

Coeliac Disease: Eating out on a gluten free diet

This dietary advice sheet gives some general information to help you to eat out if you have been diagnosed with coeliac disease and have been advised to keep to a gluten free diet. Your Registered Dietitian will already have discussed this with you but if you need more information or a review please contact your Dietitian or ask your doctor to refer you.

Avoiding gluten when eating out can be difficult. This information is a guide for people who may prepare your food. You may like to pass it on to them so that you can eat out with more confidence.

The gluten free diet – a guide for people who prepare food

Coeliac disease is a life-long condition that, if untreated, results in damage to the lining of the small intestine and malabsorption of food. The only treatment is a gluten free diet. The diet is life-long and should be strictly followed as even very small amounts of gluten can cause damage and unpleasant symptoms.

Gluten is found in wheat, barley and rye. Oats should be avoided unless these are “gluten free” or “uncontaminated” varieties.

People with coeliac disease must not eat the following:

All breads and crackers. Cakes, gateau and biscuits. Pasta and wheat noodles. Food in batter or bread crumbs. Pizza. Pastry, pies and Yorkshire puddings.

Also avoid manufactured foods such as:
Sausages and burgers.
Gravy, sauces, marinades and glazes.
Salad dressings, relishes and chutney.
Ice cream.

Only use these manufactured foods if you are sure the brand is gluten free.

By law, all cafes and restaurants must provide information about allergens in foods and this includes gluten. This may be on the menu, if not ask a member of staff.

Many foods are naturally gluten free and are suitable for people with coeliac disease

These include:

- Potatoes, rice and rice noodles.
- Plain meats, poultry and game.
- Plain fish and shellfish.
- All fruit and vegetables (fresh, frozen or tinned without sauce) and salad. Nuts.
- Milk, eggs, cheese, plain yogurt and cream.
- Cornflour (for thickening sauces).
- Gluten free or uncontaminated oats

Avoiding gluten contamination in food preparation

It is important to:

Keep gluten free foods separate from gluten containing foods.

Clean tins, pots, pans, work surfaces and chopping boards before using them for gluten free foods.

Avoid stirring foods with spoons that might have been in contact with gluten.

Use clean knives, tongs, spatulas and spoons when cooking and serving gluten free food.

Make sure that cooking fats and butter are not contaminated by having utensils/cutlery contaminated with gluten put back in the tub.

Avoid frying gluten free food in oil that has had battered or bread-crumbed food cooked in it.

Make sure, that wheat dust, from baking, does not contaminate food and work surfaces.