

Gluten Free Diet



Ideas for meals and snacks to suit a budget

Note on Food Brands recommended: Please always double check food labelling, as the recommended products are correct at time of publication but food manufacturers do change their products from time to time, or may change factories / processes where risk of cross-contamination means they need to change their product labelling to “may contain”. GF = gluten-free

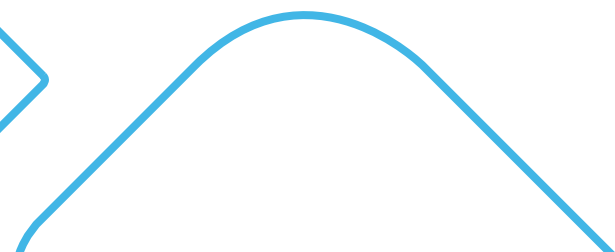
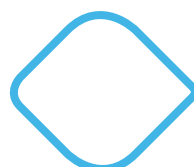
The below website is updated regularly and has helpful ideas on food products also:

<https://www.coeliacsanctuary.co.uk/blog/staying-safe-gluten-allergen-updates-and-recipe-changes>

Gluten-free meal ideas:

Try these convenience / ready-made ingredients:

- Curry: Ready-made curry sauce (e.g. Patak's) with a choice of protein (fish, chicken, chickpeas / lentils) and cooked rice with sliced carrots, peas, beans (or your preferred vegetables)
 - Chinese sweet and sour chicken: Sweet and sour sauce with a choice of protein (as above) with rice
 - Tomato pasta: e.g. Dolmio's or Lloyd Grossman with grated cheese and GF pasta
 - Chilli con carne: Mild Chilli Cooking sauce with mince, and rice / tacos / GF wraps
 - Mexican: Fajitas (GF wraps / GF white corn tortillas / corn taco shells) with cooked chicken, refried beans, guacamole, peppers and grated cheese
 - Cooked rice pouches e.g. Ben's original / supermarket own and add protein and veg
 - Sausages with mash – buy frozen GF sausages as often cheaper than fresh
 - Oven chips (e.g. ASDA Crinkle Cut Chips / Just Essentials – frozen) with fish / chicken / GF sausages
 - Stir fry: Rice / pea noodle stir fry with gluten free soya sauce (also called Tamari).
- Top tip:** Buy Tamari sauce in bulk if you enjoy Asian food this works out the same price as standard soya sauce)



DIY meals – top tips

Gluten-free pizzas:

- Try gluten free wraps as a base or buy frozen pizza bases and add your own toppings
- Another option to try: chickpea flour / gram base recipe here:
<https://glutenfreeonashoestring.com/chickpea-crust-pizza/>

Sweet potato wedges / fries: How to make your own version in 15 minutes

- Peel a few raw sweet potatoes and cut into slim wedges. Look for biggest “straightest” shaped potatoes to make easier.
- Put the wedges in a ziplock / jiffy / plastic bag along with a generous amount of cooking oil, salt and paprika (or other spices e.g: garlic salt, sumac and nigella seeds) and shake to coat.
- Place this bag directly in your freezer to keep frozen for when they are needed.
- Cook like oven chips as/when you need, straight from frozen at 180-200°C in 10-15 minutes.

Snacks / Finger Foods: to improve nutrient intake:

- GF breadsticks (e.g. Dr Schar) or rice cake, dipped in hummus (contains sesame)
- Strips of GF toast / crackers / rice cakes with dairy-free spread, honey, jam, hummus, avocado, nut butters.
- Chunks of fruit with avocado or DF cream.
- Dried fruit e.g. dried apricots, sultanas.
- Cold or cooked meats and fish
- Custard with GF biscuits

Options for crackers / plain snacks:

- Rice cakes (normal rice cakes in the snack aisle are naturally gluten-free) e.g ASDA Lightly Salted Rice Cakes
- Flavoured rice cakes and corn cakes are often gluten-free (avoid Snacka-Jacks)
- ASDA Free From Plain Crackers
- Plain poppadoms are usually gluten-free, please remember to check

CONTACT: Coeliac Team: Ruh-tr.paediatriccoeliacclinic@nhs.net

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG

01225 428331 | www.ruh.nhs.uk

Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format or would like to feedback your experience of the hospital.

Email ruh-tr.psct@nhs.net or telephone 01225 825656.