

FOLLOWING A GLUTEN-FREE DIET



A gluten-free diet is important for people suffering from coeliac disease and those who require a gluten-free diet due to another diagnosis or preference. Eating a gluten-free diet can be challenging, but in addition to foods that are naturally free of gluten, there are now more and more packaged products in supermarkets and restaurants that have removed gluten and gluten-containing ingredients from their recipes, providing a greater variety and range of suitable products and meals to choose from.

What is gluten?

Gluten is a family of grain proteins found in wheat (including spelt), rye, barley, triticale and oats. It is the gluten in grains that combines with water to make dough elastic and give bread the ability to rise during baking. Gluten, for most people, is safe to eat and does not cause any issues. However, some people react to gluten in a negative way and will need to remove it from their diet.

How does gluten affect people with coeliac disease?

Many inflammatory reactions in the body are caused by proteins, gluten being one of them. In people with coeliac disease, the body's immune system reacts to the presence of gluten by attacking its own tissues. This response damages the gut wall and can result in poor absorption of nutrients and digestive issues such as bloating and diarrhoea. Inflammation can also occur in other parts of the body. Many people can experience tiredness and fatigue due to poor nutrient absorption and this can also lead to anaemia. People with coeliac disease will be medically advised to follow a strict gluten free diet for life and be monitored by their healthcare team to ensure that the diet remains nutritious.

Some people may not have coeliac disease, but need to avoid gluten-containing foods for other reasons. These include people with non-coeliac gluten sensitivity, irritable bowel syndrome (IBS) and wheat allergy.

What is the difference between a gluten-free diet and the Low-FODMAP Diet?

While gluten is a protein in specific grains, FODMAPs are sugars found in a wide variety of foods (including some gluten-containing foods). FODMAPs are fermented by the bacteria living in the lower digestive tract. The chemicals released by this process can cause bloating and digestive discomfort in sensitive individuals.

A low FODMAP diet may help those with IBS. Sometimes the symptoms of IBS can be similar to those of coeliac disease, inflammatory bowel disease and other conditions. It is important a medical diagnosis be sought before any dietary change or other treatment is started.

What foods should I avoid on a gluten-free diet?

Foods to avoid

Wheat and wheat varieties (wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, KAMUT® khorasan wheat, einkorn wheat, wheaten cornflower)

Rye

Barley

Triticale

Oats

Malt Barley

Brewer's yeast (from barley)

Pasta

Noodles

Breads such as: sliced bread, pita, naan, wraps and flour tortillas

Crackers

Pretzels

Baked goods such as: cakes, cookies, pie crusts, brownies, muffins, croissants, doughnuts and pastries

Breakfast cereal such as: flaked cereals, wheat biscuits, granola, and corn flakes and rice puffs made with barley malt extract

Pancakes and waffles

Coating mixes such as: breadcrumbs and panko breadcrumbs

Croutons

Chicken stuffings

Sauces and gravy containing wheat-based thickeners

Beer and any malt beverages

Energy bars/granola bars

French fries with batter

Potato chips containing gluten-derived ingredients

Processed lunch meats containing gluten ingredients

Salad dressings and marinades containing gluten ingredients

Soy sauce containing wheat flour (though tamari made without wheat is gluten-free)

Battered/marinated meat and poultry

Replace with

Rice flour

Almond meal

Coconut flour

Potato flour

Corn flour or maize flour

Gluten-free pasta

Gluten-free noodles and rice noodles

Gluten-free bread, wraps and corn tortillas

Gluten-free crackers

Gluten-free pretzels

Gluten-free cakes, slices, biscuits

Gluten-free cereal such as: Sultana Bran®

Gluten Free

Pancakes made with gluten-free flour

Croutons made with gluten-free bread

Sauces without wheat thickeners

Wine and spirits

Gluten-free snack bars

French fries/hot chips without gluten-derived ingredients

Potato chips without gluten-derived ingredients

Salad dressings without gluten ingredients

Golden syrup

Honey

Gluten-free tamari or soy sauce

Plain/unprocessed meat and poultry, or with gluten-free seasoning/marinades

How do I eat enough fibre on a gluten-free diet?

Eating sufficient daily fibre is a challenge for everyone, but with many gluten-free grains having low levels of fibre, it can be an extra challenge for people following a gluten-free diet. Many gluten-containing breakfast cereals contain good fibre levels; whereas many gluten-free cereal options contain lower amounts of fibre. Kellogg's® Sultana Bran® Gluten Free is a high fibre cereal made from rice, rice bran and chickpea flour. Now you don't have to compromise at breakfast. It's an easy way to get a dose of fibre right at the start of the day.

This information is not meant to replace that provided by your doctor or dietitian. Any changes to your diet or lifestyle should be discussed with your health professional.



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