

Is Gluten Free Right For Me?

What is Gluten?

- ✔ Gluten is a protein found in wheat, barley and rye grains.
- ✔ These grains are commonly used to make pasta, bread, noodles, flour and beer.
- ✔ It is also commonly found in pre-made sauces, cakes, biscuits and processed meat such as burgers and sausages.

Coeliac Disease

- ✔ Coeliac Disease affect 1 in 100 people in the UK.
- ✔ It's an autoimmune disease triggered by the body recognising gluten as an infection. Because of this, the body launches an attack to destroy the gluten which in turn causes damage to the bowel and intestines.
- ✔ Symptoms include: diarrhoea, constipation, vomiting, bloating, stomach cramps, and fatigue. These tend to present within minutes of eating something containing gluten.
- ✔ If you are experiencing these symptoms, please speak to your GP about being tested for the condition.

Gluten Sensitivity

- ✔ Gluten sensitivity is when similar symptoms to those of coeliac disease are experienced, but this is caused by the digestive system struggling to break down and absorb the gluten, not an immune reaction.
- ✔ Symptoms tend to present a few hours after eating gluten containing foods.
- ✔ If you are experiencing symptoms after eating wheat, rye or barley, or think you have gluten sensitivity it is important see your GP to rule out Coeliac Disease.

Is Going Gluten Free Healthier?

- ✔ For anyone suffering with Coeliac Disease or Gluten Sensitivity, adopting a gluten free diet should help to ease symptoms and make you feel much better after eating.
- ✔ For anyone who does not react to gluten and can include it in their diets, there is no research to suggest that cutting gluten out of the diet can have any health benefits. However, it can put you at risk of nutrient deficiencies if you don't replace the vitamins, fibre and minerals that you would usually get from eating wheat-based foods.

If you suffer from Coeliac Disease or Gluten Sensitivity, please speak to a member of our catering team who will advise you of suitable menu options.