



Gluten

Planning **Your Diet**



Eating and cooking **without Gluten**



If your results have shown an **ELEVATED** reaction to gliadin (found in gluten), then it is recommended that you avoid all foods that contain gliadin/gluten even if these foods do not show a positive response. The grains that contain gluten include wheat, rye and barley, and foods containing these grains should be avoided. Some people who are intolerant to gluten are also sensitive to oats.



Foods to avoid

Gluten can be found in many foods such as:

- Any food that contains wheat, rye or barley
- Breads, rolls, chapattis, naan breads, crumpets, scones, pancakes, wafers, cakes, biscuits
- Breakfast cereals
- Pizza, pasta, pastries and Yorkshire puddings
- Ice-cream, powdered drinks, malted drinks, chocolate bars, liquorices and puddings
- Beer, stout, lager and most spirits
- It is also found in many convenience foods such as soups, sauces, spices, malted drinks, processed meats and ready-made meals, including burgers, oven chips, salami, sausages, scotch eggs, meat or fish coated in bread crumbs, corned beef, pates and spreads, pizzas, crisps, commercial sauces, salad dressings, ham, gravy, stock cubes, herbs, spices, baking powder, tinned foods including beans, spaghetti and soup





What to look for (and avoid) on food ingredient labels

In 2006, the Food Allergen Labelling and Consumer Protection Act came into effect, which requires food companies to label all foods that contain the eight most common allergens, including wheat. This is great news for people who must follow a gluten-free diet, because it makes identifying “red-light foods” much easier. Now, in order to determine if a food contains gluten, you should first read the allergy statement found at the end of the ingredient list on the back of all packaged foods. If the food contains any gluten, the allergy statement will read “contains Gluten”. If the allergy statement does not include gluten, you should read the ingredient list. If none of the words (listed in box) appear in the ingredient list, the food is most likely gluten-free. However, the best way to determine if a particular product is gluten-free is to call the food manufacturer or look on their website. By law, food manufacturers must list their contact information on the back of all packaged foods.

Note

Gluten may be hidden in many foods and so it is important to always read ingredients labels carefully before purchase.

If avoiding gliadin/gluten, you will need to avoid the following:-

- wheat
- rye
- barley
- spelt
- kamut
- malt, malt flavouring, malt vinegar
- bran
- triticale
- dextrin

Alternative foods to eat and useful tips for gluten-free baking

Although gluten is present in many products that are significant sources of nutrients, there are alternative food products that provide equivalent vitamins and minerals. Whilst it may be challenging, you can use these alternatives to ensure an enjoyable, varied and healthy diet:

- **Breads** – gluten-free bread is now widely available and generally made from a combination of rice, potato, corn, soya or tapioca flour. Most of these breads contain the essential B vitamins, iron and folic acid. Examples of fresh breads available in supermarkets include *Biona*, *the Village Bakery*, *Genius*. Crackers or crispbreads such as Ryvita, oatcakes, corn cakes and rice cakes can be used in place of bread for meals and snacks.
- **Pasta** – choose pasta made from rice, quinoa, corn or buckwheat, which all contain B vitamins. Noodles are also available in buckwheat or rice too.
- **Biscuits** – a wide range of biscuits are available that are made from maize or oats and can be either sweet or savoury.
- **Breakfast cereals** – there are a wide selection of cereals available that do not contain gluten, such as gluten-free muesli, porridge oats, millet puffs, brown rice puffs, puffed buckwheat, shredded oat bites and quinoa flakes. These all provide a good source of B vitamins and iron.
- **Batter and breadcrumbs** – are made from wheat flour. Use a gluten-free bread or corn flakes to make bread crumbs instead.
- **Sausages** – usually contain wheat rusk but rice rusk is used in some gluten-free alternatives that are available in some supermarkets, butchers shops and meat producers at farmers markets.
- **Japanese, Chinese and Thai dishes** – many contain soy sauce which is produced using wheat. At home, try Japanese Tamari soy sauce which is made without wheat and is therefore gluten-free.
- **Gravy** – if you like to make gravy with meat juices you can continue to use vegetable stock or gluten-free stock tablets such as *Kallo* or *Knorr* and thicken with corn flour. If a brown gravy is preferred add gravy browning. *Allergycare* do gluten-free instant gravy powder too.
- **Sauces** – to make a white sauce use corn flour or another gluten-free flour (see next section 'Alternative flours for Baking') to thicken the sauce. To prevent lumps forming mix the corn flour first with a little cold milk. Heat the remaining milk in a pan. Then add a small amount of the hot milk to the cold and stir. Stir whilst adding this mix to the remaining hot milk in the pan and cook through. Then add the flavouring e.g. grated cheese, parsley.
- **Baking** – there are many alternative flours available for baking. See the next few pages for specific details. Bicarbonate of soda, cream of tartar, tapioca, gelatine or vegegel based desserts, pure spices, cornflour, rice and arrowroot can all be used for baking.



