

# COELIAC DISEASE DIET

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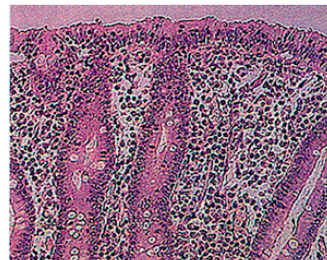
## What is Coeliac Disease?

Coeliac Disease is an autoimmune response to consuming the gluten protein (found in foods containing wheat, barley, rye and oats). This causes damage to ***different areas of the body, particularly to the lining of the small intestine.***

Below are images of the lining of the small intestine, the damaged villi means the body is unable to absorb nutrients, causing nutrient deficiencies.



Healthy Villi



Damaged Villi

## What can I eat?

Currently, the only treatment for coeliac disease is a strict life-long gluten-free (GF) diet. Adhering to a GF diet will allow the lining to heal and body to return to normal.

## Why follow a Gluten Free diet

Consequences of not following a strict GF diet may lead to:

In the **short term**: iron-deficiency anaemia, abdominal pain, bloating, diarrhoea, headache and lethargy.

In the **long term**: infertility & miscarriage, osteoporosis, liver disease, neurological issues and other autoimmune conditions.

*Even those who do not experience symptoms must avoid gluten at all costs, even a tiny crumb can cause damage to the gut lining.*

## Is a Gluten Free diet healthy?

Foods labelled 'Gluten free' tend to be higher in starch, sugar, fat, calories and lower in protein, iron, folate and fibre. Due to this, people with coeliac disease may find weight gain problematic and are at an increased risk of fatty liver disease, metabolic syndrome and cardiovascular events.

It is recommended to choose foods which are naturally gluten free (see over).



## How to follow a Gluten Free diet

- Many foods are **naturally GF** such as fruits & vegetables, unprocessed meats, eggs, legumes, nuts, plain dairy and GF grains, breads and cereals.
- Choose **packaged foods** labelled 'gluten free', have the Coeliac Australia Endorsement Logo or do not contain ingredients from gluten-containing grains
- Prevent cross-contamination by preparing, storing and cooking GF foods away from foods which contain gluten.

## Grains

### **Contain Gluten**

Wheat & Wheat Starch  
Triticale  
Oats  
Rye  
Barley

### **Gluten Free**

Besan/chickpea Flour (good low GI option)  
Buckwheat  
Carob  
Millet/Teff  
Corn/Polenta  
Sorghum  
Soy  
Tapioca

## Understanding Food Labels

Read food labels AND ingredient lists to make sure there is no gluten.

## Eating out with Coeliac Disease

- Look at the menu beforehand
- Call and ask the restaurant
- Alert staff and ask for GF options
- If you don't feel confident about the responses, try somewhere else
- Keep your order as simple as possible
- Thai, Indian, Mexican, Vietnamese have a variety of naturally gluten free foods
- When travelling, research your destination

### **Are oats labelled gluten free safe to eat?**

Australian food regulations do not classify oats safe to eat for people with Coeliac Disease unless advised by the Gastroenterologist through further testing.

## About

Sarah is an Accredited Practising Dietitian with experience in gastrointestinal and women's health. She has completed specialist dietetic training in FODMAPs and IBS, Prenatal Nutrition and Eating Disorders.

### **Need some help?**

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**Please note - this is general diet advice only. For a personalised assessment and advice please contact Wholelife Nutrition.**