



Storage and preparation

The correct storage and preparation of foods is important to prevent contamination with gluten. If food containing gluten is being cooked at the same time for individuals not affected, the following should be observed:

- Careful cleaning of work surfaces and utensils (cookware, whisk, etc.) before cooking and baking
- Tea towels must be kept free of flour dust, for example
- With equipment made from wood, gluten can easily collect in cracks and scratches – these utensils should therefore only be used for gluten-free preparation
- Keep gluten-free bread separate from food containing gluten
Toasters are a huge source of contamination!
- Don't grind gluten-free grain in grinders at health food shops – there is the risk of contamination!

Nutritional recommendations in the event of coeliac disease

A gluten-free diet must be adhered to for life. Cereal proteins – particularly gluten – are harmful both raw and in cooked form even in the smallest quantities.

The cereals wheat, barley, spelt, oats and rye as well as their products must be completely excluded from food.

Bread made from maize, rice, buckwheat or pure wheat starch serves as a replacement. Only with a lifelong, consistent gluten-free diet can the intestinal mucosa restore itself and resume its full function. Depending on the degree, the symptoms vanish in anything from a few days to several weeks. If no impression has been made within around two months, it is usually the consequence of dietary errors.

Good to know: just 1/4 of a gram of wheat damages the small intestine and can lead to complaints.

Switching to a gluten-free diet has no negative effects on health, because gluten and related proteins are not required. However, a gluten-free diet requires huge discipline and care. Gluten is often used as an additive as it can serve as an emulsifier or binder, which is why it doesn't just occur in bread and baked products but in a variety of other foods.

Since 2005, ingredients containing gluten have had to be listed on the ingredients of packaged foods. The labelling obligation does not apply for loose goods, e.g. bread from the baker or sausage from the butcher.

Presented by:

practice stamp

Coeliac disease

Gluten intolerance



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Definition and cause

Coeliac disease is an autoimmune disorder triggered by cereals.

Another technical expression for this disease is “gluten-induced enteropathy”. The cause is an overreaction by the immune system to certain proteins contained in cereals (e.g. gliadin in wheat, secalin in rye and hordein in barley, etc.), which together can be summarised as gluten. The body’s immunological overreaction is not, however, aimed merely at the gluten but ultimately also at the wall of the small intestine.

The consistent avoidance of these cereal proteins can successfully alleviate the symptoms, but intolerance remains throughout life.

Symptoms

Coeliac disease can occur at any age. The symptoms can be very varied and depend on what age the disease begins at. Possibilities include:

- Restricted growth
- Loss of weight
- Abdominal distension
- Paleness
- Irritable bowel syndrome
- Diarrhoea and flatulence
- Loss of appetite
- Depression
- Rough skin
- Folic acid deficiency
- Anaemia
- Oedema

People with coeliac disease also sometimes suffer from lactose intolerance, deficiency symptoms and chronic infectious diseases due to the destruction of the intestinal mucosa.



Forbidden foods

Cereals Wheat	Rye, oats, barley, “gruenkern” (unripe dried spelt) and spelt
Cereal products	Bread, bread rolls and baked goods made from the abovementioned types of cereals Cereal products such as semolina, pearl barley, flakes, groats, sprouts, grain, cereal starch flour, muesli, bran, breadcrumbs, pasta. Note: potato bread, soya bread and millet bread as well as buckwheat pasta and millet pasta may contain hidden gluten – ask!
Vegetables	Look on the list of ingredients for frozen vegetables and tinned vegetables!
Ready meals	All ready meals and industrially manufactured foods such as ready-made sauces, desserts, sweets, potato products (dumplings, croquettes, mashed potato, chips, etc.)
Fruit	Fruit pastes and fruit fillings often contain thickening agents and starch that contain gluten! Fruit juices with roughage
Milk and milk products	Cheese spreads and processed or fresh cheese that contain thickening agents and starch. Yoghurts, soured milk, cottage cheese, ricotta and Roquefort may also contain thickening agents (see list of ingredients!)
Meat and meat products	Sausage, pâtés and sausages should be avoided as they may not be gluten-free.
Fish and fish products	Fish products, tinned fish (particularly fried herring) and fried rollmops may contain hidden gluten.
Fats and oils	Mayonnaise, margarine and vegetable oils must be checked with respect to additives!
Spreads and confectionery	Chocolate spreads, powder for blancmange and similar desserts, semolina, malt sweets, ice cream, ready-made desserts and custard-type desserts may contain hidden gluten! Chocolate, chocolates, marzipan
Drinks	Instant coffee, grain coffee, ready-made coffee drinks (e.g. from machines), cocoa drinks, all types of beer, all malt drinks, fruit juices with roughage
Other products	Tomato ketchup, mustard, fried onions, stock cubes, salad dressings, rice crispies and herb butter may contain hidden gluten. In light products such as low-fat sausage products and milk products, fat and/or sugar may have been replaced with substitutes containing gluten. Certain medicines in the form of sugar-coated tablets contain gluten – enquire with your doctor or pharmacist.