Gluten-free manufactured products

A wide variety of speciality products, for example flour, bread, biscuits, cakes and gravy mixes are now available at supermarkets, chemists and the internet. Some cafés or restaurants sell home baked gluten-free cakes.

Please note that products marked wheat-free may not be gluten-free.

REMEMBER - always check the label!

Gluten-free baking

There are many foods that can be used as a substitute to wheat, rye, barley and spelt that will provide variety to your meals and all essential nutrients.

Ingredients that can be used in gluten-free recipes are:

- Amaranth
- Potato flour
- Quinoa
- Buckwheat - flakes or flour
- Rice grains - flakes or flour
- Corn, cornflour, maize, polenta
- Ground nuts e.g. almonds
- Sago
- Lentil, pea, bean, gram flours
- Soy - flakes or flour
- Millet grains - flakes or flour
- Tapioca

Gluten-free flours have different baking properties to flour containing gluten but with practice can make tasty biscuits, cakes and pastries.

Alternative flours for baking:

Wheat flour contains gluten which is the protein that strengthens and binds dough in baking. Wheat/gluten-free flours do not contain gluten and therefore you may need to source alternative binding agents.

Gluten-free recipes using flour substitutes usually have been carefully formulated to get the best possible result taking into account the problems associated with lack of gluten, therefore substitution can be a risky experiment. You may be advised to try out new recipes prior to cooking for important occasions!

The flours listed over the next few pages are alternatives to wheat flour and are gluten-free. However it is important to be aware that there is no exact substitute for wheat flour, and recipes made with wheat-free alternative flours will be different from those containing wheat.

Useful baking tips when using alternative flours:

- Use a gluten-free baking powder such as *Supercook* Gluten Free Baking Powder (white lid) or *Allergycare* Gluten-Free Baking Powder.
- When self-raising flour is required for a recipe, mix 1 teaspoon of gluten-free baking powder plus 1 teaspoon of xanthan gum with 200g (8oz) gluten-free flour.
- Xanthan gum is a useful gluten substitute that can be added to improve the texture, help to bind the mixture and prevent crumbling. It can be bought in health food shops, supermarkets or online.
- Add extra liquid to compensate for the greater absorbency of the gluten-free flour.
- Bake at slightly lower temperature than the original recipe (5-10% lower)
- Add extra flavouring to compensate for the blandness of gluten-free flour (eg lemon, almond, chocolate, cinnamon, ginger)
- If making bread, don't expect to be able to turn out a light, fluffy loaf. Flat breads and rolls are more achievable. Only consider making a loaf if you are able to put egg in it.
- If making pastry, it will be very fragile. Roll it out much thicker than normal and do not be surprised if it breaks when you lift it off the worktop. Try rolling it between two pieces of cling-film or on a sheet of baking silicone to make it easier to move. Patchwork pastry won't matter if it is in the bottom of a flan tin.
- Try looking in cookbooks for foreign recipes that do not use wheat flour.
- Appearance and consistency of raw mixture will be different from the normal versions.
- Some cooked products (eg muffins) might appear to be under-cooked – you will need to test with a skewer.
- Shelf-life will be greatly reduced. Plan to make sufficient for 2 days then bake a fresh batch when those have all been eaten.



