

Cross-Contamination

When following a strict gluten-free diet, it is important to keep gluten-free food & equipment separate from equipment used on gluten containing foods and the glutenous food itself. Even tiny amounts of gluten may trigger symptoms & even long-term gut damage.

Some simple steps to follow at home:

- Wipe down surfaces & clean equipment with hot soapy water
- Use different bread boards to keep gluten free & gluten containing bread separate
- Use a separate toaster or use toaster bags
- To prevent breadcrumbs contaminating spreads/sauces - use different utensils



Gluten-free on the go

- Eating out - many restaurants now label gluten-free meals (ask your waiter/chef to use separate pans & utensils to avoid contamination).
- Holidays - many hotels & airlines have gluten-free meals (make sure to request this when booking).



Food-labelling

By law, all ingredients are required to be listed on food packaging, to identify allergens which are usually highlighted in bold. It is important to check the labels before consuming and avoid products that contain the following:

- Wheat
- Barley
- Rye
- Spelt
- Contaminated oats
- Malt & malted barley



Some products may not use ingredients from the list above, but it still "may contain" gluten as the manufacturers cannot guarantee that the product has not been contaminated with gluten.

Useful resources:

<https://www.juvela.co.uk>

<https://www.nhs.uk/conditions/coeliac-disease/>

<https://www.coeliac.org.uk/home/>

<https://www.coeliac.org.uk/information-and-support/your-gluten-free-hub/food-and-drink-information/ready-made-lists/>



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Going Against the Grain: Coeliac Disease Awareness



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What is Coeliac Disease?

Coeliac disease is a lifelong autoimmune disease where the body attacks its own healthy tissues, when gluten is eaten, causing damage to the lining of the gut. This affects the body's ability to absorb nutrients from food efficiently.

Gluten is a protein found in grains such as wheat, barley, & rye, however, some highly sensitive coeliac react to avenin, which is a protein found in oats.

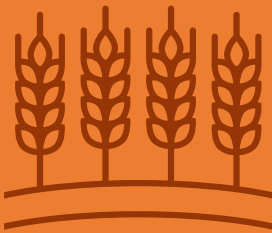


1/100 people have coeliac disease, however, nearly half a million people are still undiagnosed.

Risk factors include family history, type 1 diabetes, ulcerative colitis, and Down's syndrome.

Coeliac Disease or Gluten Sensitivity?

Non-coeliac gluten sensitivity is when symptoms similar to coeliac disease are experienced, but the involvement of the immune system is not known and there is no damage caused to the gut linings.



What is the treatment for coeliac disease?

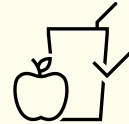
The only treatment for coeliac disease is following a strict gluten-free diet. There are some food and drink that are naturally gluten-free, however there are now many gluten-free substitutes. Please see the list below for examples.

What is a gluten-free diet?

A gluten-free diet involves avoiding all food and drink that may contain gluten. Many people follow a gluten-free diet however, it is vital for coeliacs to have a strict gluten-free diet to reduce their symptoms and protect their gut.

Foods to choose

Rice, potatoes, meat & poultry, fruit & vegetables, milk & cheese, fish, eggs



Foods to check

Ready meals, sauces, yoghurts, sausages, crisps & snacks, chips & other processed potato products

Foods to avoid*

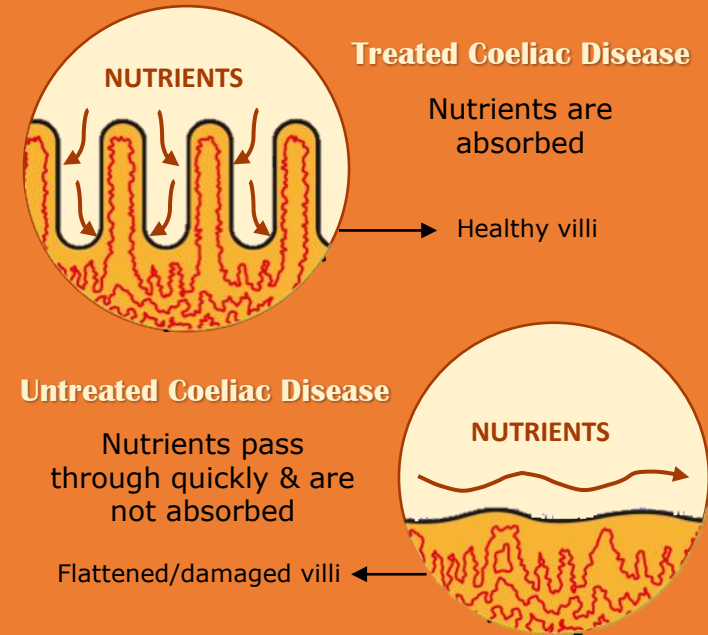
Bread, cake, pasta, pizza, pies & pastries, breaded fish & meat, many breakfast cereals, beer



*or choose the gluten-free alternatives!

What happens when coeliacs eat gluten?

Eating gluten damages the villi in the small intestine, which are responsible for absorbing all the nutrients from food. When they become damaged, the villi flatten and are unable to absorb nutrients efficiently.



Symptoms of coeliac disease can vary from in individuals and range from very mild to severe. For example:

- Severe diarrhoea/constipation
- Vitamin & mineral deficiencies
- Persistent nausea & vomiting
- Stomach pain
- Tiredness
- Weight loss
- Mouth ulcers