



Deutsche Zöliakie
Gesellschaft e.V.



Coeliac disease

Brochure in simple language

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Foreword

Life is difficult with gluten-free food.
You must learn many new things.
You must watch out for a lot of things.
A lot of the information on gluten-free food
is hard to understand.

In this small booklet, you will find:

- the most important information
on gluten-free food
- it is easy to understand
- it is in simple language
- and it has a lot of pictures



Read the information a little at a time.
You will learn more about gluten-free food
little by little.
Try out the information in your everyday life.

You will soon see:

- That you can manage fine with gluten-free food.
- You will feel better.
- Everyday life with gluten-free food
will get easier and easier for you.

The best of luck! You can do it.

Your DZG (Deutsche Zöliakie-Gesellschaft)

Contents

06	The DZG (Deutsche Zöliakie-Gesellschaft)
07	Membership in the DZG
10	Important Information
10	Gluten-free nutrition
13	About coeliac disease
16	About wheat sensitivity
17	Medicine
17	How your doctor knows if you have coeliac disease
24	The wall of the intestine changes if you have coeliac disease
27	What helps with coeliac disease
29	Check-ups and exam-inations by your doctor
31	How to tell if you are sensitive to wheat
33	What helps with wheat sensitivity

35 Gluten-free nutrition

36 Gluten-free foods

40 There is always gluten in these foods

43 Hidden gluten

44 Gluten may also be in these foods

54 This is important for you to know

55 Tooth-paste make-up and cosmetics

56 How to find gluten-free products

58 The list of ingredients:

What is important to know

60 How to find gluten-free products

63 Where to buy gluten-free foods

65 How to cook gluten-free food

66 How to bake gluten-free cakes

68 How to bake gluten-free bread

70 How to work correctly in your kitchen

75 How to eat healthy

78 Whenever you are away from home

THE DZG

- DZG is short for the:
Deutsche Zöliakie-Gesellschaft
(German Coeliac Society)
- The DZG is a self-help organisation.
- People with coeliac disease help other people with coeliac disease in this organisation.

How the DZG can help you.

The DZG can provide with you a lot of information:

- Over the telephone.
- You can read web-pages on the internet:
The website address is: www.dzg-online.de
- You can join and become a member of the DZG.

Membership in the DZG

- Members receive **books**, which show a lot of gluten-free foods.
- Members receive a **magazine** with all the latest information on coeliac disease.
- Members receive **recipes** for gluten-free meals.
- Members are given information on how to go on **holiday**.
- Members receive information on the **illness of coeliac disease**.
- Members receive addresses of contact people in their area who may be able to help them.
- **Contact people** know the answers to many questions for situations in everyday life.
- Contact people organise discussion groups in their area.
- Members meet at these **discussion groups** and talk to one another.

How to become a member of the DZG:

- Fill in the **registration form** and post it to the DZG.
- You can receive a registration form for joining from us here at the DZG.
Just ring us – telephone: **07 11 - 45 99 81 - 0.**
- You can also find the registration form for joining on the DZG website.
- Members pay **45 Euros per year.**
If you do not have a lot of money, you only pay 22.50 Euros per year.
- Registration (joining) costs 15 Euros.
- You will receive books containing information a short time after registering with us.

You can get a lot of **information** and help from the **DZG-office**.

Give us a call, please ring us:

Monday to Thursday from 9 am in the morning
until 4 pm in the afternoon

Telephone number: **07 11 - 45 99 81 - 0**

For questions on **meals** and **eating**,

Telephone number: **07 11 - 45 99 81 - 31**

on Tuesdays from 9 am in the morning until 12 pm noon,

on Thursdays from 5 pm in the afternoon until 8 pm at night

With question for **doctors** please ring us on:

Telephone number: **07 11 - 45 99 81 - 30**

on Tuesdays from 8.30 pm in the evening to 10 pm at night,

on Wednesdays from 9 am in the morning to 12 pm noon



Gluten-free nutrition

- ▶ **Nutrition** is what we eat and drink. This is also called our **diet**.
- ▶ **Gluten-free nutrition** is eating and drinking foods without any gluten in them.



The sign for gluten-free food.

- ▶ Gluten is the name of a certain protein. **Protein** is a specialist term; the German for this is „Ei-weiß“. Gluten is called **sticky protein** and is “Kleber-Ei-weiß” in German.



- ▶ **Gluten** is in many sorts of grains we eat.
- ▶ Gluten is also contained in many other foods we buy.



Foods with gluten in them.

Gluten is a protein contained in many types of grains.



You need a gluten-free diet when:

- ▶ You have been to see your **doctor** or you were in hospital.
The doctor checked you over and examined you.

He or she told you:

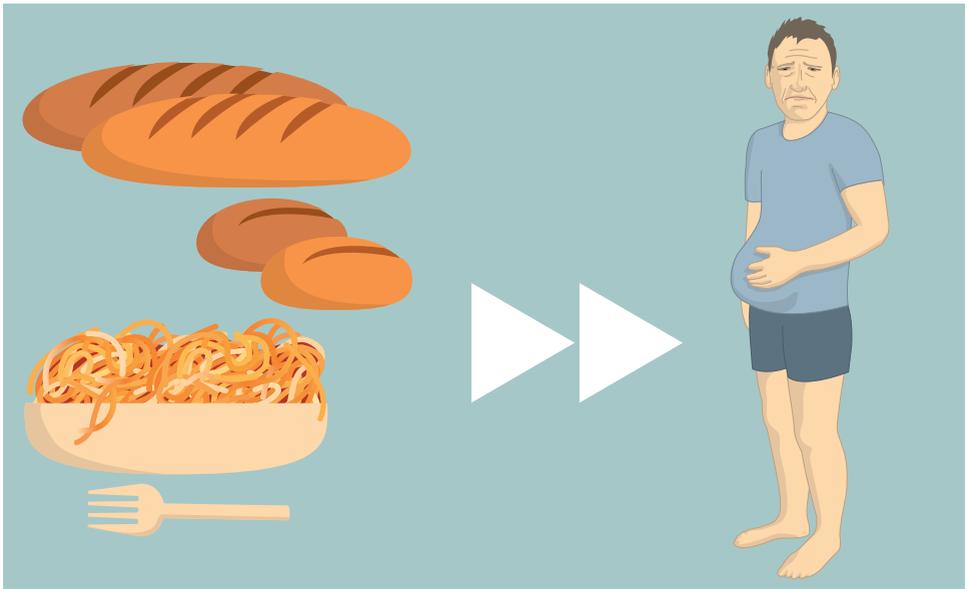
- You have got **coeliac disease**.
- Or that you are **wheat intolerant** (and can-not eat wheat).

