

THE PATH
TO GREATER
VITALITY AND
HEALTH

LOW GLUTEN DIET

If symptoms such as abdominal pain, bloating, nausea, or diarrhoea occur after eating gluten-containing foods without having celiac disease or wheat sensitivity, this is referred to as **gluten sensitivity**. Unlike celiac disease, the body does not react to gluten with an autoimmune response, which means that there is no damage to the intestinal mucosa. A gluten-free diet can improve the symptoms. The intensity of the symptoms depends on the amount of gluten-containing foods consumed, which is why traces and smaller amounts of gluten are often tolerated.

Although many products are naturally gluten-free, processed products often contain hidden gluten. **Therefore, be careful with products that are not labelled as „gluten-free“ and always look at the list of ingredients.**

GLUTEN-CONTAINING CEREALS:

- Wheat
- Spelt
- Green spelt
- Kamut
- Rye
- Emmer
- Einkorn
- Barley
- Triticale



GLUTEN-FREE CEREAL ALTERNATIVES (PSEUDOCEREALS):

- Millet
- Maize
- Buckwheat
- Quinoa
- Amaranth
- Teff
- Maniok
- Potatoes
- Oats

All products that are labelled gluten-free can be consumed without hesitation!



The typical symbol is a crossed-out ear; however, products labelled with other symbols, e.g. with the lettering „gluten-free“, meet the criteria. Almost every supermarket offers such products by now.

	GLUTEN-FREE FOOD 	(POTENTIALLY) GLUTEN-CONTAINING FOOD 
Drinks	Mineral water, coffee, tea, fruit and vegetable juices without additives, wine, sparkling wine	Beer, malt beer, cereal coffee, malt coffee, liqueurs, drink powders
Fruit, vegetables	All unprocessed fruit and vegetables	Breaded vegetables, tinned food with additives
Cereals, cereal products	The above-mentioned pseudocereals Rice, potatoes pulses Beans, lentils, peas	Cereals containing gluten and their products Flour, semolina, pearl barley, flakes, breadcrumbs, bread, rolls, gnocchi, dumplings, couscous, bulgur, pasta, biscuits, cakes, sweet biscuits, savoury biscuits
Fats	Butter, margarine, vegetable oils	Oil/butter with added spices and herbs
Nuts, seeds	Natural nuts/seeds	Nuts with dough coating/sugar coating
Fish, meat	Fresh, unbreaded and unseasoned pieces of fish/meat	Breaded/pickled/seasoned pieces of meat and fish, processed meat (meatballs), sausage products, tinned fish
Dairy products, animal products	cheese, milk and dairy products Emmental, Gouda, sheep's cheese, mozzarella, Parmesan, yoghurt, curd, cream	Dairy products with added cereals Cream cheese products, cooked cheese, spice and herb additives, puddings, desserts
Soy products	Tofu (natural), soy yoghurt, bean curd, soy drink	Processed tofu, meat substitutes, soy products with cereal additives
Spices	Pure spices, fresh herbs	Spice mixtures, seasoning sauces, soy sauce, ketchup
Others	Sugar, marmalade, jam, honey, maple syrup	Wheat and spelt syrup, barley malt
	Fruit jelly, chocolate without malt, pudding with gluten-free starch	Crisps, savoury biscuits, sweet biscuits, filled chocolate/chocolates, soy drink, almond drink, rice drink

The table only contains examples of foods and does not represent a complete list.

This recommendation does not consider any other intolerances or allergies. It also does not claim to be exhaustive and serves only as an initial guide. It does not replace the advice of a professional nutritionist.

Sources:

- [1] Cárdenas-Torres F. I. et al (2021). Non-Celiac Gluten Sensitivity: An Update. Medicina, 57, 526.
- [2] Professional association for nutrition therapy and prevention, coeliac disease 31.10.2022

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