

Figure 1. Foods containing gluten and gluten-free foods

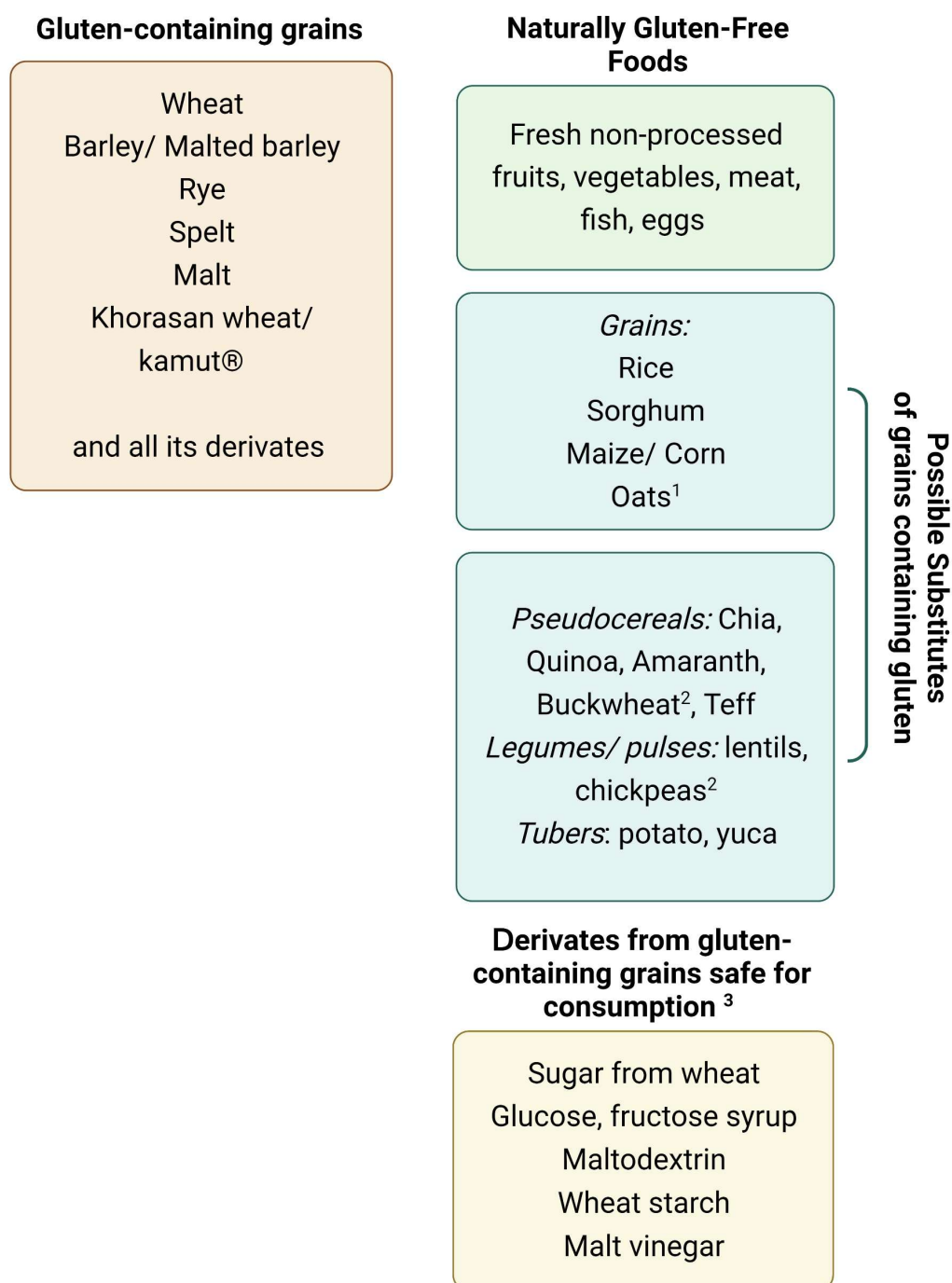
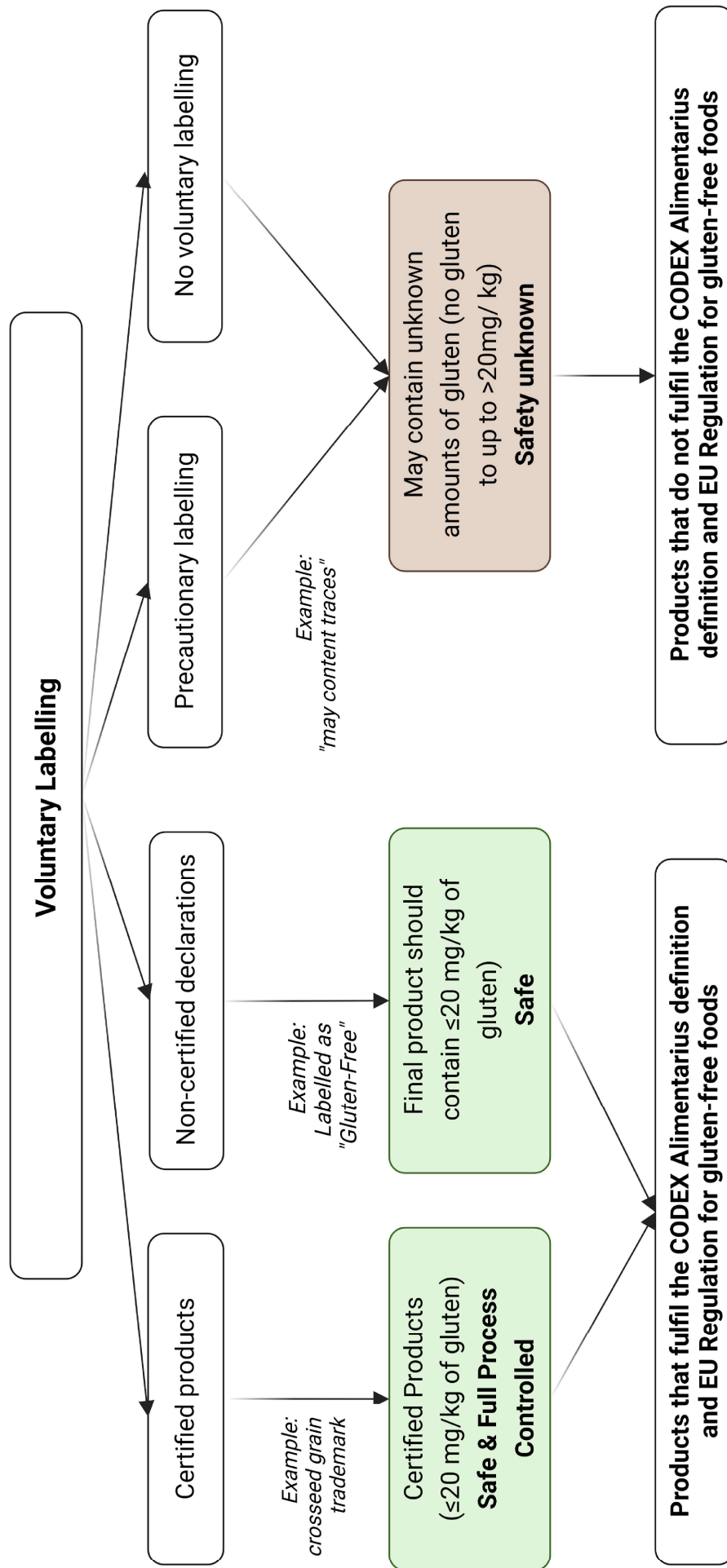


