

Managing Cross Contamination

Even tiny amounts of gluten may cause people with coeliac disease to have symptoms in the short term, and gut damage long term.

- Wipe down surfaces with hot soapy water.
- Use separate bread boards and utensils.
- Separate toasters or reusable toaster bags.

Moving away from home

Tips when leaving home for university and living with others.

1. Be choosy about your halls and create a plan of action to speak to roommates & catering staff at university.
2. Register with a new GP, ask about gluten free prescriptions.
3. Be prepared with toaster bags, your own utensils labelled for you and even consider a separate toaster.
4. Share gluten free biscuits and other items with house mates to show that gluten free can be enjoyable.

Food Labelling

Whether you're eating out on the move, in restaurants, or shopping for gluten free food, look out for trusted symbols.



Coeliac UK also have their GF food checker app along with a products barcode.



Useful resources

Coeliac UK offer a range of services- for further information about these services you can call the Helpline on **0333 332 2033** or by visiting:
www.coeliac.org.uk/localgroups
www.coeliac.org.uk/member2member
www.coeliac.org.uk/guts
www.coeliac.org.uk/youngchampions.

Our contact info for any questions about coeliac disease

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University of
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Against the Grain

Coeliac Disease Awareness

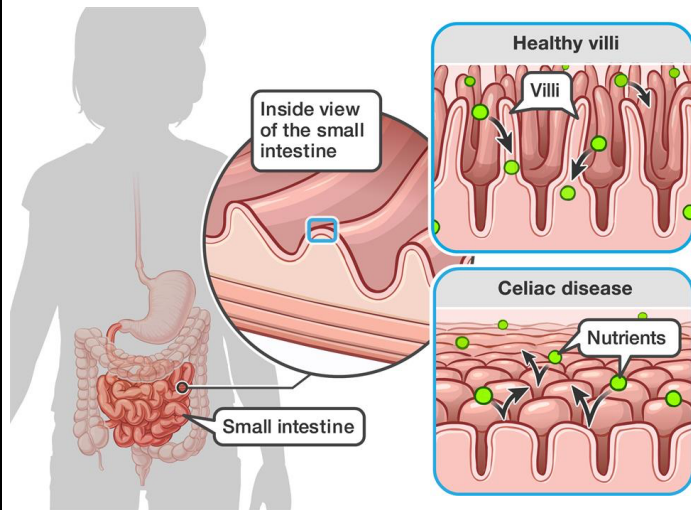
Rachel Gardner.

Nicky Barker.

Nathan Hilditch.

What is coeliac disease?

- Coeliac disease is an autoimmune disorder where the ingestion of gluten leads to immune system damaging in the tissues in the small intestine.
- This can reduce the amount of nutrients the body can absorb and lead to malnutrition.



Symptoms

- Abdominal pain
- Excessive wind
- Distended stomach
- Constipation
- Bloating
- Fatigue
- Nausea



Treatment - Diet

What is gluten?

Gluten is the common name of two plant proteins: gliadin and glutenin. They are found in **Barley, Rye, Oats and Wheat**.

There isn't a cure for coeliac disease. Therefore, the most common treatment is lifelong adherence to a strict gluten free diet to help manage symptoms and promote gut healing.

Typical gluten free whole foods:

Beans Quinoa Vegetable Quorn

Nuts Rice Fresh Fruits

Fibre

Wheat plays an important role in contributing to fibre in UK diets.

Which means people living with coeliac disease and others following a gluten free diet are at risk of inadequate dietary fibre intakes.

Fibre helps to keep our digestive system healthy and helps to prevent constipation. **Top high fibre gluten free foods below:**

Food	Fibre (g)
Jacket potato, 200g	6.7
Peas, 80g	5.9
Baked beans, 80g	5.2
Chickpeas, 80g	4.3
Brown rice, 195g	4
Sweetcorn, 80g	3.3
Dried apricots, 30g	2.5
Mixed nuts, 25g	2.1
Red lentils, 80g	2



*30 grams of fibre per day is recommended by Public Health England.

Risk Factors

Coeliac disease is a genetic condition and runs in families. If a family member has the condition, there is a **1** in **10** chance a relative has the disease.

1 in **4** people with coeliac disease have previously been treated for **irritable bowel syndrome** (IBS) prior to diagnosis of coeliac disease, so people with IBS should be tested for

Get tested – the right way

1. Keep eating gluten everyday
2. Get a blood test for Coeliac disease from your GP
3. GP will refer you for a gut biopsy if necessary

Once diagnosed you may be able to access some gluten free staple foods on prescription, but this depends on where you live so check with your GP!

Companies such as Juvela offer **free** starter packs and plenty of support for those diagnosed with coeliac disease.

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