

GLUTEN3

COOKING FOR SOMEONE SENSITIVE TO GLUTEN?

An increasing number of the population are gluten sensitive resulting in the demand for gluten free food rising. Some people are medically diagnosed with an intolerance wheat, barley, rye & oats, for them, it's vital that they don't consume them. If they do, their immune system launches an attack on their body. For coeliacs, eating gluten causes damage to the bowel - even the smallest amount of gluten can leave a Coeliac or gluten sensitive person feeling unwell for days and causes damage that can take months to heal.

The only treatment for Coeliac Disease is strict avoidance of foods containing gluten (a protein). This makes it very tricky when eating out and we can appreciate that for the caterer, it can throw you into panic too!

GLUTEN IS FOUND IN BARLEY, RYE, OATS & WHEAT

NATURALLY GLUTEN FREE FOODS:

Meat, poultry, fish, vegetables inc potatoes, fruit, nuts, legumes, fats, oils, rice, corn and some grains

For rice and legumes, always check the label to see that it isn't processed on the same equipment as wheat.

GLUTEN CAN BE FOUND IN:

Tomato paste, soy sauce, cans of whipped cream, mayonnaise, stock cubes, processed meat pickles, mustard, ice cream, icing sugar etc

CROSS CONTAMINATION CAN HAPPEN THROUGH: tongs, cake pans, chopping boards, deep fat fryer, toaster, sandwich maker, grill, kitchen surfaces, pizza cutters etc

Remember, even a bread crumb can ruin a Coeliac's meal by bringing on vomiting, diarrhoea, disorientation, nausea and it contributes to long term damage which can lead to osteoporosis, increased chance of bowel cancer and other auto immune diseases.

WHEN SERVING A GLUTEN FREE MEAL:

Keep it simple

Keep the gluten free food away from baskets of rolls and other crumbs

Avoid icing sugar unless known to be G/F

Look out for "hidden" gluten in mustard, mayonnaise etc