**Go to your doctor for a check-up and examination.
Only a doctor can tell you exactly
what is wrong and what illness you may have.**



About coeliac disease

- ▶ Coeliac disease is an illness of the **intes-tines** („the gut“). It shows up in the small intes-tine.



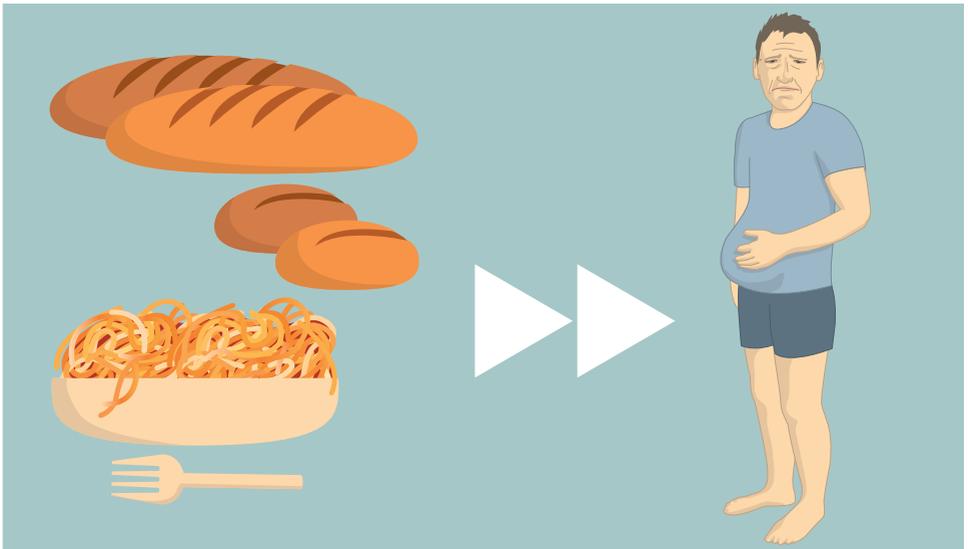
Gluten is bad for your intes-tines (or gut).

- ▶ Coeliac disease is a very serious **chronic illness**. A chronic illness lasts for a long time.
- ▶ Coeliac disease lasts for your whole life-time.



IMPORTANT INFORMATION

- ▶ If you have got coeliac disease, you can-not tolerate gluten. This means: whenever you eat or drink gluten, you feel ill.

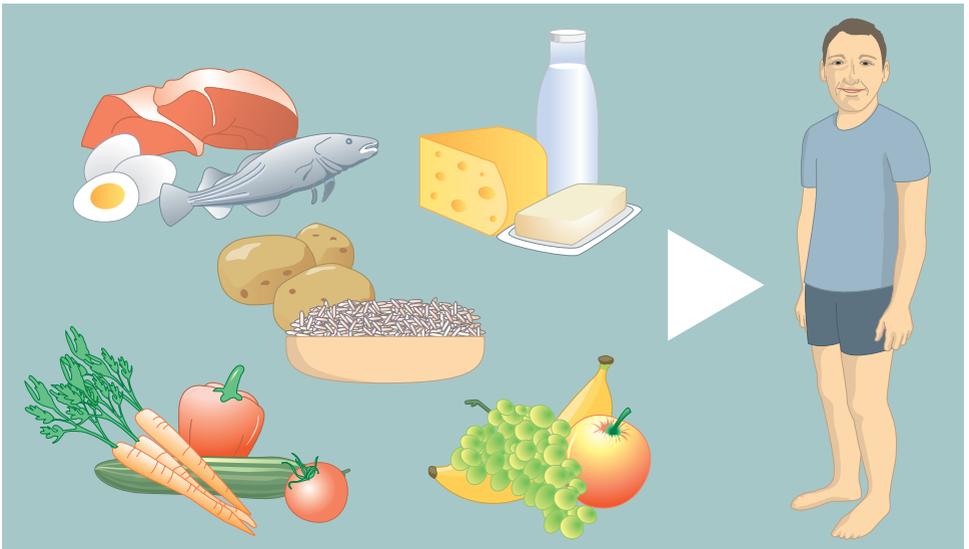


Foods with gluten in them are bad for you.

- ▶ There is **no medication** which can help coeliac diseases.



- ▶ But here is what you can do:
Only eat and drink foods **without gluten**.
Then you will feel better again.



Gluten-free foods are good for you.

Important for you:

Only eat and drink gluten-free foods **for life**.
Then you will also feel well in future.

**What helps with coeliac disease:
Always eat and drink gluten-free foods.**



About wheat sensitivity

- ▶ In specialist language, wheat sensitivity is called **Non-coeliac-disease, non-wheat-allergy, wheat sensitivity.**
- ▶ Wheat intolerance is also an **Intes-tinal disorder** or **illness of the gut.**
- ▶ Doctors do not yet know very much about this illness.
- ▶ Here is what you can do:
Only eat and drink foods without **any gluten.**
Then you will feel well again.

What helps with wheat sensitivity:

Gluten-free food and drink.



How your doctor knows if you have Coeliac disease

- ▶ Your doctor will examine you, and give you a check-up.
- ▶ The doctor will recognise your illness. This means: The doctor then knows, which illness you have.
- ▶ Doctors call sick people **patients**.
- ▶ In many patients, coeliac disease can be recognised by the **signs of the illness**.
- ▶ In expert language we call the signs of an illness **symptoms**.



- ▶ Coeliac disease is a little bit different for each patient:
 - Some patients have a lot of symptoms of the illness.
 - Some patients only have a few symptoms of the illness.
 - Some patients feel ill a lot of the time or all of the time.
 - Some patients only feel unwell sometimes or not very often.
 - Some patients do not feel any symptoms at all but still have coeliac disease.



- **Symptoms of coeliac disease** (signs of the illness), are for example:
- diarrhoea (a „runny tummy“)
You have a lot of thin, or watery bowel movements.
 - Or constipation:
you are „blocked up“ and cannot go to the toilet properly.
You pass a lot of hard bowel movements.
 - Vomiting: you throw up.
 - Fla-tu-lence (gas and wind):
you have too much air in your intestines (or guts).
 - Loss of appetite:
you do not feel hungry and do not want to eat anything.
 - Paleness: Your skin is very pale and white.
 - Weakness: You often feel weak.
 - Tiredness: You often feel tired.
 - Anaemia:
You do not have a lot of red blood corpuscles/cells.
 - Irritable:
You are often in a bad mood.
 - You are very sensitive to pain:
You feel sore very quickly.



- ▶ Recognising an illness is called a **diagnosis**.

It is hard for the doctor to detect coeliac disease.

Special examinations must be carried out.

Please do **not** eat **gluten-free food**.

If you do, it is hard for the **examination** to give the correct result.

It is difficult to detect coeliac disease.

