

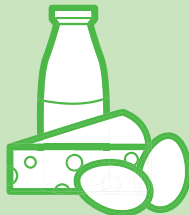
Suitable food for Coeliacs

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.net