



A GUIDE FOR THOSE WITH COELIAC DISEASE

# GLUTEN FREE DIET

*getting started*





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A Gluten Free Diet: getting started resource is prepared for the general information of members and friends of Coeliac Australia. The contents are not intended to provide medical, dietary, legal or related advice. Readers should seek medical or other professional advice before relying or acting upon the information contained within.

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# WHERE IS GLUTEN FOUND?



**Wheat**  
(all varieties, including spelt)



**Rye**



**Barley**



**Oats**  
(in some people)

# IDENTIFYING SUITABLE FOODS



There are 4 groups of foods that are suitable for people with coeliac disease. These include:

## 1 Choose naturally gluten free foods

Many single ingredient whole foods are naturally free of gluten. These include:

- Fresh fruit and vegetables
- Raw, unprocessed meat, poultry and seafood
- Eggs
- Nut and seeds
- Legumes, eg chickpeas, soy beans, black beans, lentils
- Natural and minimally processed dairy foods such as cow's milk, cheese and yoghurt
- Fats and oils
- Gluten free grains, e.g. rice, corn, millet, amaranth, quinoa, buckwheat, sorghum and teff.

## 2 Look for products labelled 'Gluten Free'

Any food sold in Australia that makes a gluten free claim must contain 'no detectable gluten'. This also applies to imported products. A gluten free claim overrides the ingredient list on the product label.

## 3 Look for the Coeliac Australia Endorsement Logo



The Endorsement Program is owned and administered by Coeliac Australia. Businesses who meet the program requirements are eligible to use the trademarked symbol on their products.

The 'crossed grain' logo represents that the product is gluten free and suitable for people following a gluten free diet, allowing you to choose products confidently.

## 4 No gluten-derived ingredients

Some foods are suitable because they do not contain ingredients derived (made) from gluten. Learning how to identify when gluten is or is not present will allow you to make confident choices when shopping.

A food for sale in a package must bear a label which declares the allergens present in that food (this includes gluten).

# THE DIFFERENT ELEMENTS OF ALLERGEN LABELLING

This labelling information is in line with legislation currently being rolled out (called 'Plain English Allergen Labelling' - PEAL). All products have until February 2024 to comply with PEAL (long life products have until 2026). As part of PEAL, specific terminology must be used in the ingredient list and allergen summary statements will be mandatory.

Statement of Ingredients

Summary Statement

Precautionary Allergen Labelling  
PAL Statement - VOLUNTARY

## Ingredients

water, vegetable oil, vinegar, sugar, tomato paste, capsicum, salt, **egg** yolk, thickener (1412), **almonds**, parmesan cheese (**milk**), garlic, **wheat** flour, flavour (**wheat** maltodextrin, **sesame** oil), antioxidant (320).

**Contains: egg, almond, milk, wheat, gluten, sesame**

**May be present: peanut**

## Statement of Ingredients - MANDATORY

Every time an ingredient is derived from wheat, rye, barley or oats, this will be declared, in bold, in the statement of ingredients. If there is no mention of wheat, rye, barley or oats in the ingredient list, this means that no ingredient is derived from a gluten-containing grain.

## Summary Statement ('Contains...') - MANDATORY

Mandatory summary statements provide a summary of the allergens (including gluten) present in the ingredients of a product. Summary statements help us to identify which allergens are present in a product; the source ingredient of any allergen will also always be listed in the statement of ingredients. Summary statements will appear as 'Contains: ..'

The food code requires that the terms 'gluten' and 'wheat' be used, and that they be declared separately in the allergen summary statement. This is to make

labelling clear and helpful for both those with coeliac disease and those with wheat allergy.

'Contains: **Wheat, Gluten**'

Gluten and wheat must be declared separately in the allergen summary statement. The inclusion of gluten in the allergen summary statement indicates that gluten is present. These products are not suitable for the gluten free diet.

'Contains: **Gluten**'

If an ingredient in the product contains gluten, 'gluten' will be listed in the Allergen Summary Statement: 'Contains: Gluten'. These products are not suitable for the gluten free diet.

'Contains: **Wheat**'

This indicates that the product contains a wheat derived ingredient, but that the wheat derived ingredient does NOT contain gluten.

If you see a declaration of 'Contains: Wheat' (in the absence of 'Contains: Gluten'), the product is suitable. This declaration may appear on products that are labelled 'gluten free'.

## Exceptions

Some ingredients that are wheat derived are highly processed, rendering them suitable for the gluten free diet. The following ingredients are suitable for the gluten free diet, even though they are wheat derived.

