



Guidance for caterers - gluten free foods

Who are the consumers of gluten and wheat free products?

There are a number of different consumers of gluten free products including those with coeliac disease, gluten sensitivity, wheat intolerance or some consumers who follow the Ídiet simply as a lifestyle choice.

Coeliac disease

Coeliac disease is an autoimmune condition, where the body's immune system attacks its

own tissues. This immune reaction is triggered by gluten, a collective name for a type of protein found in the cereals wheat, rye and barley. Once diagnosed with coeliac disease, the only treatment is to follow a gluten free diet for life. Coeliac UK estimates that up to 1% of the population has coeliac disease.

Gluten sensitive/wheat intolerant

There are a number of people who do not have coeliac disease but whose symptoms improve if they follow a gluten or wheat free diet. It is estimated that up to 6% of the population may have gluten sensitivity*.

* Clinic data from Prof A Fasano, Baltimore Clinic, US

How should I protect against contamination from gluten?

Storage

1. Ensure gluten free items are kept separately from gluten containing items.
2. Avoid removing the original packaging which lists the ingredients.
3. Ensure gluten free items are labelled clearly.

Preparation

1. Ideally, a separate area of the kitchen should be dedicated to preparing gluten free foods. If this isn't possible, ensure the area where you are preparing gluten free items has been thoroughly cleaned down.

2. Use separate chopping boards, utensils and a dedicated toaster.
3. Staff should ensure they wash their hands regularly or use separate gloves to ensure no cross contamination between gluten containing and gluten free ingredients.

Tip:

Some establishments find that it is useful to colour code gluten free chopping boards, utensils etc in the same way that vegetarian utensils may be colour coded. If it is not possible to purchase new items, stickers could be used to differentiate items used for gluten free storage, preparation and cooking.

Cooking

1. Cook gluten free foods in separate pans and drain in separate colanders.
2. Never place items such as pizza directly onto an oven shelf, always use a tray to protect the item from gluten contamination.
3. Ensure you use separate oil when deep frying gluten free foods.

What happens to someone if they have a reaction to gluten?

Symptoms vary from person to person, as some people are very sensitive to minute levels of gluten whereas others can tolerate it at a higher level. Generally, reactions to gluten will be noticed very quickly and will cause severe discomfort to the consumer, so every precaution should be taken to ensure that cross contamination does not occur.

What are the standards for calling a product gluten free?

To be labelled as gluten free, products must contain less than 20 parts per million of gluten. Dr Schär guarantee this through rigorous testing of products.

If you are serving the product to the consumer in its original packaging, it will state "gluten free" on the packaging. If you remove the product from the packaging, either to serve (e.g. bread roll) or as an ingredient (e.g. flour), you should label the product "made from non gluten containing ingredients" and take every precaution to ensure that the food has not been contaminated with gluten.

Where do I go for further information and advice?

We are happy to work with caterers to give tailored help and guidance. Our freephone Careline is manned from 9am to 5pm, **0800 954 1981**. You can also visit our consumer website:

www.ds glutenfree.co.uk for lots more information about coeliac disease and gluten free foods. Alternatively, the charity which supports people with coeliac disease, Coeliac UK, offers online and face to face training courses and accreditation for restaurants which meet the standards for gluten free. For more information visit their website: www.coeliac.org.uk.

What foods are gluten free?

The table below is a quick reference guide, by category, to show food containing gluten versus foods which are gluten free.

	Gluten Free Foods	Foods To Check	Gluten Containing Foods
Cereals & Flour	Corn, corn flour, rice, rice flour, arrowroot, amaranth, buckwheat, millet, teff, quinoa, sorghum, soyafLOUR, potato starch, modified starch, potato flour, gram flour, polenta (cornmeal), sago, tapioca, cassava, urid, urid flour	Flavoured savoury rice products, oats	Wheat, bulgar wheat, durum wheat, wheat bran, wheat rusk, wheat flour, semolina, couscous, barley malt, barley flour, rye, rye flour, triticale, kamut, spelt
Breakfast Cereals, Breads, Cakes & Biscuits	Gluten free breads, biscuits, crackers, cakes, pizza bases, rolls and flour mixes Gluten free muesli, cereals, buckwheat flakes	Meringues, macaroons malted breakfast cereals, porridge oats	All breads, chapattis, biscuits, crackers, cakes, pastries, scones, muffins, pizza made from wheat, rye or barley flour Wheat-based breakfast cereals, muesli
Pasta & Noodles	Corn pasta, rice pasta, gluten free pasta, rice noodles		Canned, dried and fresh wheat noodles and pasta
Fruit & Vegetables	All fresh, frozen, canned and dried pure fruits and vegetables Vegetables pickled in vinegar, all peas including mushy, processed and marrowfat	Fruit pie fillings, potato products - oven, microwave and frozen chips, instant mash, waffles, processed products such as cauliflower cheese	Vegetables and fruit in batter, bread crumbs or dusted with flour
Dairy Products	All cheeses, all milk (liquid and dried), all cream (single, double, whipping, clotted, soured and crème fraiche), buttermilk, plain yoghurt, plain fromage frais	Coffee and tea whiteners, oat milk, fruit and flavoured yoghurt / fromage frais, soya desserts, pre grated cheese	Milk with added fibre, yoghurt and fromage frais containing muesli or cereals
Meat, Fish & Eggs	All fresh meats & poultry, smoked meats, cured pure meats, plain cooked meats Eggs	Meat pastes, pates, sausages, burgers	Meat and poultry cooked in batter or bread crumbs, faggots, rissoles, haggis, breaded ham, Scotch eggs
Fish & Shellfish	All fresh fish and shellfish, smoked, kippered and dried fish, fish canned in oil or brine	Fish in sauce, fish pastes and pates	Fish in batter or breadcrumbs, fish cakes, taramasalata, fish fingers
Fats & Condiments	Butter, margarine, lard, cooking oils, ghee, reduced and low-fat spreads	Suet	
Savoury Snacks and Sweet Foods	Homemade popcorn, rice cakes, rice crackers, gluten free crackers and pretzels. All plain nuts and seeds	Dry roasted nuts	Snacks made from wheat, rye, barley, pretzels
Drinks	Squash, clear fizzy drinks, wine, spirits, cider, sherry, port, liqueurs, gluten free beers	Drinking chocolate, cloudy fizzy drinks, squash, vending machine hot chocolate	Malted milk drinks, beer, lager, ales, stouts, barley water