Amaranth

Amaranth flour is made from the seed of the amaranth plant, which is a leafy vegetable. Amaranth seeds are very high in protein, which makes a nutritious flour for baking. Alternative names: African spinach, Chinese spinach, Indian spinach, elephants ear.

Gluten - free ✓ Wheat - free ✓

Arrowroot

Arrowroot flour is ground from the root of the plant, and is very useful for thickening recipes. It is tasteless, and the fine powder becomes clear when it is cooked, which makes it ideal for thickening clear sauces.

Gluten - free ✓ Wheat - free ✓

Brown rice

Brown rice flour is heavier than its relative, white rice flour. It is milled from unpolished brown rice so it has a higher nutritional value than white, and as it contains the bran of the brown rice, has a higher fibre content. This also means that it has a noticeable grainy texture which contributes to a heavier product than recipes made with white rice flour. It is not often used completely on its own because of its heavier nature. Bulk buying is not recommended as it is better used when fresh, store in an airtight container.

Gluten - free ✓ Wheat - free ✓

Buckwheat

Buckwheat flour is not, despite its name, a form of wheat, but is actually related to rhubarb. The small seeds of the plant are ground to make flour. It has a strong nutty taste so is not generally used on its own in a recipe as the taste of the finished product can be very overpowering and a little bitter. Alternative names: beech wheat, kasha, saracen corn.

Gluten - free ✓ Wheat - free ✓

Chick pea

(also known as gram or garbanzo flour)

This is ground from chick peas and has a strong slightly nutty taste. It is not generally used on its own.

Gluten - free ✓ Wheat - free ✓

Cornflour

Cornflour is milled from corn into a fine, white powder, and is used for thickening recipes and sauces. It has a bland taste, and therefore is used in conjunction with other ingredients that will impart flavour to the recipe. It also works very well when mixed with other flours, for example when making fine batters for tempura. Some types of cornflour are milled from wheat but are labelled wheaten cornflour. Alternative name: cornstarch.

Gluten - free ✓ Wheat - free ✓

Flour Types

Cornmeal (coarse)

Ground from corn. Heavier than cornflour, not generally interchangeable in recipes. Also known as Polenta.

Gluten - free ✓ **Wheat - free** ✓

Cornmeal (fine)

Ground from corn. Heavier than cornflour, not generally interchangeable in recipes. Available in the UK in wholefood stores. Also known as Maize flour.

Gluten - free ✓ **Wheat - free** ✓

Millet

Comes from the grass family, and is used as a cereal in many African and Asian countries. It can be used to thicken soups and make flat breads and griddle cakes. Because it lacks any form of gluten it is unsuitable for many types of baking. Available in the UK in wholefood stores.

Gluten - free ✓ **Wheat - free** ✓

Potato

This flour should not be confused with potato starch flour. Potato flour has a strong potato flavour and is a heavy flour so a little goes a long way. Bulk buying is not recommended unless you are using it on a very regular basis for a variety of recipes as it does not have a very long shelf life.

Gluten - free ✓ **Wheat - free** ✓

Potato starch

This is a fine white flour made from potatoes, and has a light potato flavour which is undetectable when used in recipes. It's one of the few alternative flours that keeps very well provided it is stored in an airtight jar, and somewhere cool and dark.

Gluten - free ✓ **Wheat - free** ✓

Quinoa (pronounced 'keen wa')

Quinoa is related to the plant family of spinach and beets. It has been used for over 5,000 years as a cereal, and the Incas called it the mother seed. Quinoa provides a good source of vegetable protein and it is the seeds of the quinoa plant that are ground to make flour. It's a rarity to find quinoa flour in the UK, although quinoa itself is widely available.

