

Catering for a Wheat-free Diet

What foods contain wheat?

Wheat and wheat produces are found in a variety of foods because wheat flour and wheat starch are often used as thickening agents or as fillers.

Foods containing any wheat or wheat product must be avoided.

Ingredients to avoid:

- Breadcrumbs
- Rusk
- Wheat binder
- Wholewheat
- Wheat bran
- Wheat flour
- Wheat gluten
- Wheat germ
- Wheat germ oil
- Raising agent containing wheat starch
- Wheat thickener
- Any modified or gelatinized starch
- Hydrolysed wheat protein
- (Modified) wheat starch
- Monosodium glutamate (MSG)

Checking food labels

Always check labels to ensure that the products you buy are wheat-free.

Choose	Check	Avoid
'Wheat-free' 'Free from wheat'	'New improved recipe'	'Contains wheat' 'May contain wheat' 'Not suitable for wheat gluten allergy sufferers'

Avoid Cross contamination

During preparation, at home or commercially, foods can become cross-contaminated with wheat flour and wheat products.

It is important to make sure all surfaces, utensils and storage areas are cleaned thoroughly, for example work surfaces, chopping board, cutlery and fridge.

It is advisable to use separate grills and toasters, or to use toaster bags.

Remember cross-contamination can occur with 'shared foods' such as margarine, jam or spread, so have single ones specifically for wheat-free.

Foods to check for cross contamination include:

- Soups, e.g. tinned and packet
- Processed meat, for example hot dogs, burgers, chilled meats, sausages or tinned meats
- Sauces and gravies - stews, white and cheese sauces, stir-fries
- Pies and pastries for example sausage rolls, fruit pie
- Cakes and biscuits
- Sweets and confectionary
- Foods containing herbs, spices or artificial flavourings

Always check the labels of every product every time you buy:

- Recipes often change
- Each product, batch and packet size may be produced in separate production and packaging areas including different risks of cross-contamination with wheat starch

Where can wheat-free products be bought?

Supermarkets stock many reasonably priced wheat-free products, for example bread, flours, cereals, cakes and biscuits and often provide a list of their own brand wheat-free products on request or as a download from the internet. This helps you save time in the supermarket and gives ideas of products to look for.

Always use the most up-to-date list that includes new products and changed ingredients.

Specialist health foods shops or specialist suppliers on the internet also provide a wide range of products.

Remember: Always check labels carefully

Eating out

Eating out needn't be difficult - ask the young person or their parents/carers and plan ahead.

Restaurants can often provide suitable wheat-free foods when give notice. Call ahead and explain you dietary requirements.

The table below provides a variety of wheat-free options.

Meal & Food Ideas

Breakfast

- Porridge made with millet flakes or wheat-free porridge with unsweetened fruit juice.
- Wheat-free cereal for example wheat-free muesli or cornflakes, topped with dried or fresh fruit such as apricots or raisins.
- Hard-boiled egg with wheat-free toast and unsweetened fruit juice.

Light meals

- Wheat-free soup with wheat-free oatcakes or rice cakes, followed by low-fat natural yoghurt - fruit can be added.
- Baked potato filled with cheese and salad, followed by a small packet of dried fruit and nuts.
- Chicken salad sandwich made with wheat-free bread, followed by a fresh fruit such as a banana.

Main meals

- Lean mince with potatoes and veg, followed by wheat-free crumble made with wheat-free flour and wheat-free (pure) oats
- Fish with sliced wheat-free polenta, broccoli and cherry tomatoes.
- Chicken or fish with wheat-free cheese sauce (see recipes), boiled rice and green beans or spinach, followed by fresh fruit salad and natural yoghurts.
- Corn-on-the-cob followed by wheat-free pasta with tomato sauce (see recipes) and veg.
- Meat or fish with a sauce made with tinned tomatoes and added veg, served with rice.

