

GLUTEN FREE EATING PLAN

GLUTEN – WHAT IS IT?

Gluten is a protein which can be very difficult to digest and which may irritate the lining of the intestine as well as interfere with the absorption of nutrients and water.

Gluten is found in the following grains and therefore these are the foods to avoid:

Wheat, Rye, Oats, Barley, Malt, Triticale, Semolina, Bulgur, Durum, Farina.

The following list are the grains you can eat:

Rice, Corn, Maize, Buckwheat, Millet*, Quinoa, Arrowroot, Lupin, Polento.*

**Be wary of Buckwheat and Millet as some people can not tolerate these either.*

READ ALL LABELS CAREFULLY. Emulsifiers and stabilisers may also cause problems.

Eat only the grains that do not cause you any discomfort and rotate your diet so that you do not become intolerant to regularly eaten grain

AVAILABLE FOODS

BUSCUITS: Alfree products, Margaret River Mill products, Rice Cakes, Millet, Corn, Buckwheat cakes, Rice Cruskits - Arnotts

BREAD: Lupin Loaf-Designer Wise, Gluten Free - New Horizons

BAKING/PASTRY MIXES: Lupin Loaf Mix – Designer Wise, Brown Rice Baking Mix – Abundant Earth, M/Mix Gluten Free – Country Harvest, Baking Soda

BREAKFAST CEREALS: Cornflakes – Kellogs, Rice Bubbles – Kellogs, Puffed Rice, Millet, and Corn – Abundant Earth, Gluten Free Muesli – Abundant Earth

FLOUR: Corn Cornflour – White Wings, Rice Flour – various, Buckwheat, Millet, Tapioca, Chickpea, Soy, Potato, Arrowroot flours

MAYONNAISE: Polyunsaturated - Kraft, Golden Soya - Norganic, Organic Safflower – Norganic

PASTA: Range of pasta - Organ, Corn Pasta – Country Harvest, Many other brands, please read labels

STOCK: Easy Stock – Ultra cube

**** REGULARLY CHECK HEALTH SHOPS AND SUPERMARKETS AS NEW PRODUCTS ARE ALWAYS BEING PRODUCED.**