Gluten - free ✓ **Wheat - free** ✓

Sorghum

This is a relatively new flour on the market, and not readily available in the UK. It is ground from sorghum grain, which is similar to millet. The flour is used to make porridge or flat unleavened breads. It is an important staple in Africa and India. This flour stores well under normal temperatures.

Gluten - free ✓ **Wheat - free** ✓



Soya

Soya flour is a high protein flour with a nutty taste. It is not generally used on its own in recipes, but when combined with other flours is very successful as an alternative flour. Can be used to thicken recipes or added as a flavour enhancer. It needs to be carefully stored as it is a high fat flour and can go rancid if not stored properly. A cool, dark environment is recommended and can even be stored in the refrigerator.

Gluten - free ✓ Wheat - free ✓

Tapioca

Tapioca flour is made from the root of the cassava plant, once ground it takes the form of a light, soft, fine white flour. Tapioca flour adds chewiness to baking and is a good thickener. Although difficult to source in the UK tapioca flour is an excellent addition to any wheat free kitchen. It's a fairly resilient flour, so storing at room temperature is no problem.

Gluten - free ✓ Wheat - free ✓

Teff

Teff comes from the grass family, and is a tiny cereal grain native to northern Africa. It is ground into flour and used to prepare injera, which is a spongy, slightly sour flat bread. It is now finding a niche in the health food market because it is very nutritious, although currently it's a rarity to find in the UK.

