



Frimley Health
Paediatric
Diabetes Team



Frimley Health
NHS Foundation Trust

Type 1 Diabetes and Coeliac Disease

A Guide to Gluten-Free
Living



Information for patients,
relatives and carers



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What is coeliac disease?

Coeliac disease is an **autoimmune condition**, like type 1 diabetes (T1D). It occurs when the immune system reacts abnormally to **gluten** - a protein found in **wheat, barley, and rye**. This reaction damages the lining of the small intestine, reducing its ability to absorb essential nutrients and leading to a range of symptoms. If left untreated, coeliac disease can result in long-term health issues such as osteoporosis and anaemia.

Coeliac disease affects about 1 in 100 people in the UK. It is more common in people with T1D, with around 2–10% of those with diabetes also developing coeliac disease. This is likely due to shared genetic factors.

Managing two lifelong conditions can feel overwhelming. It's normal for children and parents to feel frustrated or anxious. If you or your child would like more support around this, reach out to the diabetes team.



The only treatment for coeliac disease is a strict gluten-free diet for life.

Symptoms of coeliac disease

Common symptoms of coeliac disease include the following, although some people may experience no symptoms at all:

- Diarrhoea
- Slow growth
- Nausea and vomiting
- Fatigue
- Abdominal pain, bloating and cramps
- Weight loss
- Anaemia

Coeliac disease and blood glucose levels

Untreated coeliac disease (continuing to eat foods containing gluten) can cause **malabsorption**, leading to:

- **Unpredictable** blood glucose
- More frequent **hypos**

Once a gluten-free diet is started and the gut heals:

- **Carbohydrate absorption improves**
- Insulin requirements often **increase**

Gluten-free products and blood glucose levels

Gluten-free breads and cereals often:

- are **lower in fibre**
- have a **higher glycaemic index**
- may cause **faster glucose rises**

It's therefore important to ensure that you are pre-bolusing by 15-20 minutes before consuming gluten-free products.

Gluten exposure and sick-day rules

Accidental gluten exposure may cause vomiting or diarrhoea which can in turn lead to an increased risk of hypoglycaemia. **Sick-day rules still apply** – never stop insulin, check ketones if unwell and use gluten-free hypo treatments.

Which foods contain gluten?

- **Gluten** is a protein found in **wheat**, **barley** and **rye**. Foods made with wheat flour, barley and rye must therefore be excluded.
- The protein found in oats is similar to gluten, so some people with coeliac disease cannot tolerate oats.
- There are two main sources of gluten in the diet:
 - **'obvious'** sources, such as bread, pasta, cakes, biscuits, *and*:
 - **'hidden'** sources such as gravies, stocks, sauces

It is important you check labels carefully to ensure gluten is not included.

Foods that are naturally gluten-free

Many everyday foods that we eat are naturally gluten-free because they do not contain wheat, rye, barley or oats. Examples include:

- All type of fruits and vegetables
- All types of fresh, unprocessed meat and fish, as well as eggs, plain dairy products, tubers (e.g. potatoes), oils and fats
- Some grains (e.g. rice, corn, quinoa, millet – check labels to ensure no cross-contamination)
- Some legumes (e.g. peas, beans, lentils)



Foods that are naturally GF won't be labelled as GF – bear this in mind if you enter 'Gluten free' into a Supermarket search bar as they won't show up!

Gluten-free labelling & manufactured foods

When buying any pre-packaged foods, it’s essential to always check the ingredient list. Manufacturers can change ingredients at any time, so regular checking is important – even for products you’ve purchased before.