What the doctor checks when looking for coeliac disease

Two (2) steps are required for the diagnosis.

Step 1:

- ▶ The doctor takes blood from you.
Your **blood** is **examined** in a science laboratory.



The doctor takes blood from you.



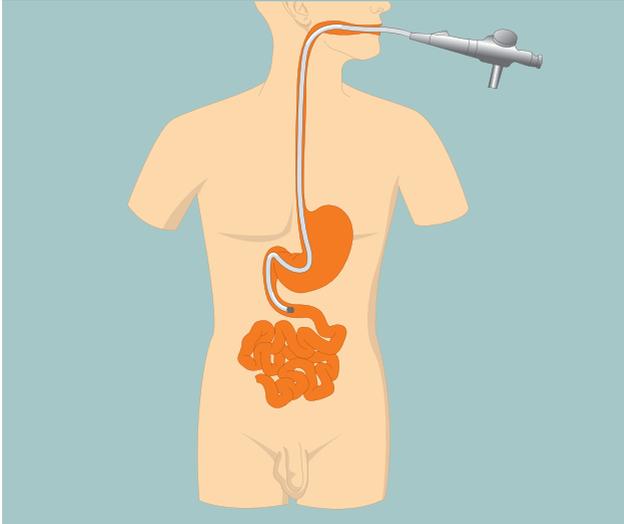
- ▶ This is completely normal:
When you are ill, your body makes anti-bodies.
Anti-bodies are special proteins which protect against illness.
- If you have coeliac disease, you will have 2 special kinds of anti-bodies:
 - One kind is called **TTG-anti-bodies**.
The doctor also calls these Tissue Trans-Gluta-minase anti-bodies, or **TTG**.
 - The other kind is called **Endo-mysial anti-bodies**, or **EMA**.
 - Your family doctor or a special-ist doctor can carry out this blood test.

Step 1 for diag-nosing coeliac disease:
Are there any special anti-bodies in your blood?



Step 2:

- ▶ If you have the special anti-bodies for coeliac disease:
Then your doctor will look at your **small intes-tine**
with an **endo-scopy**.
- ▶ Looking at your small intestine through an endo-scope is called a **gastro-duodeno-scopy** in specialist language.
- ▶ Doctors can examine the **wall of the intes-tine**
very closely through an endoscopy of the small intes-tine.
They will remove a very small piece from the wall of the intes-tine.
These small pieces are called tissue samples.
- ▶ In specialist language, taking small samples
of tissue is called a **bi-opsy**.
- ▶ Hospitals or **gastro-entero-logists**
can carry out an endoscopy of the small intes-tine.
These are special doctors
for dis-orders in the stomach and the intestine.



Gastro-duodeno-scopy of the small intestine:
the doctor pushes a tube into your intestine.

- ▶ If you have coeliac disease
the wall of the intestine looks different than normal.

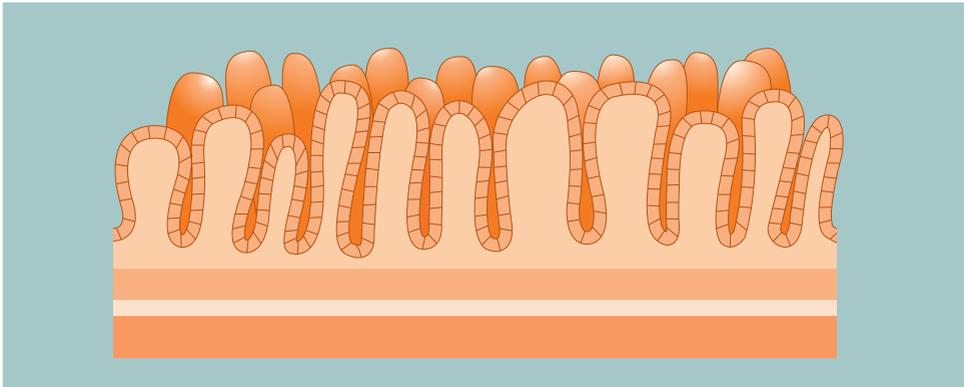
Doctors can see this in the endoscopy of the small intestine.
The tissue samples will also show this.

**Step 2 for diagnosing coeliac disease:
Endo-scopy of the small intestine
for checking the wall of the intestine.**



The wall of the intestine changes if you have coeliac disease

- ▶ The wall of a healthy small intestine has a large number of **pro-trusions** which stick out. These pro-trusions are very, very small. They look like very small fingers.
- ▶ These pro-trusions are called **villi** in specialist language. Doctors also call them **intes-tinal villi**.



This is what healthy intestinal villi look like.

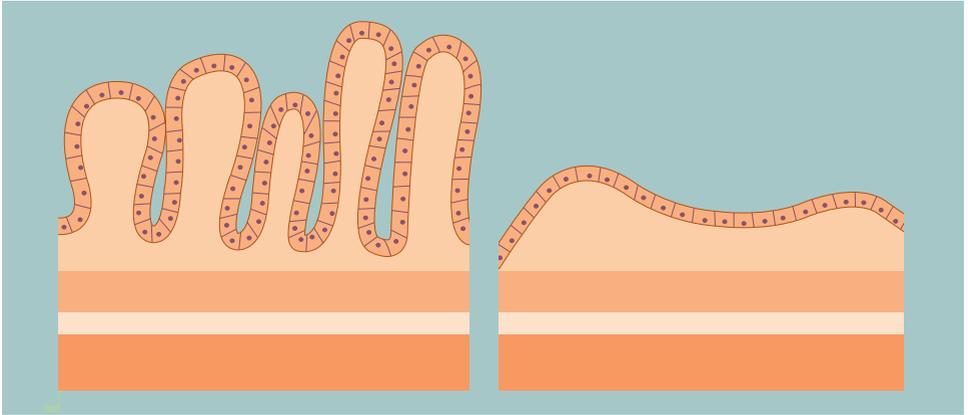
- ▶ Intestinal villi have an important **task**: They take in everything the body needs from food and drinks.
- ▶ Our **nutrition** is what we eat and drink.



- ▶ For example, the body needs **nutri-ents, water, vit-amins and minerals.**

This is what happens to people who have **coeliac disease**:

- Their body cannot tolerate or handle any gluten.
- Their intes-tine becomes **inflamed**.
- The inflam-mation is bad for the wall of your intes-tine.
- The **wall of the intes-tine** changes:
The villi get smaller and smaller.
- Your intes-tine cannot take in enough
from your food and drink.
- Your body receives **too few** nutri-ents,
water, vit-amins and min-erals.
- You may only have weak signs and symp-toms,
or you may have strong signs and symp-toms.



Healthy intestinal villi in the intestine.

Intestinal villi in a sick intestine - with coeliac disease.