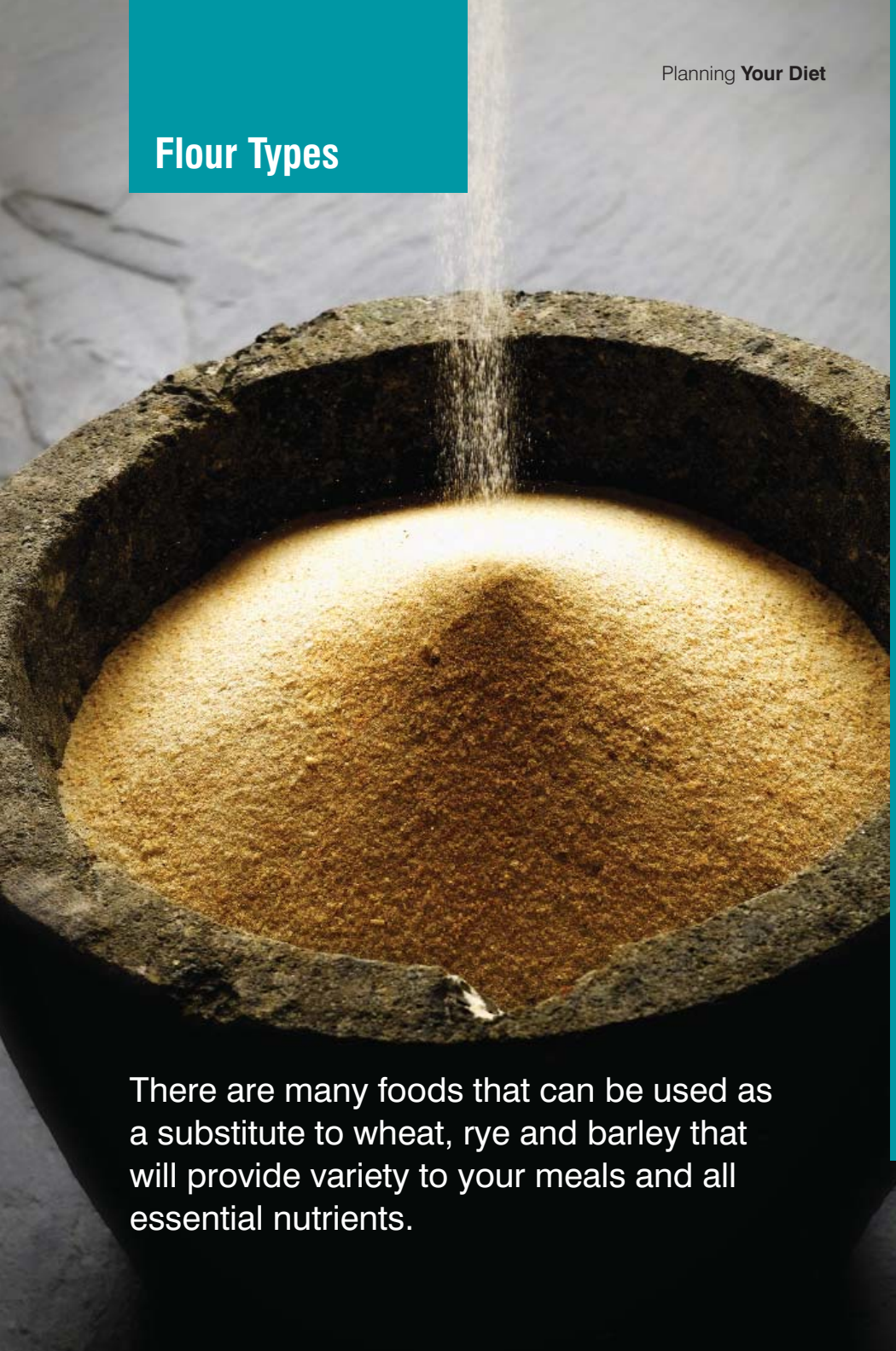
Gluten - free ✓ Wheat - free ✓

White rice

This flour is milled from polished white rice so it is very bland in taste, and not particularly nutritious. White rice flour is ideal for recipes that require a light texture. It can be used on its own for a variety of recipes and has a reasonable shelf life, as long as it is stored in an airtight container to avoid it absorbing moisture from the air.

Gluten - free ✓ Wheat - free ✓

Flour Types



There are many foods that can be used as a substitute to wheat, rye and barley that will provide variety to your meals and all essential nutrients.

Gluten-free Meal ideas

BREAKFASTS

Poached, boiled or scrambled egg on gluten-free toast (eg *Genius, Glutafin*) ● Buckwheat pancakes and dried fruit conserve (see recipes) ● Gluten-free muesli (eg *Alara* or home-made – see recipes) ● Smoked haddock with mushrooms, tomatoes and gluten-free toast (eg *Sunnyvale Flax corn rice sourdough bread*) ● Cornflakes or *Rice Krispies* with sliced banana, yoghurt and salt-free nuts and raisins ● Fruit salad with mixture of nuts, seeds or millet flakes ● Natural or Greek yoghurt with nuts, fruit, seeds or honey ● Porridge oats/flakes (eg *Nairns gluten-free, Barkat*) with skimmed milk, honey and chopped fruit ● Half grapefruit with gluten-free toast (eg *Dietary Specials Multigrain, Glutafin*) and peanut butter ● Pancakes (made from rice flour and milk) with fruit salad and Greek yoghurt ● Chocolate Pops (eg *Hale and Hearty*) with skimmed milk and sliced bananas ● Bacon, egg, baked beans and gluten-free sausages (eg *Black Farmer*) ●

LUNCHES

Home-made soup with gluten-free bread (eg *Biona* millet bread) ● Jacket potato and salad with a filling such as cheese, beans, tuna, prawns or sweetcorn ● Sardines, mackerel or pilchards with gluten-free crackers (eg *Orgran Buckwheat crispbread*) ● Rice noodles (eg *Clearspring, Orgran*) and stir-fry vegetables ● Beans on buckwheat bread toast (see recipes) ● Crackers (eg *Glutafin*) or rice-cakes with cheese, tomato, hummus ● Rice or quinoa salad with sultanas, almonds, walnuts, cashew nuts, sunflower seeds, or sesame seeds ● Prawn mayonnaise open sandwich on rice and corn bread (eg *Glutano* rice and corn bread) with rocket leaves and cucumber ● Gluten-free pizza and mixed salad (eg *Biona, Dietary Specials, Rizopia*) ● Homemade pizza (with polenta base) and green salad ● Corn Pasta (eg *Orgran, Dietary Specials*) salad with chicken, mayonnaise, sweetcorn and mixed green leaves ● Prawn risotto with brown rice or quinoa with asparagus, beans, mushrooms, parsley ●