Gluten can appear in many different forms. Any foods containing the following ingredients should be avoided:

Gluten	Wheat flour	Breadcrumbs
Wheat bran	Wheat binder	Wheat gluten
Wheat germ	Wheat germ oil	Pasta
Wheat thickener	Rye	Oats
Semolina	Couscous	Barley
Bulgar wheat	Spelt	Hydrolysed wheat protein

The UK has strict food labelling laws, which apply to all foods sold in the UK – including pre-packaged foods, imported goods (regardless of country of origin), and non-prepacked foods (e.g. foods sold over the counter)



Common allergens have to be highlighted in the ingredient list as:
bold, underlined, or in *italics*

‘May Contain’ Labels

Some food labels say ‘**may contain gluten**’. This means that while gluten has not been intentionally added, the manufacturers **cannot guarantee** that the product does not contain small amounts of gluten. **People with coeliac disease are advised to avoid products with a ‘may contain gluten’ warning due to the risk of cross-contamination**

Labelling Tips

- If a product has no ingredient list (e.g. cheese), any allergens must still be declared with the word ‘**contains**’.
- Only the specific cereal (e.g. wheat, barley, rye) needs to be declared and emphasised – **not** the word ‘gluten’.
- **Loose or unwrapped foods should be avoided**, as they may become contaminated through contact with gluten-containing products nearby.

Example of food label containing gluten:

Beefburger:

Ingredients: British Beef (65%), Water, Onion, **Wheat Flour**, Dextrose, Salt, Sugar, Yeast Extract, Black Pepper, Chilli Powder, Flavouring, Onion Oil.

Allergy Advice: For allergens, see ingredients in **bold**.

Summary of gluten-free labelling

Area	Summary
Prepacked foods	Must declare and emphasise any of the 14 allergens in the ingredients list
Gluten	Must name the cereal (e.g. wheat, barley), not just 'gluten'
'Gluten-free' claim	Only allowed if the final food has ≤ 20 mg/kg gluten
Non-prepacked/catering	Must provide allergen info clearly, either written or verbally with signposting
Non-compliance	Enforced by local authorities, can result in prosecution/fines

Coeliac UK

Coeliac UK is a charity which provides a wide range of resources to help you live well and gluten free. The Crossed Grain symbol was created by Coeliac UK – certified food products have been through extra checks to ensure they are suitable for a gluten free diet.

coeliacuk
live well **gluten free**



Currently, paid membership includes:

- A **Food and Drink Information Guide** listing nearly 150,000 gluten-free and mainstream products (updated weekly)
- The **Live Well Gluten Free App** (includes a barcode scanner)
- A **Venue Guide** featuring over 3,000 accredited venues
- Over 1,000 recipes and advice on gluten-free cooking and baking
- **Travel Guides** with translations for over 50 countries
- Access to **helpline dietitians** for expert dietary advice
- Membership in the **Member2Member peer support**, which connects you to other parents with similar experiences
- The **Live Well Gluten Free magazine** with tips, product news, expert articles, and seasonal recipes
- Invitations to join **local groups and events** within the Coeliac UK community
- **Kids & Teens Support:** Includes *Young Champions Club* (5–11 yrs), *Teen Virtual Club* (12–15 yrs), and the *Coeliac UK Connect* private Instagram community (16–19 yrs)—all designed to build confidence, social inclusion, and peer support for young people living gluten free



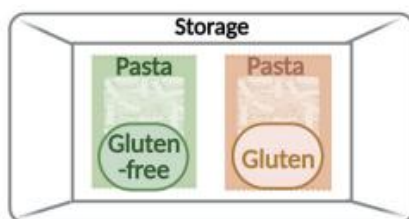
Cross-Contamination

Cross-contamination happens when gluten accidentally gets into food that is meant to be gluten free. This can make someone with coeliac disease unwell, even if they only eat a tiny amount. It can happen when gluten-free food touches surfaces, utensils, toasters, or frying oil that have been used for foods containing gluten.

Preventing Gluten Cross-Contact at Home

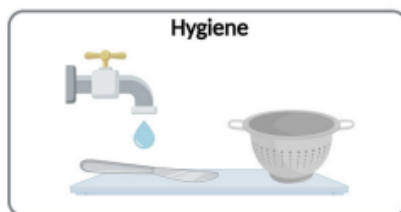
1. Storage

Keep gluten-free products in sealed, clearly labelled containers (ideally in original packaging). Separate cupboards/shelves are not necessary.