### Common wheat derived ingredients that are suitable:

- ✓ Wheat derived glucose
- ✓ Caramel Colour (150) from wheat
- ✓ Dextrose from wheat

### Other wheat derived ingredients that are suitable:

- ✓ Fructose (wheat)
- ✓ Maltose (wheat)
- ✓ Sorbitol (wheat)
- ✓ Maltitol 965 (wheat)
- ✓ Gluconodelta-lactone 575 (wheat)
- ✓ Glutamate based flavours 620-625 (wheat)

### Special note about glucose:

*Wheat derived glucose is exempt from mandatory allergen declaration under specified circumstances. This means that food manufacturers are not required to state on packaging that glucose syrup is wheat derived if detectable gluten levels in the glucose syrup are below 20ppm. Coeliac Australia considers wheat derived glucose to be suitable for the gluten free diet.*

## What about numbered ingredients (food additives)?

Listed as numbers between 100 and 1521 in an ingredient list, manufacturers use a large range of additives to improve their product's appearance, texture, composition, taste and shelf life. While some of these additives can be sourced from wheat or barley, most remain suitable (see note on 'exceptions'). The only additives that should be avoided if derived from barley or wheat are:

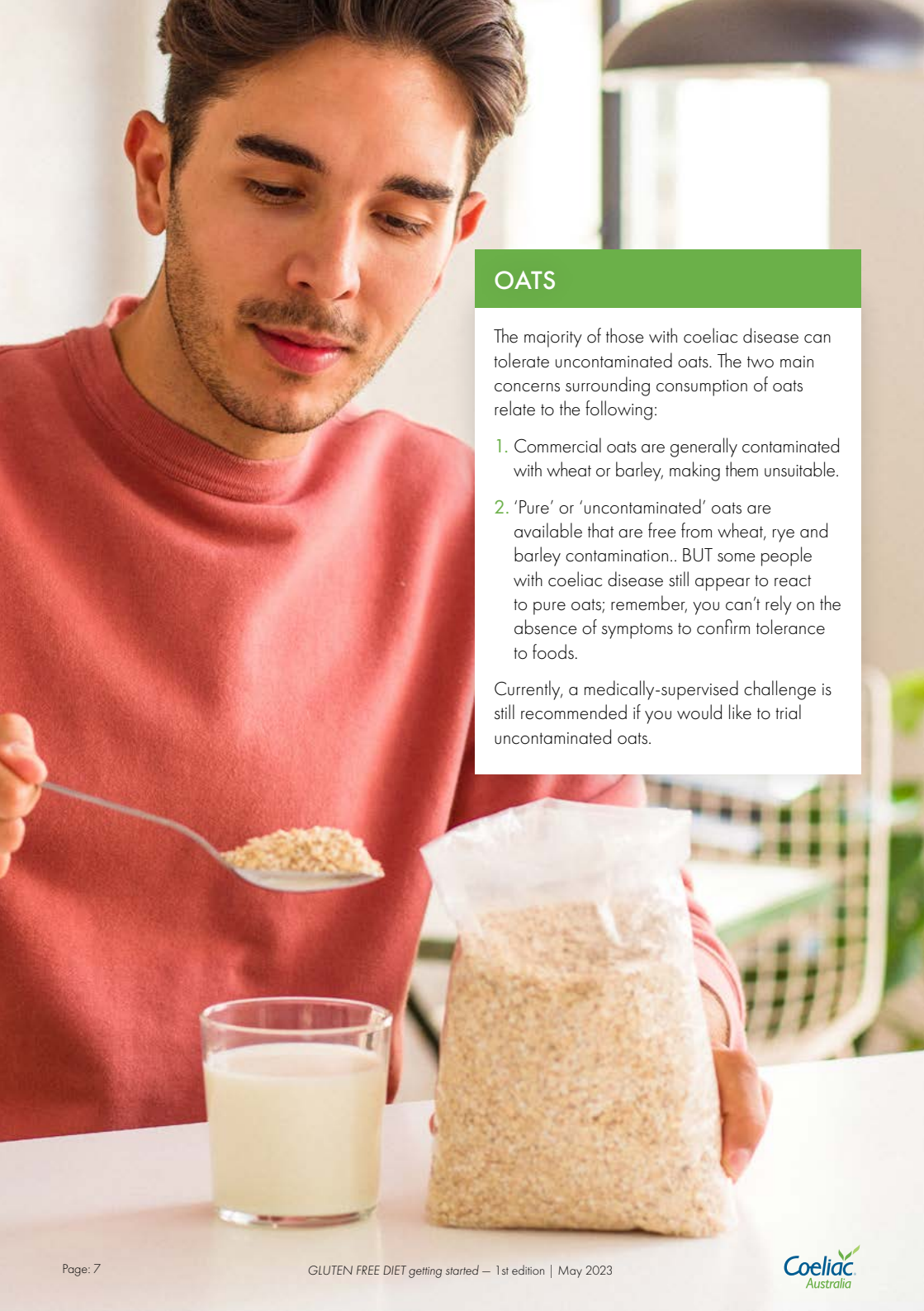
234 (Barley)

1400 – 1450 (Wheat)

These numbers without barley or wheat after them have been derived from another (gluten free) source and are suitable.