With coeliac disease:

- **Gluten makes the wall of the intestine ill.**
- **Your body needs more than the intestine can take in.**



What helps with coeliac disease

- ▶ We **cannot cure** coeliac disease. It is incurable.
- ▶ There is no **medicine** or **medi-cation** against coeliac disease.
- ▶ Your doctor will tell you that you should **eat and drink gluten-free** food and drinks.
- ▶ If you only take gluten-free food and drinks, then this will happen:
 - The inflam-mation of the intes-tine will stop.
 - There will be less special anti-bodies in your blood.
 - The wall of the intes-tine will become healthy again and will look normal again.
 - Your body will receive everything it needs.
 - **You will feel healthy.**

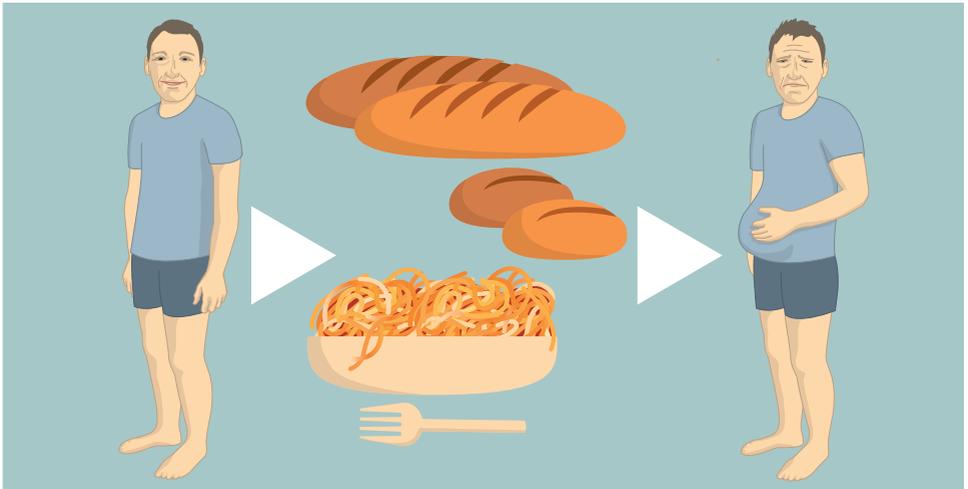


If you only eat gluten-free food and drink, you will feel better. You will be well again.



⇒ **But be careful:**

- **If you eat gluten again, the inflammation will return to your intestine again.**
- Usually it takes a long time before you will have any signs and symptoms again.
But: Your intestine can become sick again quickly.
- If you have coeliac disease and eat gluten, you may also get other illnesses after a while: for example, problems with your bones or cancer.



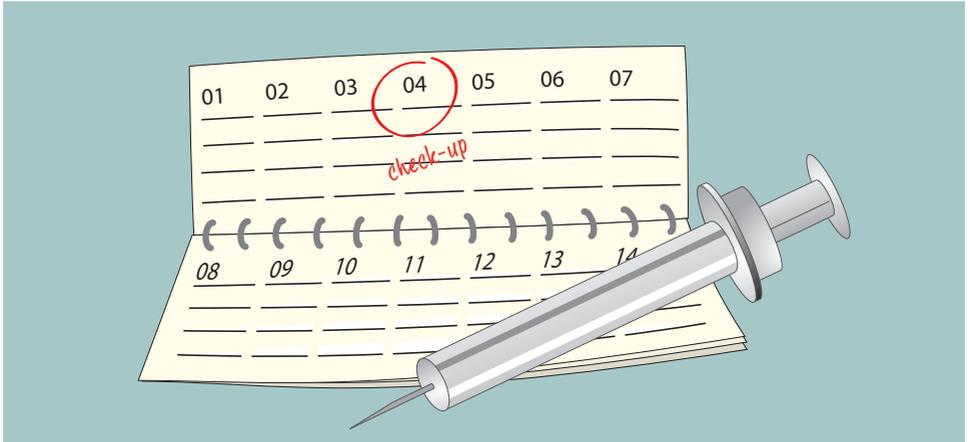
If you eat gluten again, it is bad for you.

**Always take food and drink which is gluten-free.
Then you will stay well and will not get ill.**



Check-ups and exam-inations by your doctor

- ▶ Have your blood checked **regular-ly**.



Go to the doctor's regular-ly for check-ups and exam-inations.

- ▶ The check-up will show the **number of special anti-bodies** with coeliac disease.
- ▶ It is good:
 - If the number of special anti-bodies is very low.
 - Or: If there are no special anti-bodies anymore.
- ▶ Then you are manag-ing your gluten-free food and drink correct-ly.



▶ Go for a **check-up**:

- 3 months and 6 months after you start eating gluten-free foods
- After 1 year
- After that: **once (1 time) every year**
- Talk to your doctor to make an appointment, a time and date to visit for a check-up.

**Regular-ly ask to have your blood checked.
Talk to your doctor about this.**



How to tell if you are sensitive to wheat

- ▶ The **signs** and **symptoms** of wheat intolerance are for example:
 - Diarrhoea (a runny tummy)
 - Vomiting (being sick or throwing up)
 - Flatulence (gas or wind)
 - Feeling weak

- ▶ We do not know very much about wheat sensitivity.

- ▶ And this is why we do not yet know the exact causes of this illness.

- ▶ Doctors **cannot detect** wheat sensitivity **directly**.



- ▶ The doctor will carry out a lot of **exam-inations**.
- ▶ He or she will want to know, whether you have any other intes-tinal dis-orders, for example:
 - a wheat allergy
 - coeliac disease
 - an irri-table bowel

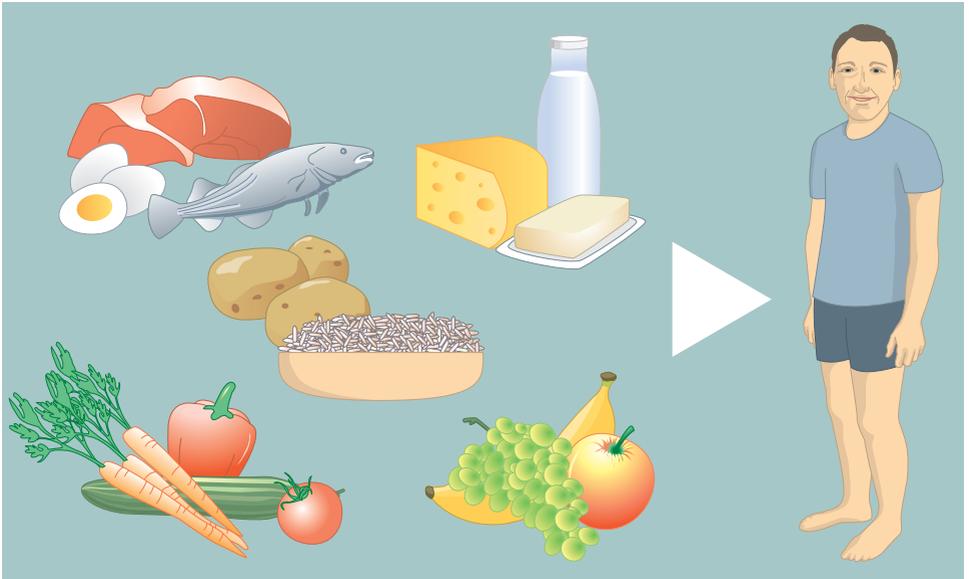
- ▶ If you
 - **cannot tol-erate gluten**
 - and if you do not have **any other dis-order of the intes-tine,**
 - **then** you probably have a **wheat sensitivity**