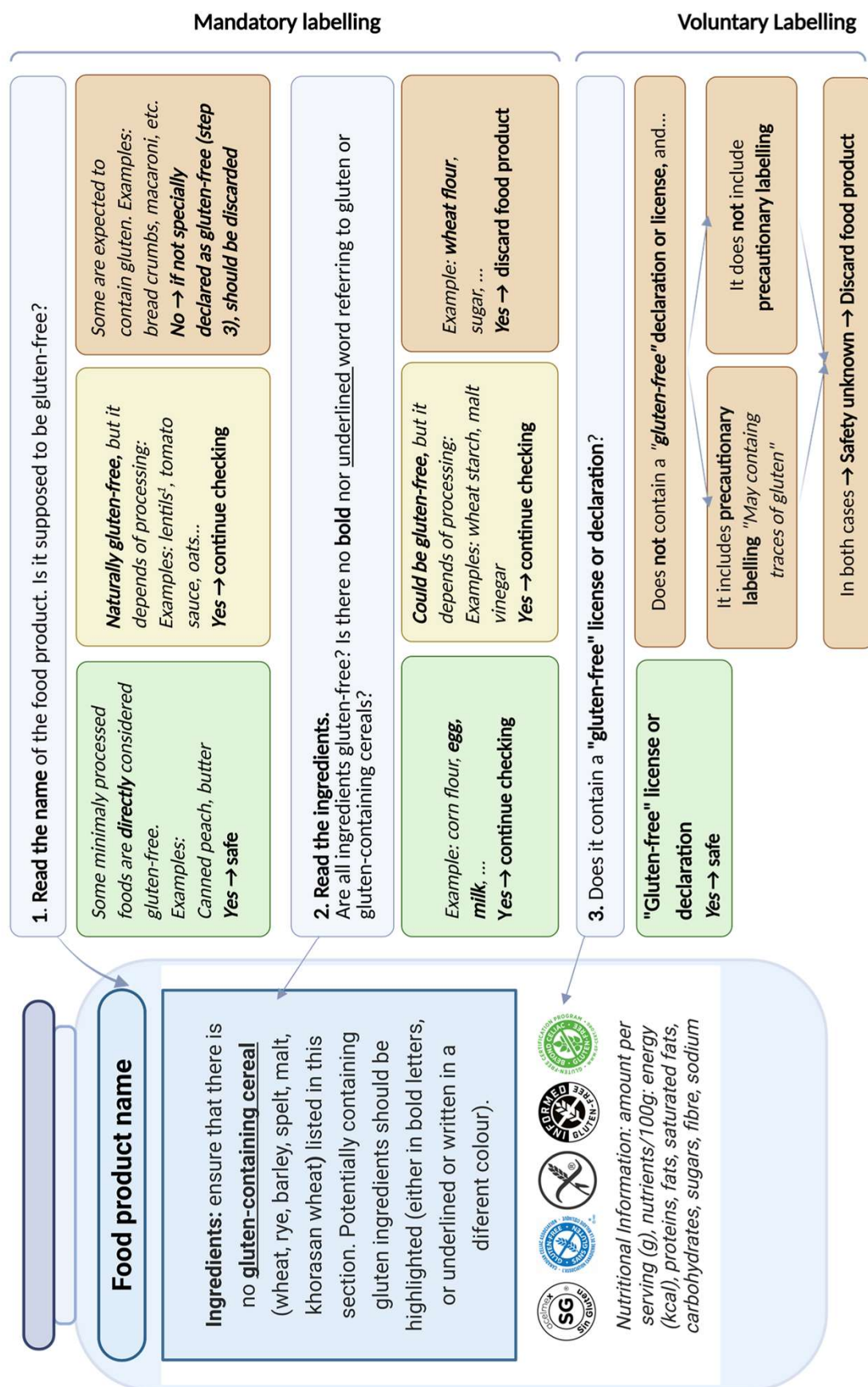
Figure 1. Foods containing gluten and gluten-free foods. ¹Oats, although being naturally gluten-free, should be consumed only if labelled as “gluten-free” (discussion and recommendations in a dedicated section). ²Some pseudocereals (e.g., buckwheat), lentils and maize, are also naturally gluten-free but may have cross-contact with gluten (especially when consumed as a flour, as the processing increases the risk). Thus, products tested regularly and using special symbols meaning “controlled and safe for celiac patients” would be advisable for patients with coeliac disease. ³Derivates from gluten-containing grains such as malt vinegar or sugar from wheat, can be safe for consumption as far as they are labelled as “gluten-free” (as the amount of gluten could exceed 20mg/kg depending on the procedure).