Foods to Choose, Check and Avoid

Bread, rice, potatoes, pasta and other starchy food - try to serve with every meal for energy:

	Foods to Choose	Foods to Check	Foods to Avoid
Flour	wheat-free flour such as rice, gram, potato (farina, fêcule), corn, maize, soya, sago, buckwheat, rye, splitpea, arrowroot, chickpea and bean		All varieties of wheat flour and wheat flour products such as malted wheat or spelt flour
Bread	Home-made or bought wheat-free bread or rolls made using suitable flour or bread mixes and	Gluten-free bread and rolls (may contain wheat starch), rye bread, tortillas	All bread and rolls made with wheat-flour, including wholemeal, white, soft grain, granary, wheatgerm,

	yeast such as corn, rice or tapioca breads.		naan, chapatti, pitta, croissant, brioche, crispbread, crackers, muffins, crumpets
Breakfast cereals	Any wheat-free cereals such as those made from corn or rice, for example wheat-free cornflakes, rice-krispies	Ready-made cereals made with oats, e.g. muesli, porridge	Any cereals made from wheat, for example Cheerios, Sugar Puffs, Shreddies, Special K, wheat biscuits
Grains	Rice (all varieties), corn, maize, barley, pure oats, rye, millet, sago, tapioca, buckwheat, soya bran, rice bran, quinoa	Gluten-free products (may contain wheat starch), polenta, oatmeal	Wheat, wheat starch, wheat bran, wheatmeal, wheatgerm, bulgar wheat (including tabouleh), couscous, semolina, farola, spelt, triticale, kamut
Pizza, pasta and noodles	Wheat-free pizza bases, wheat-free pasta, e.g. rice, corn, buckwheat, rice noodles, vermicelli	Egg noodles	Wheat-flour pizza bases, all varieties of wheat pasta (often labelled 'durum wheat'), wheat noodles
Potatoes	All plain potatoes cooked without wheat - baked, boiled or mashed	Any processed or ready-made potatoes such as shop-bought mashed potatoes, potatoes in ready-meals, potato waffles, frozen chips, oven chips	Potatoes coated in breadcrumbs or batter, for example potato cakes or croquettes, potato smiles, alphabites, flavoured micro-chips, gnocchi

Meat, fish, eggs, beans and other non-dairy sources of protein:

	Foods to Choose	Foods to Check	Foods to Avoid
Meat & fish	All plain, fresh and frozen meat and poultry, bacon and ham prepared without wheat-flour or breadcrumbs, fresh, frozen and tinned fish	Processed meat and poultry, for example sausages, hot dogs, burgers, packet or tinned meats. Meat, poultry or fish in sauce. Meat, poultry or fish spreads, pastes or pate. Ready-made meals	Meat, poultry or fish dishes with pastry, batter or breadcrumbs, for example sausage rolls, meat pies, chicken nuggets, fish fingers, pasties, crumb-coated meats, black pudding, haggis.
Pulses	All fresh, tinned or dried peas, beans	Pulses in sauce, for example baked beans.	

	and lentils, hummus	peanut butter	
Vegetarian alternatives	Tofu, textured vegetable protein (TVP), hydrolysed vegetable protein (HVP)	Vegetarian ready-meals, vegetarian burgers	Quorn
Eggs	Plain eggs	Foods made using mayonnaise	Scotch eggs, quiche, egg flan

Fruit and Vegetables:

	Foods to Choose	Foods to Check	Foods to Avoid
Fruit	All fresh, frozen, tinned, dried and juiced varieties	Fruit pie fillings	Fruit pie, sponge, crumble or fruit in batter, for example fritters
Vegetables	All fresh, frozen, tinned, dried and juiced varieties	Ready-made or pre-packed, for example coleslaw, vegetable salad, tinned tomatoes with herbs or other flavourings	Vegetables in sauce or gravy, for example cauliflower cheese. Vegetables in pastry, breadcrumbs or batter, for example vegetable pasties, onion rings.