2. Hygiene

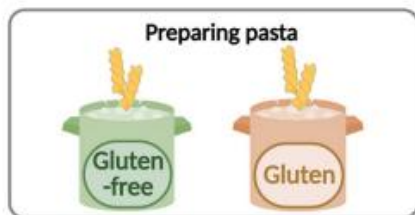
Always use clean utensils (metal where possible as they're easier to clean and less likely to retain gluten). Wash thoroughly with clean water to remove visible food residues (special attention to residues from sticky foods).



Wash hands and clean kitchen surfaces before preparing gluten-free food.

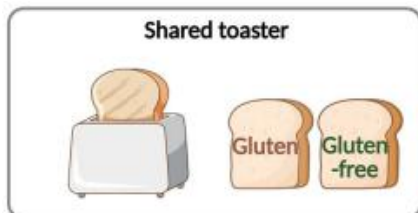
3. Preparing pasta

Cook gluten-free pasta in clean water only - **never reuse water from gluten pasta**. If using one colander, drain gluten-free pasta *first*, then gluten pasta.



4. Toasters

Sharing a toaster at home poses a low risk, but separate ones are ideal if possible.



5. Frying

Shared oil can be used if it's not contaminated with crumbs or batter. Fry gluten-free items first, before gluten-containing foods. Cooking or baking does not destroy gluten - it remains harmful.



6. Spreads

Avoid double-dipping into shared spreads to prevent gluten transfer. The risk is usually low with small amounts, but caution is advised.



School Lunches

Packed lunches

- Ideal for full control over ingredients (and carb counts!)
- Include naturally gluten-free foods like:
- Cheese/fruit/vegetable sticks, fruit, boiled eggs, gluten-free oatcakes, mini frittatas.

Primary School Lunches

- **All children in Reception to Year 2** in England are entitled to free school meals. Schools must provide safe, medically appropriate meals for children with coeliac disease and/or T1D.
- If needed, ask to speak to the **school catering manager**. They are responsible for planning safe, gluten-free meals and avoiding cross-contamination in the kitchen. Coeliac UK offer training for caterers.
- You can use a **medical letter or dietitian letter** confirming your child's diagnosis if required.

Secondary School Lunches

- As your child becomes more independent, encourage them to advocate for their needs.
- Many secondary schools use cashless payment systems or canteens with limited gluten-free options. Speak with catering staff in advance and review the **weekly menus**.

Tips for eating out

- Choose places that are **Coeliac UK-accredited** or have strong allergen management policies.
- **Always call ahead** and ask about gluten-free options and preparation practices.
- **Check menus online** in advance, when possible.

Baking without gluten

Baking gluten-free at home is a great way to ensure safety, involve your child, and enjoy food together. However, it requires some key adaptations:

- Use certified gluten-free flours such as rice, almond, coconut, or blends available in supermarkets.
- **Gluten-free baking behaves differently: textures** may be more crumbly or dense. Recipes often include binders like **xanthan gum** or **psyllium husk**.
- **Keep separate baking tools**, chopping boards, and sieves to avoid contamination.
- **Check all baking ingredients** (e.g. baking powder, chocolate chips, decorations) for gluten.
- Gluten-free flours have **different carbohydrate values**, so weigh carefully and calculate carbs accurately.

Iron

Iron is a mineral that helps the body make haemoglobin. Haemoglobin is the red part of blood that carries oxygen around the body. Children need to eat iron to grow properly.



If a child does not get enough iron, they may look pale, feel tired, have low energy, or become irritable. The best way to make sure your child gets enough iron is by offering a healthy, balanced and varied diet.

Vitamin C helps the body to absorb iron from foods so try having fruit like oranges, kiwis or strawberries with breakfast or including vegetables such as kale, broccoli, yellow peppers and brussel spouts with lunch or dinner.

Tea can stop iron being absorbed by the body so avoid tea at meal times and up to 1hr after.

