

Gluten Free Guidelines

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This handout is intended for educational purposes only and does not replace or substitute medical advice. Speak with your healthcare practitioner for personalised nutrition and advice.



Understanding Gluten: A Simple Guide

What is Gluten?

Gluten is a group of proteins found in grains like wheat, rye, barley, and oats. The two main protein components of gluten are gliadin and glutenin.

Types of Gluten-Related Disorders:

Gluten-related disorders include coeliac disease (CD), wheat allergy, and non-coeliac gluten sensitivity (NCGS).

1. Coeliac Disease (CD):

- CD is an autoimmune condition that occurs when gluten is ingested by genetically susceptible individuals.
- Gliadin protein in gluten is broken down by an enzyme called tissue transglutaminase (tTG) in the small intestine, leading to immune system activation.
- This immune response damages the intestinal lining, resulting in nutritional malabsorption and an increased risk of autoimmune diseases like type 1 diabetes and autoimmune thyroiditis.

2. Wheat Allergy:

- Wheat allergy is a hypersensitivity reaction triggered by an immune response mediated by immunoglobulin (IgE).
- Symptoms can affect various parts of the body, including the gastrointestinal tract, skin, or respiratory tract.

3. Non-Coeliac Gluten Sensitivity (NCGS) or Gluten Intolerance:

- NCGS refers to symptoms triggered by gluten ingestion that improve when gluten is eliminated from the diet.
- It is diagnosed after ruling out CD and wheat allergy.
- NCGS may be associated with other components in wheat, such as amylase-trypsin inhibitors (ATIs), which can drive inflammatory immune dysfunction.

Genetic testing HLA-DQ2 or HLA-DQ8 haplotypes:

- Approximately 99% of individuals with CD have the HLA-DQ2 or HLA-DQ8 haplotype. One in 30 with HLA-DQ2 or HLA-DQ8 will go on to develop the condition.
- Approximately 50% of patients with NCGS have the HLA-DQ2/-DQ8 haplotype compared with 30% of the general population.

Clinical Overlap with Irritable Bowel Syndrome (IBS):

- NCGS and IBS have significant clinical overlap.
- Some patients with IBS may experience symptom improvement with gluten withdrawal from their diet.
- Other components in wheat, like fructans, may also trigger IBS symptoms, making it challenging to identify the specific culprit.

In summary, gluten-related disorders encompass a range of conditions with diverse symptoms and underlying mechanisms. If you suspect you have a gluten-related disorder, consult with a healthcare professional for proper diagnosis and management.

Nutritional Deficiencies As a Result:

- Iron, B12, folate, vitamin D

Consequences of Eating Gluten if You Have Gluten Intolerance or Wheat Allergy:

Digestive Issues: One of the most common health risks for individuals with gluten intolerance is digestive problems. Consuming gluten can lead to symptoms such as bloating, gas, diarrhea, constipation, and abdominal pain. These symptoms can range from mild to severe and can significantly impact daily life and overall well-being.

Intestinal Damage: For individuals with celiac disease, the ingestion of gluten triggers an autoimmune response that damages the lining of the small intestine. Over time, this damage can lead to *inflammation, nutrient malabsorption, and a condition called villous atrophy*, where the tiny finger-like projections in the intestine that absorb nutrients become flattened. Intestinal damage can result in nutritional deficiencies, weight loss, fatigue, and other serious health complications if left untreated.

Nutritional Deficiencies: Gluten intolerance, particularly celiac disease, can lead to nutritional deficiencies due to malabsorption of essential nutrients in the small intestine. Common deficiencies include iron, calcium, vitamin D, vitamin B12, folate, and zinc. These deficiencies can cause a range of health problems, including anemia, osteoporosis, fatigue, impaired immune function, and neurological issues.

Increased Risk of Other Autoimmune Diseases: People with gluten intolerance, especially those with celiac disease, have an increased risk of developing other autoimmune diseases. These may include *type 1 diabetes, autoimmune thyroiditis (such as Hashimoto's thyroiditis), autoimmune liver diseases, and inflammatory bowel diseases like Crohn's disease and ulcerative colitis*. The exact mechanisms underlying these associations are not fully understood but likely involve shared genetic factors and immune system dysregulation.

Potential Long-Term Complications: Untreated gluten intolerance, particularly celiac disease, can lead to serious long-term health complications. These may include *osteoporosis, infertility, neurological disorders (such as peripheral neuropathy and ataxia), certain types of cancer (such as lymphoma and small intestinal adenocarcinoma), and increased risk of cardiovascular disease*. Early diagnosis and strict adherence to a gluten-free diet can help reduce the risk of these complications.