Figure 2. Voluntary information to appear in food labels under European regulations.



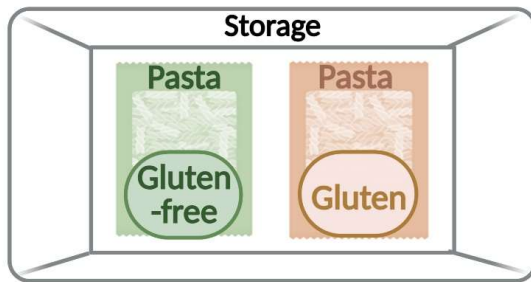
This does not apply to foods that cannot be labelled as "gluten-free" according to European regulations, as those minimally processed which are not supposed to contain gluten, such as canned fruits and vegetables, dairy, butter spreads, cheese, etc.

Figure 3. Practical tips to read labels from processed foods for patients following gluten-free diet. gluten.

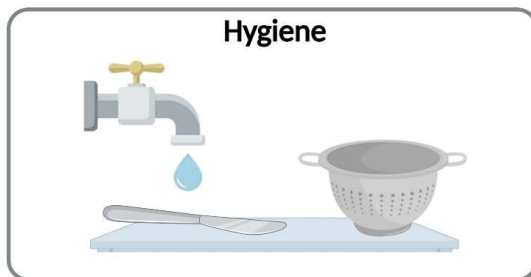


Some foods, which are not supposed to contain gluten, are not allowed to be labelled as "gluten-free" according to the EU regulations, such as canned fruits and vegetables, dairy, butter spreads, cheese, lentils, etc. Those foods are naturally gluten-free and usually are minimally processed or the industrial process do not require potentially hazardous ingredients. *In the case of lentils, buckwheat, or maize products, those tested regularly and using special symbols meaning that they are controlled and safe for celiac patients would be advisable for patients with coeliac disease.

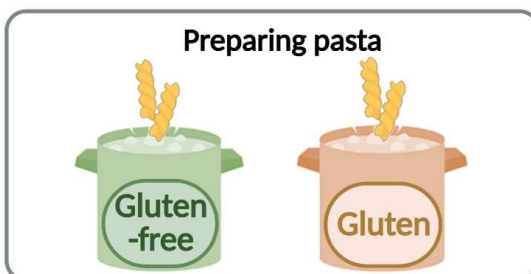
Figure 4. Hygiene recommendations on avoiding gluten cross-contact when preparing foods at home.



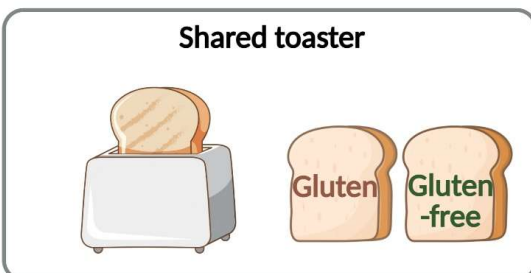
- Separate closed containers.
- Clearly labelled.
- Most preferably in original packages.
- No need to separate in different shelves.



- Use clean kitchen utensils.
- Remove gluten residues from hands and utensils (special attention to residues from sticky foods).
- Water is enough for cleaning kitchen utensils, water and soap should be used on surfaces.



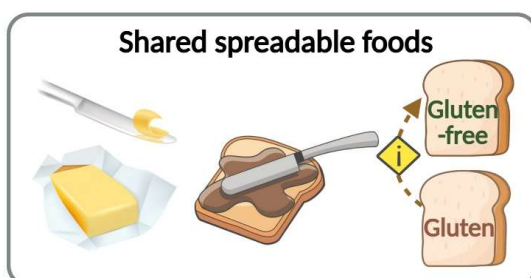
- Gluten-free pasta should be prepared in clean water (without previous contact with gluten).
- Beware that cooking/ heating gluten-containing products do not reduce gluten toxicity.



- Shared toaster for both gluten-containing bread and gluten-free bread is a low risk of cross-contact in home-like settings.