Daily Requirements

The amount of iron we need varies at different stages of life:

Children	1—3 years	6.9 mg
	4—6 years	6.1 mg
	7—10 years	8.7 mg
Young People	11—18 years boys	11.2 mg
	11—18 years girls	14.5 mg

Dietary sources of iron



Always check food labels to ensure the food is gluten free—particularly the foods marked **

Animal sources of iron

Food (Portion)	Iron Content
Lamb kofta (100g)	2.9 mg
Beef kofta (100g)	2.7 mg
Beef burger (100g)	2.5 mg
Beef roast, rump steak, corned beef (100g)	2.4 mg
Corned beef (100g)	2.4 mg
Roast lamb (100g)	2.3 mg
Lamb mince (100g)	1.6 mg
Beef mince (100g)	1.4 mg
Roast pork (100g)	1.0 mg
Chicken wings (100g)	0.6 mg
Roast lamb (30g = ~1 slice)	0.5-0.8 mg
Chicken (100g = ~1 breast)	0.6 mg
Cod fish fingers (100g, approx. 5 pieces)	0.5 mg
Bacon (100g)	0.6 mg
Tuna canned in brine (50g)	1.5 mg
Cod in batter/breadcrumbs (100g)	0.5 mg

Non-Animal sources of iron

Food (Portion)	Iron Content
Cornflakes (30g = ~5 tablespoons) **	2.3 mg
Rice crispies (30g = ~7-8 tablespoons **	2.3 mg
Gluten Free wholemeal bread (2 slices) **	2.0-3.0 mg
Gluten Free white bread (2 slices) **	2.0 mg
Spinach (100g)	1.6 mg
Baked beans (100g = ¼ large tin / ½ small tin) **	1.4 mg
Lentils (40g = ~1 tablespoon)	1.4 mg
Plain chocolate (50g)	1.2 mg
Egg (1)	1.0 mg
Peas (2 tablespoons)	1.0 mg
Broccoli (~2 x florets)	0.9 mg
GF porridge (made with 100mls milk)	0.7 mg
Dried fruit (25g = ~ 1 heaped tablespoon)	0.5 mg

Calcium

Calcium is needed to help build and maintain healthy bones and teeth. Always check the food labels to ensure the food is gluten free.



Daily Requirements

The amount of calcium you need for your daily requirements varies at different stages of life:

Children	1—3 years	350mg
	4—6 years	450mg
	7—10 years	550mg
Young People	11—18 years boys	1000mg
	11—18 years girls	800mg

Dairy sources of calcium

Food/Drink (Portion)		Calcium Content
Dairy Sources	Skimmed milk (284ml, ½ pint)	355 mg
	Semi-skimmed milk (284ml, ½ pint)	347 mg
	Whole milk (284ml, ½ pint)	335 mg
	Yoghurt (125g pot)	150-250 mg
	Cheddar cheese (30g)	220 mg
	Hard cheese (20g = ~2 tbsp grated)	150 mg
	Cheese snack (e.g. Mini babybel)	130 mg
	Cheese triangle (1 large)	120 mg
	Fromage frais (100g = ~1 pot)	85 mg
	Ice cream (60g = ~1 pot)	75 mg

Dairy-free alternative sources of calcium

Food/Drink (Portion)		Calcium Content
Dairy-Free Alternative Sources	Calcium enriched soya milk (284ml, ½ pint)	370 mg
	Lacto-free milk (284ml, ½ pint)	342 mg
	Calcium enriched rice/oat milk (284ml, ½ pint)	335 mg
	Soya yoghurt (150g = ~1 pot)	150 mg
	Soya custard (120g)	145 mg
	Soya dessert (~1 pot)	135 mg
	Soya ice cream (~1 scoop)	6 mg

Non-dairy sources

Food/Drink (Portion)		Calcium Content
Non-Dairy Sources	Fruit juice with added calcium (250ml)	300 mg
	Sardines with bones (x2)	260 mg
	Fortified cereal bars (per bar)	180 mg
	White bait (16g)	140 mg
	Tahini (1 tablespoon)	130 mg
	Prawns (shelled)	100 mg
	Baked beans (150g)	80 mg
	Orange (1 large)	80 mg
	Spring greens (~2 tablespoons)	70 mg
	Dried apricots (56g = ~7 dried)	40 mg
	Broccoli (90g)	30 mg
	Egg (1)	30 mg
	Small cabbage (1/6 th)	30 mg
	Peanuts (50g)	30 mg
	Lentils (3 tablespoons)	25 mg
	Kidney beans (1 tablespoon)	25 mg
	Hummus (1 tablespoon)	12 mg



