

Coeliac Disease & Diet

Information for you, your family, friends, & carers

What is Coeliac Disease?

Coeliac disease is a condition caused by the immune system reacting to a protein called gluten. For people with coeliac disease, eating gluten causes damage to the lining of the intestine, and this can cause symptoms such as stomach pain, bloating, diarrhoea, weight loss and tiredness, although some people do not experience any symptoms. The only treatment is to permanently exclude gluten from your diet.

What is gluten?

Gluten is a protein found in wheat, rye and barley, and any products that contain these ingredients, such as wheat bread, cakes, pasta, and certain sauces.

Should I avoid gluten if I do not have coeliac disease?

There are some people who experience symptoms of coeliac disease when they eat gluten, even though they do not have the condition. This is called gluten sensitivity. People who have gluten sensitivity may want to avoid gluten to prevent these symptoms. However, it is important to check with your GP if you have symptoms so he or she can rule out other possible causes.



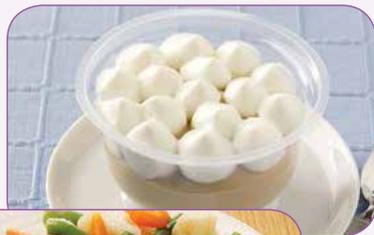
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Are there any naturally gluten free foods?

Yes! Many foods such as potatoes, rice, all fruit and vegetables, meat, fish, and natural dairy products are gluten free. These foods are safe to eat as long as they have not been contaminated with gluten or have been processed with ingredients containing gluten. Remember to always check the food label.



What meals can I eat from the HILS menu?

We have specific gluten free options on our lunch menu including gluten free desserts. These are coded as *GF* on our menu. They are carefully manufactured to ensure there is no gluten contamination. If you are interested in our tea and breakfast options please get in touch and we will provide a bespoke menu to meet your needs.

Who should I contact if I have recently been diagnosed with coeliac disease, or I need more information?

Everybody with coeliac disease should have access to a registered dietitian for advice. You can contact your GP to arrange an appointment. You could also contact coeliac UK for further information (website: www.coeliac.org.uk Tel: **0333 332 2033**).

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This resource has been compiled using available current evidence and has been approved by a team of dietitians and nutritionists.

The information is for general use and should not replace individual tailored advice given by a healthcare professional.

For further information, please contact your local Support Team or visit our website on www.hertsindependentliving.org or contact us directly through nutrition@hertsindependentliving.org Alternatively, please call Hertfordshire Independent Living Service on **0330 2000 103** (all calls charged at local rate)

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