**It is difficult to detect wheat intolerance-
(when your body reacts badly to wheat).**



What helps with wheat sensitivity

- ▶ There is no **medication** (or medicine) you can take for wheat sensitivity.
- ▶ **Only take gluten-free food and drink.**
Then you will feel better.



Gluten-free foods are good for you.

- ▶ Ask your doctor from time to time:
Is there any new information on what to eat and drink with wheat intolerance?



- ▶ There will be some news soon on wheat sensitivity.
Ask your doctor or ask the DZG (Deutsche Zöliakie-Gesellschaft).

**Gluten-free eating and drinking.
Get information on what's new.**



Gluten-free nutrition

Gluten-free nutrition (eating and drinking) is new for you.

We will explain to you:

- Which foods are gluten-free.
- Which foods always contain gluten.
- Which foods may contain gluten.
- How you can find gluten-free foods.
- Where you can go shopping.
- How to cook gluten-free.
- How to bake gluten-free.
- How to work in the kitchen properly.
- How to eat gluten-free food,
when you are away from home.

Read more.

Learn about gluten-free nutrition (eating and drinking) step by step.

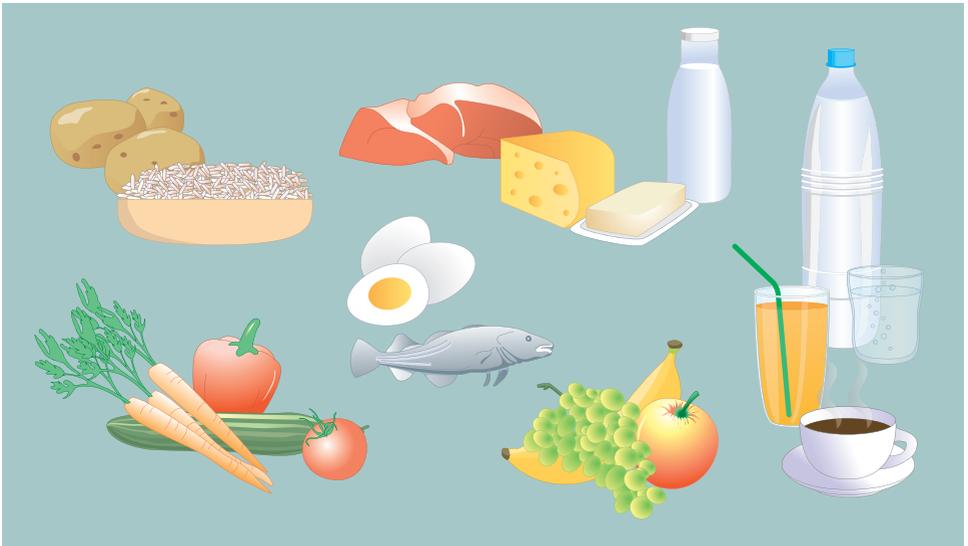


Gluten-free foods

- ▶ There are foods which are naturally gluten-free.
- ▶ **But only**, if these foods are left the way they are.

In these cases we also say:

- **unprocessed** foods
- or: **natural** foods



These foods are naturally gluten-free.



- ▶ Whenever you need to cook or to bake using gluten-free foods:
Use gluten-free flours and gluten-free grains.

Rice



Chick-peas



Millet



Potatoes



Maize
(„corn“)



Teff
(„love
grass“)



Buck-
wheat



Cook and bake using flour made from these plants.

You can also use flour made of:

- Soya
- Coconut
- Chestnuts
- Bananas
- Lupines
- Grape seeds
- Oats, which have not been mixed with other grains



**These foods are gluten-free,
if they have not been processed:**

- **Fruit, vegetables, lettuces and potatoes**
- **Nuts and chestnuts**
- **Pulses or legumes: for example, peas, beans, lentils, soya beans and chickpeas**
- **Maize (corn) and rice**
- **Quinoa, Amaranth und Canihua**
- **Millet, teff (love grass) and buckwheat**
- **Hempseed and grape seed flour**
- **Oats, which have not been mixed with other grains**
- **Plan-tains**
- **Milk, quark („curds“) and natural yoghurt**
- **Butter, cream cheese and natural cheese**
- **Vegetable oils**
- **Eggs and meat**
- **Fish and seafood**
- **Sugar and honey**
- **Jams and marmalades**
- **Pure spices and herbs**



⇒ **Caution!** Cereal grains may be mixed in with pulses or buckwheat.
This means: Pulses or buckwheat may be contaminated with gluten.



Pulses (or legumes)

Our Tip:

- ▶ Have a look at the DZG's food list, to see whether the product is gluten-free.
- ▶ Or: Spread the pulses or the buckwheat out on a clean dry cloth.

Have a look to see whether grains or anything else has been mixed in with the pulses or the buckwheat.
Remove these objects from it.



Check pulses or buckwheat before cooking them.



There is always gluten in these foods

- ▶ There is gluten in many types of grain that we eat.

Gluten is contained in these types of grain:

- **Wheat**
- **Spelt**
- **Rye**
- **Barley**
- **Green spelt**
- **Urkorn** (an old form of grain)
- **Emmer wheat**
- **Kamut[®]**, that is Kohrasan-wheat



- ▶ **Gluten** is also found in foods, **which are made from these grains**, for examples:
 - **in flour**
 - **in starch**
 - **in semolina, pearl barley and cereal flakes**
 - **in breadcrumbs**
 - **in pastas**

- ▶ This is why **gluten** is contained
 - **in all normal types of bread and rolls**
 - **in cakes and other biscuits and pastries**
 - **in cereal muesli bars and ice-cream wafers**
 - **in salt sticks and other savoury snacks**
 - **in breaded fish**
 - **in breaded meat**
 - **in pizza**
 - **in noodles, dumplings and gnocchi**
 - **in beer and malt beer (stout)**



Spelt



Wheat



Barley



Rye

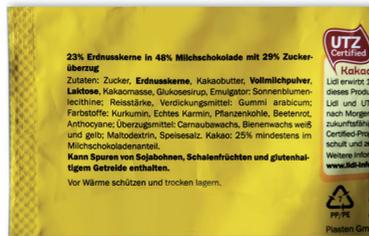
► **Gluten is contained in these types of grains**

Gluten is contained in all foods which are made from these types of grain: wheat, spelt, rye, barley green spelt, Urkorn (an old form of grain), emmer wheat and Kamut®.