Gluten-free foods available on prescription

This is the approved list of gluten-free foods supported by NHS funding. People with Coeliac Disease are entitled to **8 units per month**. No other products will be approved:



Fresh loaves of bread	Per average slice			No. of units
	Carbs (g)	Iron (mg)	Calcium (mg)	
Juvela Fresh White Sliced Loaf	13.8	1.4	35	8
Juvela Fresh Fibre Sliced Loaf	13	1.2	35	8
Glutafin Select fresh brown bread	16	-	48	8
Glutafin Select fresh white bread	18	-	48	8
Genius White Sliced Sandwich Loaf	12.6	-	-	8
Genius Brown Sliced Sandwich Loaf	11.5	-	-	8
Genius Farmhouse Seeded Farmhouse	10.5	-	-	8
Warburtons White Sliced Bread	11.7	0.6	182	8
Warburtons Brown Sliced Bread	10.4	0.6	178	8
Fresh rolls	Per average roll			
	Carbs (g)	Iron (mg)	Calcium (mg)	
Juvela Fresh Fibre Rolls* (5 rolls per pack)	35.3	3.8	136	8
Juvela Fresh White Rolls* (5 rolls per pack)	37.4	3.8	96	8
Warburtons Brown Rolls (3 rolls per pack)	22.3	1.2	303	4
Warburtons White Rolls (3 rolls per pack)	21.6	1.2	305	4

Juvela Fresh Loaf/Rolls Mixed Case				
4 x white sliced loaf 400g + 4 x fibre sliced loaf 400g				8
4 x white sliced loaf 400g + 4 x white rolls 425g				8
4 x white sliced loaf 400g + 4 x fibre rolls 425g				8
4 x fibre sliced loaf 400g + 4 x white rolls 425g				8
4 x fibre sliced loaf 400g + 4 x fibre rolls 425g				8
4 x white rolls 425g + 4 x fibre rolls 425g				8
Long Life Bread	Per average slice			No. of units
	Carbs (g)	Iron (mg)	Calcium (mg)	
Glutafin Select Fibre Loaf sliced	16	-	48	1
Glutafin Select Seeded Loaf Sliced	16	-	48	1
Glutafin Select White Loaf Sliced**	18	-	48	1
Juvela Long Life Sliced Fibre Loaf*	11.7	1.3	35.1	1
Juvela Long Life Sliced White Loaf*	11.9	1.3	35.1	1
Part Baked products	Per average roll			
	Carbs (g)	Iron (mg)	Calcium (mg)	
Juvela bread roll white part baked*	37	3.4	102	1
Flour	Per 100g			No. of units
	Carbs (g)	Iron (mg)	Calcium (mg)	
Glutafin Select Multipurpose White Mix		-	400	2
Glutafin Select Multipurpose Fibre Mix	76	-	300	2
Innovative Solutions gluten free bakery blend (Wheat free, dairy free) 1kg	78	-	-	2
Juvela Fibre Mix 500g	71	8.5	150	2

