

# Advice for childcare providers/schools

## What is a gluten free diet?

A gluten free diet is the removal of wheat, barley, oats and rye from a person's diet. The reaction the child may experience upon eating gluten includes diarrhoea, nausea, tummy pains and wind. Symptoms don't tend to happen straight away; they can take hours or up to a couple of days to develop. It is important to keep to the gluten free diet to ensure the gut heals and symptoms disappear.

## What should be avoided?

Food made with or using wheat, rye, barley or oats.

Examples of foods to avoid include:	Gluten is also found in some:
<p style="text-align: center;">Bread Pasta Pita Bread Cakes Buns Pastries Biscuits Crackers Vegemite Marmite Pizza Bases Sandwiches Pies Weetbix Soy Sauce</p>	<p style="text-align: center;">Soups Stocks Sauces Baked Beans Sausages Burger Patties Chips Breakfast Cereals Deli Meats Lollies</p>

Food manufacturers must declare on a product's ingredient list if that product contains gluten. So by checking the list of ingredients you should be able to tell if the food is safe.

Some examples of ingredients:

### Gluten free

- Maize starch
- Modified starch
- Modified maize starch
- Maltodextrin\*
- Glucose Syrup\*
- Dextrose\*

### Not Gluten Free

- Wheat starch, wheat flour
- Couscous, semolina, spelt
- Modified wheat starch
- Wheat rusk, wheat bran
- Rye flour
- Barley flour, barley malt

\* These items are gluten free even if the label says 'from wheat'. This is because they are so highly processed that no gluten is able to be detected. A comprehensive checklist can be found in our Ingredients List Booklet.

If in doubt about a particular product, talk to the child's parents/caregivers.

### **Which foods are gluten free?**

There are actually more foods that are gluten free than those which are not. There's a wide variety to choose from including fruit and vegetables, pulses, squashes, plain meat and fish, milk, cheese, eggs, plain yoghurt, potatoes, rice and pure fruit juices.

Most supermarkets sell gluten free substitutes such as:

- Gluten free bread
- Gluten free slices
- Gluten free pastas
- Gluten free pizza bases
- Gluten free biscuits and cakes
- Gluten free crackers

### **Beware of cross contamination**

1. Keep all utensils separate during preparation and cooking of gluten free food
2. Always use clean, unused utensils, boards, pans and surfaces to cook gluten free food.
3. Don't fry gluten free food in the same oil as food that contain gluten or cook gluten free pasta in the same water as pastas containing gluten
4. If you are making gluten free toast, use a clean grill pan, toaster or toaster bags.

### **Ensuring a safe playtime for young children**

Gluten cannot be absorbed through the skin so paints, crayons and glues should not be a problem. Making art or instruments with pasta is not uncommon for pre-school children. However, as dried pasta may be a tempting snack for small children it is advisable to use gluten free pasta or closely supervise the child. This is also true for playdough, so it is advisable that gluten free playdough is used.

For further information on the gluten free diet visit [coeliac.org.nz/eating-gluten-free](http://coeliac.org.nz/eating-gluten-free)

*This information is for guidance only and should not replace advice given by your medical professional.*