Identifying Signs of CD, Wheat Allergy and NGCS:

CD	Wheat allergy	NGCS
Reaction time: Hours to days	Reaction time: Minutes to hours	Reaction time: Hours to days
Intestinal symptoms Abdominal bloating Constipation Cramps Diarrhoea Nausea Pain Vomiting	Intestinal symptoms Abdominal pain Bloating Constipation Diarrhoea Nausea Vomiting	Intestinal symptoms Abdominal bloating Aerophagia Constipation Diarrhoea Gastroesophageal reflux. Nausea Pain Vomiting
Extra-intestinal symptoms Anaemia Arthralgia Ataxia Brain fog Dermatitis herpetiformis Fatigue Lymphoma Neurological disturbances Osteoporosis Weight loss	Extra intestinal symptoms Angioedema Asthma Contact urticaria Cough Eczema Exercise-induced anaphylaxis Hives Occupational asthma and rhinitis Post-nasal drip	Extra-intestinal symptoms Anaemia Arthralgia Brain fog Eczema Fatigue Headache Migraine Myalgias Neurological symptoms Numbness Psychiatric changes Weight loss
Silent presentations Asymptomatic CD May develop malabsorption issues (i.e. osteoporosis)		

Going Gluten Free

When choosing Gluten Free (GF) products, always check the ingredients label and front of the packet that specifically labels the product as either '**gluten-free**' or '**GF**'. I have checked these products to ensure they are free from **lupin**, however always check nutritional labels and allergen advice when choosing products.

Some products may list '**gluten**' or '**wheat**' in the **Allergen** section on the back of the packet. There is a wide variety of gluten-free products in all supermarkets and specialty stores. Please use this list as a guide and remember to always check the label before purchasing.

When choosing bread, pasta and pizza bases, opt for wholemeal and with seeds where possible over white products as these are better for gut health, nutrients and fibre.

Aldi has a really good selection of gluten-free products ranging from flours to bread, crackers, sausages, falafels and more.

Gluten-Free Grains & Flours List

- Rice
- Corn (maize)
- Soy
- Potato
- Tapioca
- Beans
- Sorghum
- Quinoa
- Millet
- Buckwheat
- Arrowroot
- Amaranth
- Teff
- Flax
- Chia
- Yucca
- Gluten-free oats and gluten free flours
- Nut flours

Grains & Flours Containing Gluten

- Enriched flour with added vitamins and minerals
- Flour unless specified as gluten free
- Wheat, spelt, kamut, farro, durum, bulgur, semolina, couscous, freekah, barley, rye
- Triticale (a cross between wheat and rye)
- Malt extract and malt vinegar
- Wheat starch
- Brewer's yeast
- Oats (while they are naturally gluten-free, they are often contaminated with gluten because they are processed in facilities that handle other gluten-containing grains. You can find gluten-free oats that are processed separately)

Gluten Free Resources

- [My GF Guide](#) - recipes, cookbooks and more
- [Celiac Australia](#) - guides, recipes, education
- [Gluten Free Living](#) - recipes
- [Gluten free eating.perth WA Facebook group](#)
- Find Me Gluten Free App - android and apple 
- Find Me Gluten Free desktop link: <https://www.findmeglutenfree.com/search>
- [Gluten Free Scanner](#)

Guide To Reading Food Labels

Ingredients List

The ingredient list will notify you of all the ingredients that are included in the product. As a rule they are listed in descending order from the most dominant ingredient in the product.

The example provided shows a gluten free by ingredient product but not gluten free labelled product.

If you have trouble remembering all the numbers and ingredients that are safe for you to eat then investing in an ingredient app may be helpful. There are several available on the market in both free and paid versions.

Allergens List

In addition to the ingredients, you can typically find allergen alerts underneath the ingredient list. Although, these won't always be there, if they are used any of the major allergies that the product contains will be listed here.

This is a good first port of call to check if a product contains wheat or gluten.

Advisory Statement

While not mandatory, this is a very important section. The advisory statements let you know if the product could have possibly come in contact with any ingredients that contain an allergen.

This cross-contamination could be due to process lines, harvesting cross contamination, storage or travel conditions that have led to a possible contamination.

For Celiacs, unfortunately as stated by the Coeliac Society; any product that has a **may contain** or **may have been contaminated** statement of gluten is unsafe for consumption by any person with Coeliac Disease.