Hidden gluten

- ▶ Gluten may also be hidden in some food-stuffs. This means: **You cannot always immediately tell, whether gluten is contained in these foods.**
- ▶ Here is what you can do:
 - You can **ask** what is contained in the food.
 - You can **have a look** in the DZG's food list to see whether this food is gluten-free.
 - You **can read** on the packaging what is contained in this food.



This is how you can find hidden gluten.

You may only eat a food if it is gluten-free.





Gluten may also be in these foods

- **Gluten may also be contained** in foods, which are made out of potatoes, for example:
- **in chips**
 - **in croquettes**
 - **in fried grated potato cakes**
 - **in boiled dumplings**
 - **in mashed potatoes**
 - **in roasted potato noodles**

Potato noodles



Potato dumplings



Croquettes



Gluten may also be found in products made out of potatoes.



- **Gluten may also be contained** in foods, made out of fruit, for example:
- **in concentrated fruits**
 - **in fruit compotes**
 - **in bread and sandwich spreads made out of fruit**



Gluten may also be contained in products made out of fruit.



- **Gluten may be contained** in foods, which are made out of milk, for example:
- **in processed yoghurt, quark and cream cheese**
 - **in cheese preparations**
 - **in herb cheese**
 - **in milk products with fruit preparations**
 - **in muesli additives**
 - **in „light“ versions of foods**
 - **in analogue cheese and artificial cheese**
 - **in Harzer cheese**



Gluten may be contained in products made out of milk.



- ▶ **Gluten may also be contained** in sweets, confectionery and savoury snacks, for example:
 - **in chocolate**
 - **in waffles**
 - **in liquorice**
 - **in cracknel and nougat**
 - **in gummi bears and chewy sweets**
 - **in sugar-coated chocolate sweets, boiled sweets and chewing gum**
 - **in cake and pastry decorations**
 - **in sweet sauces and custards**
 - **in cold sweet soups and und crème powders**
 - **in nutty nougat crèmes**
 - **in potato crisps, Flips und Sticks**
 - **in mueslis and breakfast cereals**



Gluten may also be contained in sweets, confectionery and nibbles/snack foods.



- ▶ **Gluten is found in many normal cereal products from the bakery or the supermarket, for example:**
 - in these breads **from a normal bakery: corn-bread, millet flour bread, soya bread, buckwheat bread and rice bread**
 - in normal millet pastries and pastas **buckwheat pastries and pasta** such as noodles
 - in **Asian noodles**, which we call **somen**
 - in **Essener Brot** (Ezekiel bread), **Lebendigem Brot** (sprouted bread) and **Kanne Brot-Trunk** (a fermented grain beverage)



Gluten may also be contained in cereal products you buy in the bakery or supermarket.



▶ **Gluten may also be contained** in baking ingredients, for example:

- **in baking powder**
- **in yeast**
- **in vanilla sugar**
- **in chocolate coatings**
- **in glazing**
- **in icings**
- **in flavouring extracts**



Gluten may also be in baking ingredients.



- ▶ **Gluten may also be contained** in drinks, for example:
 - in flavoured teas
 - in flavoured coffees
 - in fruit juices
 - in sodas and fizzy drinks
 - in mixed drinks containing cocoa
 - in mixed drinks containing milk
 - in liqueurs
 - in malt coffee and barley coffee

- ▶ **Gluten is always contained**
 - in normal beer
 - in normal malt beer (stout)



Gluten may also be found in drinks.



- ▶ **Gluten may be found in spices and sauces, for example:**
 - **in seasoning and spice mixtures**
 - **in spiced vinegar and aromatic vinegar**
 - **in ketchup**
 - **in barbecue or grilling sauces**
 - **in mustard containing spices and herbs**
 - **in soy sauces**



Gluten may also be contained in spices, sauces and mustard.



- ▶ **Gluten may also be found** in sausage and meat products, for example:
 - **in spreads**
 - **in sausages and frankfurters**
 - **in ham rind**
 - **in meat in gyros and doner kebabs**
 - **in breaded meat**
 - **in ready-prepared rissoles and meat loaf**
 - **in seasoned meat and pickled or preserved fish**



Gluten may also be found in sausage and meat products.



Caution: Gluten may also be contained in processed foods.

Whenever you wish to eat or drink these foods, inform yourself about the ingredients first:

- processed potato products
- products made out of fruit
- processed milk products
- sweets, confectionery and savoury snacks
- breads, rolls, pastries and pasta
- corn-flakes, or other breakfast cereals
- baking ingredients
- drinks
- spices and aromatic vinegar
- sauces, ketchup and mustard
- sausages
- spiced and breaded meat products

Before cooking:

Remove all the foreign grains out of the rice, pulses or buckwheat.



This is important for you to know

- ⇒ Take care with medicines and medication
- ⇒ Take care with toothpaste, make-up and cosmetics

Medication:

Gluten may be contained in medication.

Here is what you can do:

- ▶ **At the doctor's:** Tell the doctor, that you need gluten-free medication.
- ▶ **At the chemist's:** Ask them, whether your medication is gluten-free.
- ▶ **At home:** Have a look on the **DZG's list** for gluten-free medicine and medication.



Caution: Gluten may be contained in medicines and medication.

Only take gluten-free medicines and medication.



Tooth-paste, make-up and cosmetics

Gluten may be contained in tooth paste and other cosmetics. Therefore, take care:

- ▶ with all products you put into your mouth.



Gluten may be contained in tooth-paste and cosmetics (make-up).

Here is what you can do:

Have a look at the the DZG's list for cosmetics.

Or: Have a look at the **ingredients list**:

- **in tooth pastes and mouth rinses**
- **in solutions for gargling**
- **in lip care products**
- **in lip-sticks and lip gloss**

Gluten may be contained in tooth-paste and cosmetics.



How to find gluten-free products

- ▶ You know:
That the product is **naturally gluten-free**,
For example, unprocessed milk products
or fresh fruit and vegetables.
- ▶ The **struck-through ear of wheat** on the packaging shows you:
This is a **gluten-free product**.
- ▶ The word **gluten-free** (**gluten-frei** in German)
is written on the packaging.
- ▶ You can see:
That the product is in the **DZG's list**
of gluten-free foods.
- ▶ You read the **list of ingredients** on the product
and then you know:
The product is gluten-free.



This symbol tells us: The product is gluten-free.



