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GLUTEN FREE DIET (Coeliac Disease)

Gluten is a protein found in wheat, barley, rye and oats. Some people, for unknown reasons, become sensitive to gluten which leads to irritation of the small intestine, and possible further food sensitivities.

Unfortunately, wheat or rye are present in so many everyday foods - bread, pasta, cakes, biscuits, pastries and sausages. Flour is also often used as a cheap filling ingredient in soups, sauces and puddings. It is therefore very important to check labels.

Foods To Avoid:

Wheat flour	Semolina
Rye	Bran
Barley	Cereal filler or protein or binder
Oats	Edible starch
Malt	Food starch
Rusk	

Suggested Alternatives

Specially manufactured gluten free flours and bread
Potato flour
Arrowroot
Maize or sweetcorn
Cornflour
Buckwheat
Tapioca
Soya or rice flour
Sago

Modified starch is usually derived from waxy corn starches but sources must always be checked. If the diet is beneficial, your GP may prescribe food on the NHS.

Suggested Meal Plans

Breakfast: Cornflakes
 Rice Krispies
 Fruit
 Yoghurt
 Eggs - omelettes, scrambled, poached, etc

Lunch/Snack: Sandwiches made from gluten free bread available from health food shops (it is expensive, best sliced and frozen and used as required as it crumbles easily).

Rice cakes - cheese or topping of choice.

Salads.

Main Meals: Thicken casseroles or soups with cornflour. Serve with potatoes, rice, buckwheat or rice noodles.

Useful Books/ Suppliers

The Gluten Free Diet Book, 1994. By Dr Peter Rawcliffe and Ruth Rolph SRD. OPTIMA - Positive Health Guides £7.99. ISBN 0-356-19675-5.

Nutricia Dietary Products Ltd, Newmarket Avenue, White Horse Business Park, Trowbridge, Wilts, BA14 0XQ, Customer Services 01225 711801.

Introductory starter packs and gluten free bread and recipes from:

Julela Gluten-Free Starter Packs
Scientific Hospital Supplies (UK) Ltd
100 Wavertree Boulevard
Liverpool
L7 9PT
Tel: 0151 288 1992

Gluten-free loaves can be purchased from:

Ultraparm Ltd
Centenary Business Park

Henley on Thames
Oxford
RG9 1DS
Tel: 01491 578016

Most supermarkets have lists of their own brand foods suitable for inclusion in a gluten-free diet.