



Plant-Based Gluten-Free Diet Info sheet

What is a Gluten Sensitivity/Intolerance?

Gluten is a protein found in wheat, barley and rye¹.

Gluten intolerance is a condition in which the absorption of gluten, results in an immune reaction that causes damage to the small intestine (Celiac Disease) or the skin (Dermatitis Herpetiformis Disease)¹. A Wheat or Gluten intolerance is a milder form of the latter, and can include symptoms such as bloating and gas. All three conditions can be relieved by following a Gluten Free Diet³.

Reading Labels

Wheat, barley, rye, and oats, are the main ingredients to look out for. The following are some common ingredients that may contain wheat, barley, rye, or oats¹:

Hydrolyzed vegetable protein; Flour or cereal products; Vegetable protein; Malt or malt flavouring; Starch; Modified starch or modified food starch; Vegetable gum; Soy sauce or soy sauce solids; Monoglycerides and diglycerides; Some spices that contain wheat flour¹.

Celiac Australia is endorsed by two logos: The Crossed Grain logo guarantees the product is Gluten Free, and has no detectable gluten as per the FSANZ guidelines⁵.



Preventing Nutritional deficiencies

Patients who follow a gluten-free diet are at risk of nutritional deficiencies mainly due to the inability of the small intestine to absorb fat, including fat-soluble vitamins (vitamins A, D, E, and K)². Other deficiencies that may occur are B vitamins (including folate), calcium, vitamin D, iron, zinc, magnesium, and fibre².

To prevent deficiencies, make sure the following are part of your diet^{3, 4}:

- **Protein:** non-meat sources of protein which are also gluten-free such as: Whole grains (Quinoa, rice, amaranth); Soy products (edamame, and tofu); Pulses (peas, beans, lentils); nuts and seeds; Dark green vegetables and cruciferous (Broccoli - made up of 33% protein⁴).
- **Calcium:** includes soy and rice milk fortified with calcium. Tofu; dark green vegetables such as kale and broccoli; seeds; kidney beans or baked beans; dried fruit such as apricots and figs and orange juice⁴.
- **Iron:** The following foods are all good sources of iron suitable for gluten-free diets: Pulses (peas, beans, lentils); dark green vegetables; dried fruit; nuts and seeds. To improve iron absorption, include foods rich in vitamin C with meals, such as fruit juice and citrus fruits³.
- **Vitamin B12:** It is recommended that you take a B12 supplement. 1000mg 3 – 5 times a week⁴

Putting it all together in your day-to-day Plant-Based Gluten-Free Diet

Nearly all whole foods are gluten-free, so build your diet from:

- **Vegetables:** (starchy and non-starchy) Suggested number of servings = 5 per day (Serving = 1 packed cup green leafy vegetables, or cup any other cooked or raw vegetables)
- **Fruits:** Suggested number of servings 3 per day. (Serving = 1 apple-sized piece of fruit).
- **Grains: *excluding wheat products*** Suggested number of servings 4 per day (Serving = ½ cup cooked grain or 1 slice GF whole-meal bread).
- **Legumes:** Suggested number of servings 2 per day (Serving = 1/2 cup cooked legumes or 100 g tofu)
- **Nuts and seeds:** 1-2 servings a day (serving sizes approximately 45g for women and 55g for men).
- **Key Additional requirements:** Vitamin B12; Water (around 2 liters a day)³

For additional resources on transitioning to a Plant-Based Diet:

<http://www.eversanctuary.org> is a repository for all information needed to transition to a WFPBD, including diet, nutritional advice, ethical concerns and sustainability of food choices.

<http://eversanctuary.org/vegan/cooking-tips/> includes cooking tips and links to resource groups as well as downloadable cheat sheets from food to pantry.

<http://eversanctuary.org/vegan/nutrition/>

includes infographics on macronutrients and micronutrients essential for a plant based diet.

For a complete list of safe and unsafe ingredients on a Gluten Free diet go to www.celiac.com

References

- [1] Nutritionmd. 2014. *Living Gluten-Free*. [ONLINE] Available at: http://www.nutritionmd.org/nutrition_tips/nutrition_tips_managing_diseases/living_gluten_free.html. [Accessed 20 April 2016].
- [2] Coeliac UK. 2009. *Vegetarians and vegans*. [ONLINE] Available at: <https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/keeping-healthy/vegetarians-and-vegans/>. [Accessed 20 April 2016].
- [3] Jane Anderson, "Coeliac Disease ". 2014. *Getting Enough Protein on a Gluten-Free Vegetarian or Vegan Diet*. [ONLINE] Available at: <http://celiacdisease.about.com/od/Gluten-Free-Vegetarian-Vegan/fl/Getting-Enough-Protein-on-a-Gluten-Free-Vegetarian-or-Vegan-Diet.htm>. [Accessed 20 April 2016].
- [4] PCRM. 2016. *Gluten Free options*. [ONLINE] Available at: <http://www.pcrm.org/kickstartHome/mealplan/gluten-free-options>. [Accessed 20 April 2016].
- [5] Coeliac Australia. 2014. *Coeliac Australia Endorsement Program*. [ONLINE] Available at: <http://www.coeliac.org.au/crossed-grain-logo/>. [Accessed 20 April 2016].

