stay a healthy weight by eating less fatty and sugary foods.



Choose high fibre prescription gluten free foods plus fruits, vegetables and beans to prevent constipation.



**Contact your local dietetic department
if you require more information**



Dietetic Department
George Eliot Hospital
College Street
Nuneaton

Dietetic Department
Warwick Hospital
Warwick



Tel: 01926 600818 option 3

**Contact PALS if you have a question
or concern about your healthcare**



Tel: 01926600054

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