



Dietary Counselling ...
eat well – live well
for all ages

Eating Gluten Free

1 in 100 Australians has Coeliac Disease but 4 out of 5 don't know it. It is a permanent intolerance to dietary gluten which is found in wheat, rye, barley and oats. This means people with Coeliac disease can never eat any product containing wheat, rye, barley and oats or any food that may simply have come in contact with these foods.

Prior to diagnosis, sufferers can experience fatigue, bloating, diarrhea and constipation, weight loss and irritability. The small intestine reacts to the smallest amount of gluten in food and becomes damaged and inflamed. It is demonstration of this damage that is used for diagnosis of Coeliac disease. The damaged intestine does not absorb nutrients well and in the long term the sufferer will become deficient in iron, folate, B12 and calcium. Anaemia and osteoporosis are common in people with Coeliac disease who keep eating gluten.

The gluten free diet is a restrictive diet that is difficult to follow in Australia where most of our food products are made from gluten containing grains. A person with Coeliac disease needs to be able to avoid the

**1 in 100 Australians has
Coeliac Disease,
But 4 out of 5 don't know it!**

Eating Gluten Free Education Courses are available

**Contact Melissa Barnes on 5338 4500
to enquire about the next course**