Nutrition Panel

You shouldn't have to check the nutrition panel often, but it does come in handy if you are unsure if any ingredients in the list are not gluten free.

The gluten detected line means that the manufacturer has paid for gluten testing and has provided you with the results.

Ingredients

Water, Mushrooms (31%), Lemongrass, Galangal, Chilli, Soybean Oil, Garlic, Shallot, Kaffir Lime Leaves, Fish Sauce (Contains Anchovy), Lime Juice, Parsley, Pepper Powder.

ALLERGENS: Contains Soy and Fish
May contain traces of Crustaceans, Sesame, Peanut and Tree Nuts.

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SERVINGS PER PACK: 1		SERVING SIZE: 255ml	
	PER SERVE	% DAILY INTAKE (Per Serving)	PER 100ml
ENERGY	275kj 65Cal	3 %	108kj 25Cal
PROTEIN	1.9g	4 %	0.7g
FAT, TOTAL	2.8g	4 %	1.1g
-SATURATED	0.5g	2 %	0.2g
CARBOHYDRATES	8.5g	3 %	3.3g
-SUGARS	2.8g	3 %	1.1g
GLUTEN	Nil Detected		Nil Detected
DIETARY FIBRE	1.9g	6 %	0.7g
SODIUM	901mg	39 %	353mg

Guide To Dining Out

Use this URL and QR Code to access a map of GF restaurants:

<https://tinyurl.com/4svpyz7v>



Gluten Free Restaurant's SOR

- Redfish, chips and grill, Attadale
- Canteen pizza, Applecross
- Little creatures, Fremantle,
- tonic & ginger, Fremantle
- Oushik, Palmyra
- Miss Chow's, South Perth
- Nourish me wholefoods, East Fremantle
- Purely baked, Mandurah
- The Kewdale tavern, Kewdale
- Darrington's bakery, Rivervale
- Bayside barista, Safety Bay
- Canning River Cafe, Wilson
- Swan Valley gourmet, Swan Valley
- Health Freak Cafes (perth wide)
- Little Raw Deli, Carlsile
- Grill'd (Perth wide)
- La Sosta, Fremantle
- Social Manna, Vic Park
- Catalano's cafe, Vic Park
- Guce Pizzeria e Cucina Italia, Applecross
- Bistro Guillaume, Crown Casino
- Rockpool, Crown Casino
- The Merrywell, Crown Casino
- Nobu, Crown Casino
- The Rowing Pavillion, Mt Pleasant
- RoyAl's chicken and burgers, Vic Park
- Hilton pizza, Hilton
- Indigo Oscar, Cottesloe
- Sweetwater Rooftop Bar, East Freo
- Sana, Fremantle
- Broken hill hotel, Vic Park
- Brando's Pizzeria, Vic Park
- Ocean & Paddocks, Albany
- Good Food Company, Albany
- Smalls Bar, Eaton
- Benesse cafe, Bunbury
- Bagel Nation, Bunbury
- The Rose, Bunbury
- Paddies patties, Bunbury
- Right on Burgers, Bunbury
- Just One Thai, Bunbury

Gluten Free Restaurant's city & NOR

- Double rainbow, Northbridge
- La Cholita, Northbridge
- The Standard, Northbridge
- Agel falls grill, Northbridge
- flora & fauna, Northbridge
- No Mafia, Northbridge
- Alfred's Pizzaria, Perth
- Long Chim, Perth
- eL Publico, Highgate
- Porkies Bar-b-que, Bayswater
- UMA, Perth
- General public food co, Inglewood & Scarborough
- Source foods, Perth
- Strang grains GF bakery, Shenton Park
- Pearth organic kitchen, West Leederville
- Illuka Bar, Illuka
- Elixir Cafe, Wanneroo
- Crunch Box, Malaga
- Kapitol kitchen, Wanneroo
- The Rosemount, North Perth
- Solo Pasta, Mount Lawley
- Zuccherio Trattoria, North Perth
- Amore Mio, Maylands
- Galileo Buona Cucina, Shenton Park
- Betty's Burgers, Perth
- Tony Roma's, Perth
- Gluten Free 4 U bakery, Wembly
- Lot Siz Zero, Innaloo, Ellenbrook
- Eat Drink Raw, Karrinyup

Bread & Breakfast





Baking & Crumbs



Pasta



Grains: all types of rice are naturally GF and have not been included here.



Biscuits, crackers and snacks





Soy sauces, tamari and other cooking needs