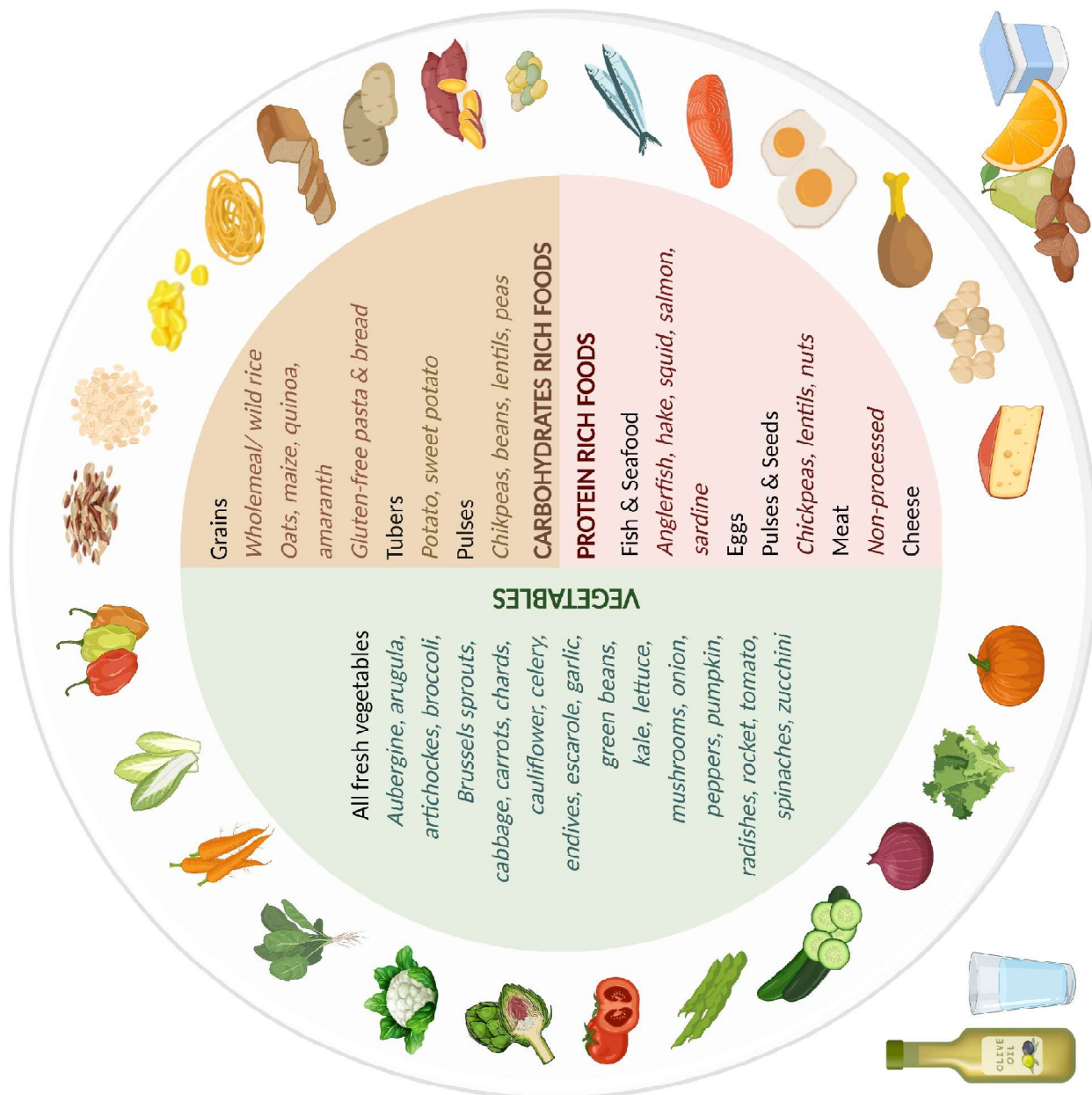


- Caution should be taken with foods that leave residues (ex. battered foods). In this case, gluten-free foods should preferably be fried in fresh oil (before gluten-containing foods).
- If re-using frying oil (e.g. fryer), use it only for gluten-free foods (e.g. potatoes).



- Caution should be taken with bread spreads (and bread residues in it).
- Even though the amount of spreads consumed is small, the risk of gluten transfer is high. When spreads are frequently consumed, the risk of gluten cross-contact may be sufficient to be toxic.

Figure 5. Healthy gluten-free plate.



BREAKFAST & SNACKS

- Wholemeal bread, crispbread
- Grains and breakfast cereals high in fibre and wholegrains and low in sugars (müsli, oatmeal, etc.).
- Regular milk, yogurt or cheese
- Fruit
- Nuts

VEGETABLES

- Fresh raw or cooked vegetables at lunch and dinner

PROTEIN RICH FOODS

- One or two portions of protein rich foods per day are recommended, from animal and/or plant source
- Choose non-processed food products such as plain fish, eggs or poultry, as well as mixture of pulses with grains

CARBOHYDRATE RICH FOODS

- Choose non-processed food products
- Use wholemeal cereals and grains when possible
- Mix grains and pulses as source of carbohydrates and protein

COMPLETE YOUR MEALS WITH

- Vegetable oils as olive and canola oil for cooking and seasoning dishes
- Plain water as drink
- Non-processed desserts: plain yogourt and fresh fruit (2 or 3 portions per day)