## Precautionary Allergen Labelling (PAL)... 'Cross contact statements' - VOLUNTARY

Some products use advisory statements, such as 'May be present: Gluten', 'May contain wheat' or 'Manufactured on the same line as gluten containing products' to indicate a risk of inadvertent contamination from gluten-containing products. PAL is often used unnecessarily. While the 'safest' approach is to avoid foods that use PAL, each individual should use their discretion when deciding whether to use such products.



## OATS

The majority of those with coeliac disease can tolerate uncontaminated oats. The two main concerns surrounding consumption of oats relate to the following:

1. Commercial oats are generally contaminated with wheat or barley, making them unsuitable.
2. 'Pure' or 'uncontaminated' oats are available that are free from wheat, rye and barley contamination.. BUT some people with coeliac disease still appear to react to pure oats; remember, you can't rely on the absence of symptoms to confirm tolerance to foods.

Currently, a medically-supervised challenge is still recommended if you would like to trial uncontaminated oats.

## MANAGING CROSS CONTACT

It is important to prevent contamination of your gluten free food with gluten containing foods. Here are some tips on how to reduce the chance of contamination in your household:

- Always use clean food preparation areas, appliances, boards, utensils and hands i.e. washed with warm soapy water or wiped clean of crumbs or flour dust.
- Always use fresh water and clean oil for cooking gluten free food. Gluten does not dissolve at high temperatures.
- Have dedicated butters and spreads for gluten free use. Alternatively, implement a one dip policy to prevent gluten containing crumbs being left in shared condiments and spreads.
- Store gluten free and gluten containing food separately and labelled clearly, especially after being removed from original packaging.
- Clean your shared toaster or sandwich press regularly to reduce cross contact risk. A separate toaster may be preferred. Toastabags are also available from Coeliac Australia.

## PHARMACEUTICALS

The Therapeutic Goods Administration (TGA) requires that both prescription and non-prescription (over-the-counter) medications declare when ingredients are derived from gluten (when gluten is present at 20ppm or more).

Coeliac Australia considers medications containing detectable levels of gluten less than 20ppm to be suitable for those with coeliac disease. Examine the packaging of over-the-counter medications and check the Consumer Medicines Information (CMI) leaflet of prescription medication. If there is no mention of gluten, then the medication is suitable.

Check the packaging every time you purchase any medicine; the most current and reliable information will be on the packaging. And when offered a generic version of a medication, ensure that it is also suitable.

**Note:** Gluten is not absorbed through the skin, therefore, products applied topically (to the skin) are of no concern for those with coeliac disease.

## ALCOHOL + VINEGARS

We recommend alcohol be limited in line with government guidelines. There are two categories of alcoholic beverages: distilled and fermented.

All distilled alcohols are gluten free (even if the source grain of the beverage is gluten based). So, all spirits and liqueurs are suitable on a gluten free diet e.g. gin, vodka, whiskey, rum etc.

Standard barley-based beer (including lager, ale, stout) is not gluten free (although gluten free beers are available). All other fermented alcohols are suitable e.g. wine, fortified wine, cider.

The only vinegar that is not suitable is Malt Vinegar (derived from malted barley). Other vinegars are distilled and are gluten free.



# EXAMPLES

## 1 Product is suitable



Front of Pack: 'Gluten Free'

Ingredients: Rice, Vegetable Oil, Sugar, Salt, Soy Sauce Powder (Wheat), Flavour Enhancer

Contains: Wheat, Soy

The gluten free claim overrides the ingredient list. Even though there is a wheat derived ingredient, the product tests to contain no detectable gluten. Note – no 'gluten' in the summary statement.

## 2 Product is suitable



Ingredients: Reconstituted Skim Milk, Milk Solids, Cane Sugar, Glucose Syrup (From Wheat), Gelatine, Emulsifier (471), Vegetable Gums (401, 407, 410), Flavour, Colour (160b).