DINNERS

Broccoli and cauliflower cheese with a jacket potato and mixed salad ● Roast chicken breast with roast potatoes, vegetables and gluten-free gravy and stuffing (eg *Barkat, Allergycare, Kallo, Free and Easy*) ● Fresh grilled sardines and green salad ● Stir-fry vegetables with chicken, nuts, beans or *Quorn* with rice or rice noodles (eg *Clearspring, Orgran*) ● Poached salmon with new potatoes, broccoli, green beans ● Salmon quiche made with gluten-free pastry (eg *Gluten-Free Pastry company*) ● Chilli con carne with brown rice or rice noodles ● Spaghetti bolognese with corn pasta or rice noodles (eg *Orgran, Dietary Specials*) or *Gluten-free pasta* (eg *Glutafin*) ● Corn pasta (eg *Barkat, Orgran*) with tomato sauce, spring onions, sweetcorn, pine nuts and fresh herbs. (Alternate with buckwheat, quinoa or rice and quinoa pasta eg *Hale and Hearty*) ● Cod with gluten-free breadcrumbs (from gluten-free bread or use corn-flakes) with new potatoes and vegetables ● *Quorn* and sweetcorn escalopes (with *gluten-free breadcrumbs*) ● Roast beef and Yorkshire pudding (*Orgran buckwheat pancake mix*) and vegetables ●

SNACKS

Fresh fruit ● Dried fruit, nuts and seeds ● Raw vegetable crudites with hummus, taramasalata or guacamole ● Poppadoms (made from lentil, chickpea, gram or potato flour), with gluten-free dips ● Low-fat 'live' yoghurt (eg *Activia*) ● Rice cakes (eg *Kallo*) with sliced bananas, cottage cheese, sesame spread, peanut butter or sugar-free jam ● Gluten-free crispbreads (eg *Orgran*) with topping as for rice cakes ● Low-sugar and gluten-free muesli bars (see recipes) ● Gluten-free savoury snacks such as rice crackers, tortillas, potato crisps (eg *Clearspring, Whole Earth, Biona*) ● Corn chips or poppadoms made from dhal flour ● Scones, biscuits, cakes made from buckwheat, rice, corn flour or gluten free flours (eg *Doves Farm, Glebe Farm*) ● Jam tarts made with gluten-free sweet pastry (eg *Gluten Free Pastry Company*) ●

Gluten-free Recipes

Potato and Rice Cake

(wheat, barley, oats and rye-free)

This is a white bread which is delicious when freshly baked, and also makes good toast. It tastes rather like crumpets.

Ingredients:

- 250g (10oz) potato flour
- 200g (8oz) brown rice flour
- 1.5 packets easy yeast
- 1 tbsp olive oil
- 425ml ($\frac{3}{4}$ pt) hand-hot water
- 1 tsp sugar
- $\frac{1}{2}$ to 1 tsp salt
- 2 x 500g (1lb) loaf tins

Preparation:

1. Mix together flours and easy yeast.
2. Add sugar, oil and salt and mix to a thick batter with the hand-hot water.
3. Grease and flour the 2 loaf tins, cover and leave to rise in a warm place for 20-30 minutes.
4. Bake at 230°C/450°F/Gas mark 8. for 35-40 minutes.
5. The bread will contract slightly from the side of the tins when it is cooked.
6. Cool for 5 minutes in the tins and then turn out on to a wire rack.

Makes 8 slices per loaf

Muesli

(wheat, barley, oats and rye-free)

Ingredients:

- 1 cup Cornflakes
- $\frac{1}{2}$ cup chopped pecan nuts
- 1 cup Rice Krispies
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup sunflower seeds
- $\frac{1}{2}$ cup chopped apricots
- $\frac{1}{2}$ cup chopped almonds
- Handful pine nuts

NB 1 cup = 250 mls

Preparation:

1. Chop the apricots, almonds and pecan nuts.
2. Mix together with the dry ingredients and raisins.
3. Serve with chopped fresh fruit, a little natural Greek yoghurt and semi-skimmed milk.