Milk and dairy foods:

	Foods to Choose	Foods to Check	Foods to Avoid
Milk, yoghurt & cream	All milk, yoghurt drinks, all fresh cream, crème fraiche, natural yoghurt or fromage frais	Milk shakes, synthetic milk, flavoured yoghurt, probiotic yoghurts or drinks	Yoghurt containing cereal or muesli
Cheese	Unprocessed cheese, for example cheddar, edam, gouda, brie, mozzarella or quark	Processed cheese and cheese spreads. Pre-grated cheese. Roquefort.	Cheese in breadcrumbs, pastry or batter. Cheese sauce made with wheat-flour. Cheese biscuits or snacks

Foods high in fat and/or sugar:

	Foods to Choose	Foods to Check	Foods to Avoid
Fats & oils	Olive, rapeseed, sunflower and vegetable oils. Margarine, low-fat spread, butter. Cooking fats -ghee, lard, dripping	Very low-fat spreads	Wheat germ oil, margarine containing wheat germ oil, packet shredded suet
Savoury snacks	Plain nuts and seeds	Crisps, potato snacks, corn, tapioca, or alternative savoury snacks. Popcorn, dry roast nuts, prawn crackers	Pretzels
Cakes & biscuits	Manufactured wheat-free crackers, biscuits and baked goods homemade cakes and biscuits using wheat-free ingredients	Oatcakes, gluten-free cakes and biscuits (may contain wheat starch), rye crisp breads, flapjacks	Biscuits and cakes containing wheat flour. Wafers, ice-cream wafers and cones. Cake, pancake and pastry mixes. Pies, tarts and flans.
Puddings & desserts	All home-made and shop-bought wheat-free varieties, for example sago, rice pudding, tapioca, meringue	Individual desserts or dessert mixes, for example mousse, jelly. Tinned milk puddings, custard powder, ice-cream, ice-cream sauces	Semolina, farola, crumbles, pies, sponges, steamed puddings, trifles, pastry. Instant custard (made with water). Ice-cream with biscuit pieces/wafer. Desserts with biscuit base
Sugar, preserves & sweets	All sugars & sweeteners. Jam, marmalade, syrup, honey, molasses, treacle. Wheat-free sweets - may be easiest to ask parents/guardians	Chocolate and chocolate products. Lemon curd. Sweets and confectionary, for example pastilles, fruit lollies, mints, fudge, toffee, marshmallows. Mincemeat, butter icing, marzipan	Filled chocolate, chocolate containing biscuit pieces, chocolate with wheat flour as added ingredients. Liquorice.

Other:

	Foods to Choose	Foods to Check	Foods to Avoid
Soups, sauces, gravies & seasoning	Bovril, marmite or yeast extract. Salt, pepper. Pure herbs and spices. Vinegar. Tamari (Japanese soy sauce)	Tinned and packet soups. Ready-made/packet sauces, condiments and dressings. Stock cubes, gravy mixes. Savoury spreads, chutney, pickles, mustard. Soy sauce. Mixed spices and seasoning.	Soups with pasta, noodles or croutons. Cream soups. Sauces or gravy containing wheat. Curry powder. Packet stuffing.
Miscellaneous	Wheat-free baking powder, cream of tartar, tartaric acid, bicarbonate of soda, gelatine, yeast		Baking powder containing wheat

Drinks:

	Drinks to Choose	Drinks to Check	Drinks to Avoid
Soft drinks	Water, pure fruit juice, milk, tea, herbal tea, coffee, cocoa, diluting juice, fizzy drinks	Drinking chocolate, flavoured or malted milk drinks, milk shakes and milk shake syrups, vending machine drinks, barley water, tomato juice	

Wheat-Free Recipes

Wheat free gravy

Ingredients

- 1 tablespoon cornflour or arrowroot
- 250ml meat or veg stock or drained liquid from boiling potatoes or veg
- 4-6 tablespoons juices drained from roasted poultry or meat (optional)
- ¼ teaspoon dried wheat-free herbs (optional)
- Salt and pepper to taste

Method

1. Mix the cornflour or arrowroot with a little water to make a smooth paste. In a saucepan, add stock followed by the herbs, salt and pepper.
2. Stirring continuously, bring to the boil and add the meat juices if you are using them.
3. If the gravy gets too thick, add more water or stock to achieve consistency you want.
4. Leave to simmer over a gentle heat.

Basic tomato sauce

Ingredients

- 450g chopped fresh or tinned tomatoes
- 150ml oil
- 1 clove garlic
- Fresh or dried basil to taste

Method

1. Heat the oil in a saucepan, add the crushed garlic and fry gently, stirring all the time for a couple of minutes
2. Add the chopped tomatoes, basil and season with pepper, simmer gently for 15 minutes
3. Allow to cool then pass through sieve. Reheat before serving.