Warning!

Foods that contain flavourings, colourings, spices or other additives (e.g. thickening agents and raising agents) may contain gluten as the carrier for these substances.



Permitted foods

Cereals	Rice, maize, millet, buckwheat, amaranth
Cereal products	Rice flakes, millet flakes, buckwheat flour, pearl grain and semolina from the above-mentioned cereals, popcorn, carob flour, soya flour, potato starch, special products such as gluten-free types of bread, gluten-free baked goods and gluten-free pasta
Vegetables	All types of vegetables in a fresh, frozen or dried form. Vegetables in tins are ONLY safe if no emulsifiers, preservatives, thickening agents, stabilisers or starch have been added
Potatoes and pulses	Potatoes and potato flour, sweet potatoes, tapioca, beans, peas, lentils, soya beans, sweet chestnuts
Ready meals	Only industrially manufactured products made especially for gluten-free diets and marked “gluten-free”
Nuts and seeds	Hazelnuts and walnuts, sweet chestnuts, almonds, cashew nuts, Brazil nuts and peanuts, sunflower seeds, sesame, poppy seeds, linseed, coconut
Fruit	All fresh, frozen and dried types of fruit, tinned fruit only without additives and preservatives
Eggs	Boiled and fried eggs, pancakes and waffles made from special flours, potato starch or buckwheat flour
Milk and milk products	Natural milk, quark, natural yoghurt, cream, hard cheese, kefir, soured milk and whey (provided that they contain no thickening agents and do not contain prepared fruits!), mozzarella in brine, natural cheese types without floury rinds (e.g. Emmental, gouda, edam)
Meat and meat products	All types of meat, poultry and game, sliced cold meat, boiled and raw ham
Fish and fish products	Fresh or smoked fish – not breaded! Crustaceans, shellfish
Fats and oils	Olive oil, sunflower oil, maize germ oil, rapeseed oil, butter, lard, peanut butter, margarine
Spreads and confectionery	Honey, jam, sugar beet syrup, plum jam, almond butter, nut butter, sesame paste, sugar
Drinks	All teas, freshly brewed coffee, cocoa, mineral water, juices (without roughage!), wine, clear spirits
Other products	Soya flour, spices (no spice mixes!), herbs, cooking salt, vinegar

You should avoid all foods whose composition you are not fully aware of!

At the start of the diet, the following should also be observed:

Milk and milk products

The enzyme lactase that is responsible for digesting lactose is formed in the small intestine. Depending on the extent of damage to the wall of the intestine, patients suffering from coeliac disease may have a lack of this enzyme, which leads to lactose intolerance. Thus, at the start of the diet, milk and milk products may need to be avoided initially so as not to intensify the symptoms of diarrhoea and flatulence. Following the regeneration of the intestine, enzyme activity will normalise and milk products will be tolerated again.



Fats

As fat absorption in the intestine may be impaired initially in the case of coeliac disease, the consumption of fats should be reduced at the start. As medium-chain triglycerides (MCTs) can be digested without the absent enzymes that break down fats, these can replace long-chain fats at the start until absorption problems have receded.

Medications

Certain medicines in the form of sugar-coated tablets may contain hidden gluten – ask your pharmacist!