Contains: Milk, Wheat

May Contain: Egg, Soybean, Tree Nut

Product is suitable by ingredient. The only wheat derived ingredient is glucose syrup (which is suitable). This is reflected in the summary statement as no 'gluten' is declared.

## 3 Product is not suitable



Ingredients: Wheat flour, Water, Bakers Yeast, Modified Tapioca Starch (1412), Wheat Fibre, Vinegar, Iodised Salt, Canola Oil, Soy Flour,

Contains: Gluten, Wheat, Soy

May be present: Sesame

The summary statement declares 'contains gluten', reflecting the declaration of wheat derived (and gluten containing) ingredients in the statement of ingredients.

## 4 Product is not suitable



Ingredients: Spelt flour (wheat), water, sunflower oil, salt, psyllium husk

Contains: Wheat, Gluten

The summary statement declares 'contains gluten', reflecting the declaration of wheat derived (and gluten containing) ingredients in the statement of ingredients.

## 5 Product is suitable



Ingredients: Barley Grass Powder

Barley grass (and wheat grass) do not contain gluten.

## 6 Product is not suitable



Ingredients: Beef, Onion, Water, Celery, Carrot, Corn Starch, Tomato Paste, Canola Oil, Yeast Extract, Thyme, Pearl Barley, Pepper

Contains: Gluten

The summary statement declares 'contains gluten', reflecting the declaration of a barley derived (and gluten containing) ingredient in the statement of ingredients.

|                 | Average Quantity per serving | Average Quantity per 100 g | Average Quantity per serving | Average % Daily Intake per serving |
|-----------------|------------------------------|----------------------------|------------------------------|------------------------------------|
| Energy          | 647 kJ                       | 1730 kJ                    | 854 kJ                       | 10%                                |
| Protein         | 1.5 g                        | 4.0 g                      | 2.6 g                        | 5%                                 |
| Protein -gluten | Not detected                 | Not detected               | Not detected                 | -                                  |
| Fat, total      | 2.9 g                        | 7.8 g                      | 8.0 g                        | 11%                                |
| -saturated      | 1.7 g                        | 4.5 g                      | 4.9 g                        | 20%                                |
| Carbohydrate    | 29.7 g                       | 79.2 g                     | 29.7 g                       | 10%                                |
|                 | 21.7 g                       | 57.8 g                     | 21.7 g                       | 24%                                |

## 7 Product is suitable



Product type: Shampoo

Ingredients: Water, Sodium Laureth Sulfate, Cocoamidopropyl Betaine, Sodium Chloride, Fragrance, Citric Acid, Hydrolysed Wheat Protein, Benzyl Salicylate, Titanium Dioxide

While the shampoo does contain a gluten containing ingredient, **as shampoo is not ingested this is of no concern for those with coeliac disease** (gluten is not absorbed through the skin).

## 9 Product is suitable



Ingredients: Water, Canola oil, Lemon Juice, Sugar, Vinegar, Crushed Mustard Seed, Garlic, Salt, Herbs

May contain: Soy

No gluten derived ingredients are declared in the statement of ingredients. And no 'gluten' is declared in a summary statement. There is also no PAL relating to gluten or wheat.

## 10 Product is not suitable



Ingredients: Corn, Sugar, Salt, Barley Malt Extract, Vitamins (folate, vitamin E), Minerals (iron, zinc)

Contains: Gluten

May be present: Wheat, Peanut

The summary statement declares 'contains gluten', reflecting the declaration of a barley derived (and gluten containing) ingredient in the statement of ingredients. The PAL also identifies 'wheat' as a potential cross contact allergen.

## 8 Product is not suitable (unless tolerance to pure oats has been established)



Front of Pack: 'Wheat Free'

Ingredients: Wholegrain Oats, Sunflower Oil, Walnuts, Almonds, Sunflower Seeds, Sesame Seeds, Maple Syrup

Contains: Gluten, Walnut, Almond, Sesame

May Be Present: Peanut, Soy

The summary statement declares 'contains gluten', reflecting the declaration of oats in the statement of ingredients. The product is labelled as 'wheat free', indicating that the oats are pure/uncontaminated. While the majority of people with coeliac disease are able to tolerate pure oats, a medically supervised challenge is still currently recommended to confirm tolerance of pure oats.

## 11 Individual discretion



Ingredients: Organic Corn, Organic Sugar, Salt

May contain: Gluten, Soy, Peanut

The ingredients of this product do not contain gluten. The PAL indicates a potential risk of cross contact with gluten. Each individual should use their discretion when deciding whether to use this product.



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