



DR KIM'S TIPS TO REDUCE TRACE GLUTEN CONTAMINATION

Maintaining a strict gluten-free diet isn't without its unique challenges. However, as much as these challenges can be worrying, it is so important to look after your quality of life by balancing good diet adherence and your social and emotional wellbeing.

This resource aims to equip you with skills and techniques for minimising the risk of background gluten in your gluten-free diet.

- Reading a food label
- Setting up a gluten-free kitchen
- Eating away from home
- Travelling
- Enzyme Therapies for Background Gluten

Reading a food label

Knowing how to read a food label for gluten is more than just avoiding every label that declares ingredients derived from wheat. Some ingredients derived from wheat are so refined during manufacturing that they contain no detectable gluten and are safe for eating.



Remember: spelt, atta, durum, burghul, khorasan, einkorn, kamut, triticale, rye, pumpernickel and barley are all gluten-containing grains and variants of wheat.

Setting up a gluten-free kitchen

The first step is to use label-reading skills to divide all your pantry and fridge items into two distinct groups:

1. Those that contain gluten and
2. Those that do not

If family members are not tied to the gluten-containing product, then find a gluten-free alternative product that you may substitute to reduce confusion during meal preparation.



Get creative with labels & colour coding

Gluten-containing and gluten-free products should be easy to distinguish when opening the pantry or fridge door.

Either purchase containers in two distinct colours or clearly label them, "Not GF" or "GF". This way, products can be taken from and replaced to the correct place to avoid mix-ups. A helpful pantry trick is to delegate



shelves and drawers for gluten-free products for easy ingredient selection, placing gluten-free products above those with gluten ingredients. Doing this will help prevent contamination from potential spillages of wheat crumbs or flours.

Keep in mind that brands, especially those that are not gluten-free certified, can change with time so always check labels for any changes to ingredients.

No double-dipping with shared utensils

When eating butter and spreads, or slicing bread or cake, use clean utensils that have not just been used with gluten-containing foods that could transfer crumbs. When cooking pasta, drain the GF pasta in a clean colander first before draining wheat pasta. Washing utensils and kitchenware, including cutting boards, thoroughly with warm, soapy water after use with non-GF foods is adequate to remove traces of gluten and minimise the risk of trace ingestion.

If you worry that dishwashing skills in the household are not up to scratch, colour coding and labelling kitchenware as GF can help to ensure a clean surface every time.



Prepare more foods at home

Home cooking can help you to understand gluten-free food ingredients better, and what questions to ask when you are eating away from home.

The following tips can help organise your at-home food preparation:

- Pick a day during the week or weekend to prepare a few meals in advance
- Choose recipes that can be frozen
- If you are often short on time in the morning, get your breakfast ready in the evening to grab and go
- Regularly top up pantry staples and fresh foods to always have meal options available.

The following ingredients can create quick and nutritious meals on the go:

- > Quinoa, buckwheat, and pre-cooked rice
- > Boiled eggs, cheese, canned legumes, tuna and pre-cooked meats
- > Gluten-free dressings and sauces
- > Fresh vegetables for salads and stir-fry's



Eating away from home

There will always be risks of trace gluten contamination when eating food prepared away from home. However, as confronting as it can be in the beginning, it's essential to stay socially connected and not isolate yourself.



The following tips will help to make this experience easier:

- Educate friends and family with suggestions for gluten-free options, or offer to bring a gluten-free dish to an event.
- Research restaurant menus online for GF options before attending.
- Contact restaurants during quiet periods to ask questions and let them know about your dietary requirements at the time of booking.
- Use your food label reading knowledge to ask about ingredients that may be questionable.
- Serve yourself first from platters or buffets, or ask for clean utensils.
- Finally, remember to focus on the positive experience of spending time with family and friends.

Travelling

Gluten-free options can be hard to come by at roadside cafés and convenience stores. Try to always carry plenty of gluten-free snacks with you during your trip. If you recall from the webinar, international definitions of



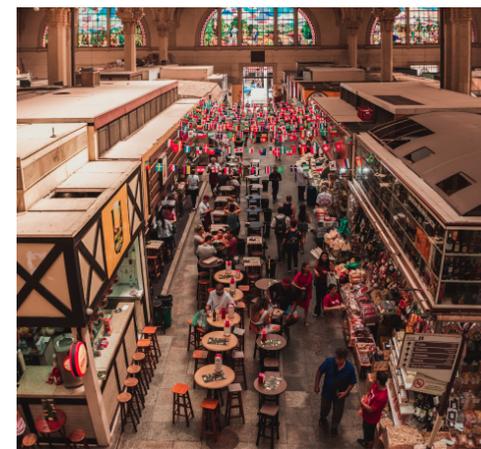
“gluten-free” can vary, but in most places will fall under the internationally acceptable 20ppm threshold.

When travelling by plane, train or ship, remember to request your gluten-free meals in advance.

Language can be another barrier when travelling. Coeliac Australia has some easy to carry cards in a variety of languages that can help you to communicate your dietary needs when dining out abroad.

Where possible, also book accommodation that includes a kitchenette so you can prepare some of your meals. It also pays to research the local restaurants before you go to see which ones list GF options.

> glutenfreepassport.com is a useful resource to keep in mind when travelling.



Enzyme Therapies for Background Gluten

The truth is that dining away from home can come with an increased risk of background gluten. In addition to your gluten-free diet, there are enzyme therapies available that show some activity against background gluten. One such product developed by an Australian company contains the active enzyme ingredient Caricain, which is able to break down trace amounts of gluten.

Whilst this therapy is by no means a replacement for strict adherence to a gluten-free diet, enzyme therapies such as Caricain can be a rather helpful tool for those instances where you can't be certain that your food is 100% free from contaminant traces of background gluten, i.e. when dining out at a restaurant or at friends or family's houses.



Dr. Kim Faulkner-Hogg

Dietitian, Advanced APD
BSc, Post Grad Dip Nut & Diet, PhD

✉ Kim@glutenfreenutrition.com.au
🌐 <http://www.glutenfreenutrition.com>