Have a look at the DZG's (Deutsche Zöliakie-Gesellschaft) list of foods.



The list of ingredients tells you whether there is gluten in the food.



The list of ingredients: What is important to know

- ▶ Whenever **gluten is contained in a product**, you will read in the list of contents:
 - **Gluten**
 - or: **enthält Gluten (contains gluten)**
 - or: **gluten-haltig (gluten is contained)**
 - or: **Weizen (wheat)**
 - or: **Dinkel (spelt)**
 - or: **Roggen (rye)**
 - or: **Gerste (barley)**
 - or: **Grün-Kern (green spelt)**
 - or: **Ur-Korn (an ancient form of wheat)**
 - or: **Emmer wheat**
 - or: **Kamut[®] (that is Kohrasan-wheat)**



▶ **You should also know this**

- Corn starch is gluten-free.
- Modified corn starch is gluten-free.
- Gluten-free wheat starch is gluten-free.
- Glucose syrup and malto-dextrin are gluten-free.

These ingredients may or not be gluten-free:

- Flavouring
- Yeast extract
- Spices

⇒ **Caution! Not gluten-free,**

whenever you read these words:

Gluten-haltig (Contains gluten)

Gluten

Weizen (wheat)

Dinkel (spelt)

Gerste (barley)

Roggen (rye)

Emmer, Ur-Korn, Kamut®



How to find gluten-free products

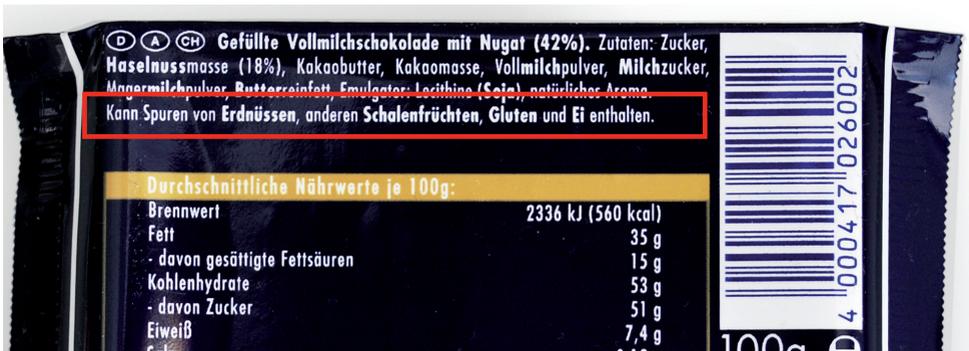
- **The food is naturally gluten-free and is unprocessed (natural).**
 - **You notice the struck-through ear of wheat on the packaging.**
 - **You see the word „gluten-frei“ (gluten-free) on the packaging.**
 - **You find the product in the DZG’s current list of gluten-free food.**
 - **The list of ingredients states that the product is gluten-free.**
- ⇒ **Caution: Find out exactly what the words in the list of ingredients mean.**



On many foods you will read:

„Kann Spuren von Gluten enthalten“

which means the food may contain traces of gluten.



You will often find these words on the packaging.

- ▶ This is an important piece of information.
If this sentence is written on the packaging,
It means that:
 - There can be only very small amounts of gluten in the product.
 - Or: There is no gluten in the product.

- ▶ If this sentence is **not written** on the packaging,
it means that:
 - There is no gluten in the product.
 - Or: There can be only a very small amount of gluten in the product.



- ▶ **You do not have to avoid this product.**
You must decide for yourself if you wish to eat it.
- ▶ This may help you to decide:
Ask the DZG about the product if you are not sure.

**If you see the sentence:
„Kann Spuren von Gluten enthalten“
(Can contain traces of gluten),
just ask the DZG.**



Where to buy gluten-free foods

Just buy completely normally, as before:

- ▶ Foods which are naturally gluten-free
- ▶ Other foods which are gluten-free

There are **special gluten-free food products**, for example:

- gluten-free flour
- gluten-free bread
- gluten-free rolls
- gluten-free noodles
- gluten-free biscuits

You can buy many gluten-free food-stuffs:

- **in a lot of supermarkets**
- **in many chemists' shops**
- **in many organic food shops**
- **in health food shops**
- **from merchants on the internet**



If you cannot find gluten-free products, you can ask for them in these shops.

▶ You can find gluten-free products in these shops for example:



▶ Gluten-free products are manufactured by these companies, for example:



Gluten-free products are sold in a lot of shops. You can also order gluten-free products over the Internet.



How to cook gluten-free food

- ▶ Buy **gluten-free foods**.
- ▶ Make sauces using gluten-free flour or gluten-free sauce thickeners.
- ▶ Use gluten-free spices and seasoning.
- ▶ **Recipes for gluten-free food** are available from the DZG or in gluten-free cook-books.
- ▶ Enjoy your delicious, gluten-free meal.
Bon Appetit!



For cooking: Only use gluten-free food-stuffs.



How to bake gluten-free cakes

- ▶ Gluten-free baking is a bit different.
You will need some time to learn how to do this.
- ▶ In the beginning:
Bake a simple cake, for example
a pound cake or muffins.
- ▶ Buy **gluten-free flour** and
gluten free baking ingredients.
- ▶ Bake cakes using a
gluten-free recipe.
- ▶ You can get recipes from the DZG
or in cook-books
containing recipes for gluten-free cakes.
- ▶ **Caution when using old cake tins**
Often there are still crumbs containing gluten
in the corners of these.
Wash the tin until it is completely clean.



- ▶ Place **baking paper** on your baking tray.
Or: Place baking paper in your cake tin.
- ▶ Gluten-free cake turns brown very quickly.
Bake at a lower temperature.
- ▶ Gluten-free cakes get dry very quickly.
Once it has cooled down, wrap it up well.
- ▶ Practise baking.
You will soon be able to bake delicious, gluten-free cakes.



For baking cakes: Use gluten-free flour and gluten-free baking ingredients.



How to bake gluten-free bread

- ▶ Use **gluten-free flour** and **gluten-free ingredients** for baking.
- ▶ You can get recipes from the DZG or: in cook-books with **gluten-free recipes for baking bread**.
- ▶ Bread needs **a lot of water** during baking.
Slide a tray containing water into the bottom of the oven.
Or: Bake the bread in a tin with a lid.
- ▶ After baking:
Wait for a couple of hours for the bread to cool down.
Then slice the bread up and wrap it up well.
- ▶ Gluten-free bread goes off quickly.
Place the bread in your refrigerator.
Or: Freeze in packets with only a few slices of bread.



For baking bread: Use gluten-free flour and gluten-free baking ingredients.

Gluten-free cooking is simple.

- **Use recipes for gluten-free food.**
- **Use gluten-free ingredients.**

You will need to learn to bake gluten-free.