Serves 6-8

Can be stored in a sealed container for a few days.



Potato Shortbread

(wheat, oats, barley and rye-free)

Ingredients:

- 150g (6oz) potato flour
- 50g (2oz) rice flour
- 100g (4oz) butter or spread (*eg Pure*)
- 75g (3oz) ground almonds

Preparation:

1. Put all ingredients in to a food processor and beat together for 5-6 seconds.
2. Scrape bowl and repeat the process until a ball of dough is formed.
3. Put dough into a greased 7-8 inch (17.5-20 cm) round sandwich tin and press down evenly.
4. Mark out portions with a knife, prick all over and bake at 180°C/350°F/Gas mark 4 for 35-40 minutes.
5. Cut into wedges and cool in tin.

Makes 8 slices

Lemon and Almond Cake

(wheat, oats, barley and rye-free)

Ingredients:

- 175g soft butter or spread (*eg Pure*)
- 175g caster sugar
- 3 eggs
- 175g brown rice flour
- 150g ground almonds
- 2 lemons
- Grated rind and juice of 1 lemon
- 2 tsp clear honey
- ½ tsp almond essence

Preparation:

1. Pre-heat the oven to 160°C/320°F/Gas mark 3.
2. Grease and base line a 20cm loose-bottomed round cake tin.
3. Place the butter, caster sugar, eggs, brown rice flour, ground almonds, almond essence and grated rind and juice of 1 lemon into a large mixing bowl.
4. Mix well and beat with a wooden spoon or electric mixer until light and fluffy.
5. Turn the mixture into the cake tin and smooth the top.
6. Pare the rind and pith of the 2 lemons, then slice into thin round slices and place on top of the cake.
7. Bake for 50-60 minutes until golden and firm.
8. Cool in the tin for 10 minutes then release the sides and cool on a wire rack.
9. Warm the honey and brush over the cake.
10. Serve immediately.

Serves 8-10.



Rich Shortcrust Pastry

Ingredients:

- 85g/3oz rice flour
- 85g/3oz gram flour
- 30g/1oz cup buckwheat flour
- ½ tsp sea salt
- 125g/4oz butter or spread (eg Pure)
- 1 beaten large egg
- 1-2 tbsp water

Preparation:

1. Sift rice flour, gram flour, buckwheat flour and sea salt into a large mixing bowl.
2. Cut butter or spread into small cubes and, using cold fingertips. Rub it into the flours until the mixture resembles fine breadcrumbs.
3. Make a well in the centre and add egg, mixing lightly with a round-bladed knife so that the mixture begins to hold together. It needs to form a dough with a little extra moisture at the base of the bowl. If it is too dry, gradually add 1-2 tbsp chilled water to make it quite sticky. If too sticky, add some rice flour.
4. Shape the pastry into a ball. Wrap in greaseproof paper and put in the fridge for 30 minutes. This amount will line a 25cm/10 inch tart tin, 3cm/1¼ inch deep, or 5 x 12cm/5 inch tartlet tins, 2cm¾ inch deep.

Note: this pastry is very fragile and needs to be handled with great care.



Fruity Cakes

(wheat, oats, barley, rye-free)

Ingredients:

- 100g butter or spread (eg Pure)
- 100g caster sugar
- 2 eggs, beaten
- 200g Trufree No 7 flour or combination of corn and rice flour
- 100-150g mixed raisins, currants and sultanas

Preparation:

1. Cream butter (or spread) and sugar until light and fluffy.
2. Add eggs gradually, then fold in the flour.
3. Next, stir in all of the mixed dried fruit.
4. Put mixture into individual cake cases and bake at 190°C/375°F/Gas mark 5 for 15-18 minutes until risen and golden.
5. Alternatively, you can place all the mixture in a 500g loaf tin and cook at 180°C/350°F/Gas mark 4 for 20-25 minutes for a sweet fruit loaf.

