

# GLUTEN FREE DIET



## A Training Module for Food Service Staff





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# Objectives



- To become familiar with Celiac disease and its diet implications
- Understand the gluten free (GF) diet and its importance
- Understand the challenges of GF diet and how to provide safe gluten free food to long term residents
- To be able to identify sources of gluten containing foods

# Celiac Disease



- Genetic/immune disease triggered by an environmental source - gluten
- Gluten: A type of protein found in grains such as wheat, barley, rye and regular commercial oats
- Gluten in celiac disease leads to an autoimmune response that attacks the villi (finger-like projections) on the surface intestines damaging the surface
- Results in poor absorption of nutrients and may result in skin blisters

# Gluten Free Diet



- The **sole** treatment of celiac disease
- Found in: Wheat, Barley, Rye, Regular commercial Oats
- Hidden – found in many processed foods...therefore label reading is important
- Cross-contamination – improper handling makes gluten free product become gluten containing

# Gluten Free Diet



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# Gluten Containing Products



- Hot and cold cereal (containing wheat, regular oats, barley)
- Barley
- Bread (containing wheat, rye, and regular commercial oats)
- Processed entrees (containing wheat or gluten containing ingredients)
- Pasta containing wheat
- Sauces/Marinades/Gravies containing wheat or gluten containing ingredients e.g. some soy sauce, gravy thickened with wheat flour, teriyaki sauce

# Gluten Containing Products



- All types of baked goods containing wheat (cakes, cookies etc.)
- Many soups (need a gluten free soup base)
- Many salad dressings
- Vegetables with sauces
- Some frozen french fries
- Battered products
- Foods containing malt or malt flavouring

# Gluten Containing Ingredients



- Bran
- Bulgur
- Couscous
- Durum
- Graham flour
- Spelt
- Wheat flour,
- Wheat starch
- Wheat bran
- Wheat germ
- Wheat germ
- Wheat grass
- Kamut
- Rye flour
- Triticale
- Modified food starch  
(don't know source)

# Gluten Free Products



These food groups, either plain, unprocessed or seasoned with gluten free ingredients:

- Meat and alternates
- Fruits and vegetables
- Dairy

# Gluten Free Products



- Rice / rice flour / rice pasta
- Corn
- Soybeans
- Tapioca
- Potato / potato flour
- Gluten free breads, cereals and baked goods (made or ordered)
- Pure, uncontaminated oats
- Flax
- Amaranth
- Millet
- Quinoa
- Sorghum
- Teff

# Challenges of Gluten Free Diet



- Hidden ingredients - Must read labels
- Cross-Contamination - Must be minimized
- Expensive
- Bread products tend to dry out and crumble easily

# Label Reading



- Make sure you read the label every shipment since ingredients can change without notice from the manufacturer
- Wheat-free is not gluten free



# Label Reading



- Important to read labels for ingredients such as:
  - Wheat / Wheat flour / Wheat starch/ Wheat bran / Wheat germ
  - Malt / Malt flavouring / Malt vinegar / Malt extract
  - Modified food starch
  - Dextrin
  - Hydrolyzed wheat protein
  - Many more...



# Cross-Contamination



- To ensure the product remains gluten free
- Ways to prevent cross contamination:
  - Create a gluten free workspace - if not possible make sure that the work surface is thoroughly washed before preparing gluten free food. Prepare gluten free food first before foods with gluten.
  - Use separate equipment / utensils (gluten free cutting board, utensils, separate toasters or toaster bags etc.)

# Cross-Contamination



- Ways to prevent cross contamination:
  - After preparing gluten free product, wrap tightly and store away from gluten containing products
  - Use single serve condiments e.g. jam, mayo, mustard, ketchup, butter, peanut butter to avoid contamination from bulk service



# Cross Contamination



- Do not use spreads in bulk containers (i.e. margarine tub or butter dish) to spread on GF bread -- must use individual packages, clean knife and clean cutting board
- Avoid frying in the same oil
- Clean equipment thoroughly before using for gluten free items (grills, mixers, blenders)
- Do not use toasters that have been used for regular bread (there are toaster bags)
- Labeling gluten free products, utensils, equipment is important

# How to efficiently provide safe GF products



- Purchase products that are GF and can be used across all diet types, such as:
  - Use GF commercial gravy / soup base that can be used across all diets
  - Gluten free condiments and sauces
  - Gluten free puddings / custards (e.g. kozy shack)

# Where to purchase GF ready made products...



- Through suppliers from El Peto, Glutino, some Marsan products, some Appetito products
- Specialty food shop stores e.g. Hospital for Sick Children in Toronto
- Local grocery stores (usually on shelves near organic or health food section)

# The bottom line...



- Celiac disease requires strict adherence to gluten free diet as it is the **ONLY** treatment
- Diet can be complicated due to hidden sources and easy contamination
- Understanding food sources of gluten and preventing cross contamination is crucial
- If unsure about a product - check label with the gluten-free diet list and ask

# For more Information...



- **Canadian Celiac Association:**  
Phone: 905.507.6208  
Toll Free: 1.800.363.7296  
[www.celiac.ca](http://www.celiac.ca)
- **The Canadian Celiac Association's pocket dictionary of ingredients – a great resource**  
[www.celiac.ca/EnglishCCA/eproducts.html](http://www.celiac.ca/EnglishCCA/eproducts.html)
- **Gluten-Free Diet – A Comprehensive Resource Guide**  
[www.glutenfreediet.ca](http://www.glutenfreediet.ca)



**QUESTIONS?**