

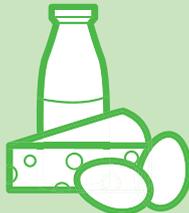
Suitable food for Coeliacs

People with coeliac disease **MUST** avoid gluten for life to protect their health and well-being. It is not a choice, but a medical necessity!



Meat and Fish

Unprocessed and in their natural state.



Dairy and Eggs

Normal dairy products such as milk, cream, butter, yogurt, natural cheese and eggs.



Beans

Unprocessed beans, peas, lentils, pulses, etc.



Pure Oils

Pure oils and fats are safe for deep and shallow frying.



Unprocessed Vegetables and Potatoes

Unprocessed vegetables and potatoes in their natural state.



Grains / Flours

USE rice, corn, buckwheat, soy, potato, pea, lentil, chickpeas, millet, amaranth, sorghum, tapioca, quinoa.



Pre-prepared Vegetables and Potatoes

Check for possible gluten contamination.



Sauces

Check the label for: **wheat, rye, barley, oats, spelt or kamut** (usually in bold script).



Processed Foods

Check the label for: **wheat, rye, barley, oats, spelt or kamut** (usually in bold script).



"May contain gluten"

If you see a "**May contain gluten**" statement, then you must assume that food product contains gluten.



Already-used Oils

DO NOT use already-used oil.



Grains / Flours

NEVER use anything made from wheat, rye, barley, oats, spelt or kamut (usually in bold script) and foods made from these such as triticale, semolina and malt.

NOTE:
"Wheat-free"
is NOT
"Gluten-free"

For more food allergen advice,
visit www.safefood.eu

How to cook for Coeliacs

There are a number of important things to remember when cooking for your **coeliac** and other **gluten sensitive** customers.



Use detergent, hot water & elbow grease

Frying

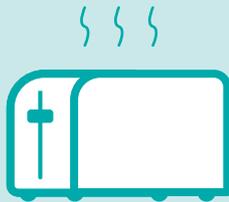
Use a separate fryer for gluten-free food
OR
Deep clean the regular fryer before preparing gluten-free food and use fresh oil.



Keep all gluten-free products separate

Baking

For gluten-free cakes, breads, sandwiches and handling of their components, do all the gluten-free preparation first including the final packaging.



Toasting

Use a designated toaster for gluten-free products
OR
Use toaster bags in a regular toaster.



Boiling and Steaming

Use a clean unused saucepan to boil gluten-free food.



Utensils

Have a separate set of utensils for gluten-free food preparation
OR
use clean utensils and avoid "double dipping".



Preparation Area

Have a designated preparation area for gluten-free food. Make sure it cannot get contaminated with flour dust. Otherwise thoroughly clean down a work surface before preparing gluten-free food.



Storage

Store all gluten-free alternatives such as sauces, drink powders and cakes in sealed labelled containers.

For more food allergen advice, visit www.safefood.eu

Gluten-free under the law

DOs and **DON'Ts** to remember when accommodating coeliac and other gluten sensitive customers.



DO tell the customer that you cannot guarantee the food is 'gluten-free' but you have labelled the menu items that have gluten-containing ingredients.



DO provide written information on gluten-containing ingredients (wheat, rye, barley, oats, spelt or kamut) or products made from these where customers can see.



DO show the customer you are fully aware of the potential for cross-contamination with gluten from other sources (e.g. drifting flour) and that you can take the necessary steps to avoid this.



DO make your own gluten-free food if you can, or buy in pre-packed food already labelled as gluten-free. Keep all gluten-free food separate.



DO ensure all your staff are aware of what they can and cannot say about the presence of gluten in food.



DON'T say 'gluten-free' or 'very low gluten' unless you have a laboratory test to prove it¹.



DON'T say the following unless you can prove either 'gluten-free' or 'very low gluten':

- Suitable for people intolerant to gluten
- Suitable for coeliacs
- Specifically formulated for people intolerant to gluten
- Specifically formulated for coeliacs



DON'T use the negative form of these statements either. For example, 'Not suitable (or unsuitable) for coeliacs.'



DON'T use the terms:

- No gluten-containing ingredients
- Coeliac friendly



DON'T use terms like 'gluten-free' or 'very low gluten' for foods that, in their natural state, would not contain gluten anyway such as cheese, eggs and milk.

For more food allergen advice, visit www.safefood.eu

¹'Gluten-free' now specifically means the gluten concentration in the final food is up to 20 mg of gluten per kg of food. 'Very low gluten' now specifically means the gluten concentration in the final food is between 21 and 100 mg of gluten per kg of food.