Makes 10 cakes

Grocery List for Gluten-Free Diet

Many foods contain **Gluten** so it is always important to read the ingredient labels carefully before purchase

Fruit and Vegetables

Lettuce / Mixed leaves

Tomatoes

Avocado

Radish

Beetroot

Onions

Cabbage

Mushrooms

Peas

Sweetcorn

Broccoli

Cauliflower

Garlic

Carrots

Green beans

Sweet potatoes

Baking potatoes

Oranges / Satsumas

Strawberries

Raspberries

Blueberries

Bananas

Apricots

Frozen fruit

Dried fruit

Meat, Fish, Eggs and Alternatives

Chicken

Turkey

Beef (occasional)

Wild game

Fresh fish – salmon, mackerel, trout

Tinned fish – pilchards, salmon,

sardines, tuna (occasionally)

Prawns

Eggs

Tofu

Beans and Pulses

Kidney/haricot/pinto/cannellini/

aduki/black-eye/butter beans

Mixed organic beans (tinned is fine)

Chickpeas (add to soups & salads)

Lentils (mix with rice)

Organic baked beans

Dairy and Dairy Alternatives

Milk – skimmed, semi-skimmed

almond/rice/coconut/oat milk

Soya milk and yoghurts

Cheese (in moderation)

Cottage cheese

Feta / Mozzarella

Goat / Sheep milk

Natural bioyoghurt

Organic Spread (eg *Pure, Biona*)

Butter

Fruit yoghurts (in moderation)

Rice and Pasta

Gluten-free spaghetti or lasagne

(eg *Dietary Specials*)

Basmati or brown rice

Buckwheat pasta (eg *Orgran*)

Rice or buckwheat noodles

(eg *Clearspring or Orgran*)

Quinoa

Corn pasta

(eg *Orgran, Dietary Specials*)

Buckwheat pancake mix

(eg *Orgran*)

Bread and Snacks

Gluten-free bread and rolls

(eg *Genius, Biona, Barkat,*

Glutafin, Dietary Specials,

Ener-G, Livwell, Proceli,

Tesco, Sainsburys, Waitrose, Asda)

Gluten-free Oatcakes (eg *Naim's*)

Rice Cakes (eg *Kallo*)

Gluten-free crackers (eg *Orgran*)

Multigrain Corn Thins

(eg *Realfoods*)

Snacks

Dips – hummus, guacamole

Raw nuts – brazils, almonds,

cashew, pecans, walnut

Raw seeds – pumpkin, sunflower,

sesame, flax/linseed

Peanut butter (eg *Whole Earth*)

Protein Balls (eg *Bounce*)

Wholebake snacks (eg *9Bar*)

Fruit conserve

Dressings – mayonnaise

(eg *Plamil, Granovita*), olive oil &

balsamic vinegar

Gluten-free biscuits

(eg *Barkat, Glutafin*)

Breakfast cereals

Homemade muesli (oats, rice

flakes, buckwheat flakes, flaked

coconut, dried dates, raisins,

pumpkin & sunflower seeds, nuts)

Gluten-free muesli (eg *Alara*)

Porridge or millet (warmed with milk)

Oat Cereal (eg *Oatibix*)

Rice & Buckwheat Cereal

(eg *Doves Farm*)

Gluten-free porridge/flakes

(eg *Barkat, Hale and Hearty*)

Gluten free oats and muesli

(eg *Glebe Farm*)

Drinks

Fruit juice – orange, apple, tomato

WATER

Smoothies (eg *Innocent*)

Herbal teas – peppermint, fruit tea

Roolibosch

Other

Gluten-free plain or self-

raising flour (eg *Doves Farm*) -

use in place of wheat flour for

baking (add guar gum and extra

liquid for consistency)

Xanthum gum or guar gum are

useful gluten substitutes

Cake mixes (eg *Glebe Farm*)

Gluten-free pastry

(eg *Gluten-Free Pastry Company*)