- **Use recipes for gluten-free cake or gluten-free bread.**
- **Use gluten-free ingredients.**
- **Practise baking.**

And soon you will be good at baking



How to work correctly in your kitchen

- ▶ It is important you work in a **clean and tidy manner**. Your food must not become contaminated with gluten. This means: No normal crumbs may get into your food.



Caution Gluten-free foods must be kept clean at all times.

- ▶ First, wash your hands. Then: Pick up the gluten-free food with **clean hands**.



- ▶ Thoroughly clean out one of your cupboards. Only put gluten-free foods into the **clean cupboard**.



- ▶ Thoroughly clean a space in your kitchen. Only work with gluten-free foods in the **clean space**.



Gluten-free foods need a clean space in the kitchen.

- ▶ Only use a **new bread basket** for your **gluten-free bread**.



Gluten-free bread needs a separate bread basket.

- ▶ Toast gluten-free bread in a **separate toaster**.

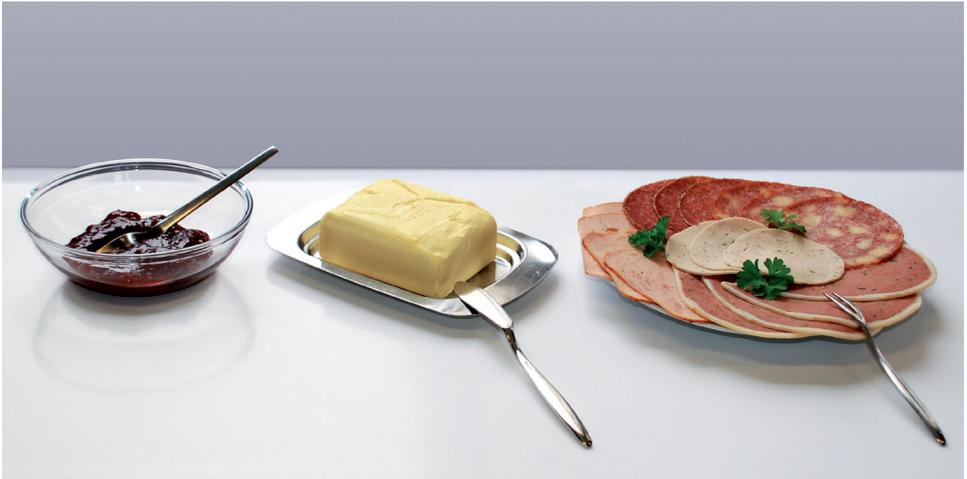


Gluten-free bread requires a separate toaster.



- ▶ Everything on the table must remain clean
Everyone must help out at the table.
 - Everyone must put jam or marmalade onto their plate using a **jam or marmalade spoon**.
 - Everyone must put their butter and spread onto their plate using a **butter knife**.
 - Everyone must put spread and cheese onto their plate using a **spread fork (cheese fork)**.
 - There must be a separate spoon for each dish.

Everyone must only put food onto their plate using this spoon.



At the table: The gluten-free food must remain clean.



⇒ Caution: **The spoon, the butter knife and the spread fork must remain clean and gluten-free.**

If the spoon, knives and forks come into contact with foods containing gluten, take clean knives, spoons, and forks.

- Clean them in the **dish-washing machine**. Then everything will get cleaned.
- Only work with completely **clean dishes** and completely **clean cutlery** (knives and forks).
- Only cook food using completely **clean pots and pans**.



The dish-washer cleans everything properly.



When cooking gluten-free food: Everything must be completely clean.



⇒ Caution: **Do not allow foods containing gluten to come into contact** with gluten-free foods at all.



Take care: Gluten-free food must remain clean.

- Do **not** work in the kitchen using a wooden chopping board or wooden spoons.
- Your grain mill must be new or: It must be very very clean
- If you have any questions: Just ring us at the DZG.

Caution: Gluten-free food may not become contaminated with gluten.

Keep everything clean when working in the kitchen.

Take care at the table: Gluten-free food must remain clean.



How to eat healthy

All the rules for healthy eating and nutrition are important, for you too:

- **Drink a lot**, water or tea without sugar is best.



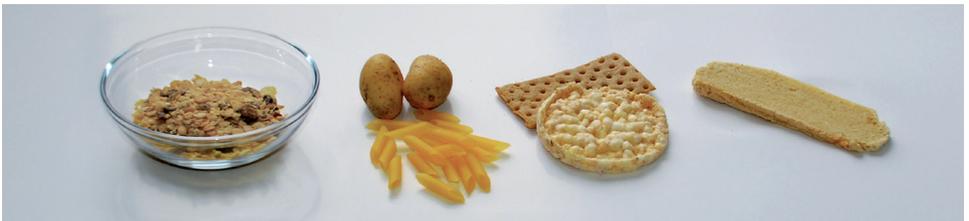
Drinking is important.

- **Eat a lot of fruit and vegetables**, 5 times a day is best.



Fruit and vegetables are healthy.

- **Eat gluten-free bread, gluten-free rolls, gluten-free noodles, rice and potatoes**, several times a day is best.



Wholemeal products are healthy.



- Eat **milk products**, at least once a day is best.
- Do not eat more than **2 or 3** eggs every week.
Eat **meat, once a week.**
Eat **fish, once or twice a week.**



1 time a week



Your body need protein

- Do not eat a lot of **plant or vegetable oil**, and only eat a **small amount of butter** every day.



Do not eat a lot of fatty food.



- ▶ Do not eat a lot of **sweet things**.
 - Only one small handful of sweets in a day.
 - Or: Only one small piece of cake in a day.
 - Or: Only one small handful of biscuits in a day.



This is healthy: Do not eat too many sweet things.

Eat healthy and gluten-free.
Drink plenty.



Whenever you are away from home

► **In your bag or your rucksack:**

Always carry something which is **gluten-free**, for example:

- gluten-free crackers
- gluten-free bread
- gluten-free muesli-bars
- gluten-free biscuits
- fruit

Our tip: Take a small spoon along with you.
Then you can buy yourself a yoghurt and eat it.



Take something to eat along with you.

**If you are away from home for a long period of time,
always take something to eat along with you.**



▶ **In restaurants:**

- **Ask** about gluten-free meals, from the wait-staff or the cook.
Or: Hand the wait-staff the booklet: „**Bitte an den Koch**“ (Request for the cook).
You can obtain the booklet “Bitte an den Koch” from the DZG.

▶ **In hotels:**

- **Ask** for a gluten-free breakfast.
- In half-board or full-board guesthouses: **ask** for gluten-free food and drinks.



Eine Bitte an den Koch



deutsch

In restaurants and hotels:
Ask for gluten-free food and drinks.

**In restaurants and hotels:
Ask for gluten-free food and drinks.**



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