

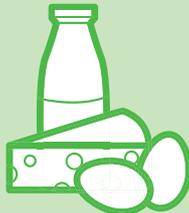
# Suitable food for Coeliacs

People with coeliac disease **MUST** avoid gluten for life to protect their health and well-being. It is not a choice, but a medical necessity!



## Meat and Fish

Unprocessed and in their natural state.



## Dairy and Eggs

Normal dairy products such as milk, cream, butter, yogurt, natural cheese and eggs.



## Beans

Unprocessed beans, peas, lentils, pulses, etc.



## Pure Oils

Pure oils and fats are safe for deep and shallow frying.



## Unprocessed Vegetables and Potatoes

Unprocessed vegetables and potatoes in their natural state.



## Grains / Flours

**USE** rice, corn, buckwheat, soy, potato, pea, lentil, chickpeas, millet, amaranth, sorghum, tapioca, quinoa.



## Pre-prepared Vegetables and Potatoes

Check for possible gluten contamination.



## Sauces

Check the label for: **wheat, rye, barley, oats, spelt or kamut** (usually in bold script).



## Processed Foods

Check the label for: **wheat, rye, barley, oats, spelt or kamut** (usually in bold script).



## "May contain gluten"

If you see a "May contain gluten" statement, then you must assume that food product contains gluten.



## Already-used Oils

**DO NOT** use already-used oil.



## Grains / Flours

**NEVER** use anything made from wheat, rye, barley, oats, spelt or kamut (usually in bold script) and foods made from these such as triticale, semolina and malt.

**NOTE:**  
"Wheat-free"  
is NOT  
"Gluten-free"

For more food allergen advice,  
visit [www.safefood.eu](http://www.safefood.eu)