Suitable foods, foods to check & foods to avoid

	Gluten Free	Need to check	Not Gluten Free
Grains & alternatives	Amaranth, buckwheat, chestnut, corn (maize), millet, polenta (cornmeal), quinoa, rice, sago, sorghum, soya, tapioca, teff		Barley, bulgar wheat, couscous, dinkel, durum wheat, einkorn, emmer wheat, farro, freekeh, khorasan wheat (Kamut®), pearl barley, rye, semolina, spelt, triticale, wheat
Flours	All flours that are labelled gluten free	Flours from all grains may be contaminated through milling	Flours made from wheat, rye or barley eg plain flour, self raising flour etc
Oats	Gluten free oats, oatcakes and oat based products (labelled as GF)		Porridge oats, oat milk, oat based snacks that are not labelled gluten free
Bread, cakes & biscuits	All products labelled gluten free including biscuits, breads, cakes, crackers, muffins, pizza bases, rolls, scones	Macaroons, meringues	All biscuits, breads, cakes, chapattis, crackers, muffins, pastries and pizza bases made from wheat, rye or barley flour
Breakfast cereals	All products labelled gluten free including millet porridge, muesli, rice porridge, corn and rice based cereals	Buckwheat, corn, millet and rice based breakfast cereals and those that contain barley malt extract	Muesli, wheat based breakfast cereals
Pasta & noodles	All products labelled gluten free including corn (maize) pasta, quinoa pasta, rice pasta	Rice noodles, buckwheat noodles	Canned, dried and fresh wheat noodles and pasta
Meat & poultry	All fresh meats and poultry, cured pure meats, plain cooked meats, smoked meats	Any meat or poultry marinated or in a sauce, burgers, meat	Meat and poultry cooked in batter or breadcrumbs, breaded ham,

		pastes, patés, sausages	faggots, haggis, rissoles not labelled gluten free
Meatless alternatives	Plain tofu	Marinated tofu, soya mince, falafel, vegetable and bean burgers, vegetarian and vegan sausages	
Fish & shellfish	All dried, fresh, kippered and smoked fish, shellfish, fish canned in brine, oil and water	Fish pastes, fish patés, fish in sauce	Fish/shellfish in batter /breadcrumbs and fish cakes/fish fingers not labelled gluten free. Taramasalata
Cheese & eggs	Cheese with no added ingredients and eggs	Cheese with added ingredients	Scotch eggs
Milk & milk products	Fresh milk, all cream (single, double, whipping, clotted, soured and crème fraiche), buttermilk, plain fromage frais, plain yoghurt	Coffee and tea whiteners, condensed milk, dried milk, fruit and flavoured yoghurt or fromage frais, soya desserts, soya milk, soya yoghurt, rice milk, nut milks	Yoghurt with muesli or wholegrains
Fats & oil	Butter, cooking oils, ghee, lard, margarine, reduced and low fat spreads		Suet
Fruits & vegetables	All canned, dried, fresh, frozen and juiced pure fruits and vegetables, pickled vegetables in spirit vinegar	Fruit pie fillings, processed vegetable products (such as cauliflower cheese), vegetables pickled in barley malt vinegar	Vegetables and fruit in batter, breadcrumbs or dusted with flour
Potatoes	All plain potatoes, baked, boiled or mashed	Oven, deep fried, microwave and frozen chips, instant mash, potato waffles, ready to roast potatoes	Potatoes in batter, breadcrumbs or dusted with flour, potato croquettes
Nuts, seeds & pulses	Plain nuts and seeds, all pulses (peas, beans, lentils)	Dry roasted nuts, pulses in flavoured	

		sauce (such as baked beans)	
Savoury snacks	Homemade popcorn, plain rice cakes	Flavoured popcorn, potato and vegetable crisps, flavoured rice cakes and rice crackers	Snacks made from wheat, rye or barley, pretzels, breadsticks
Spreads, fillings and dips	Conserves, glucose syrup, golden syrup, honey, jam, marmalade, molasses, treacle	Lemon curd, mincemeat, peanut and other nut butters, yeast extract, prepared dips	Taramasalata
Soups, sauces, pickles & seasonings	Vinegars (balsamic, cider, sherry, spirit, white wine and red wine vine), garlic puree, ground pepper, individual herbs and spices, mint sauce, mixed herbs and spices, mustard powder, salt, tomato puree	Barley malt vinegar*, blended and powdered seasonings, brown sauce, canned, packet or fresh soups, chutney, curry powder, dressings, gravy granules, mayonnaise, mustard products (such as English mustard), packed and jarred sauces and mixes, pickles, salad cream, stock cubes, tamari (Japanese soy sauce), tomato sauce	Chinese soy sauce
Confectionary & desserts	Gluten free ice cream cones, jelly, liquorice root, seaside rock	Chocolates, ice cream, mousses, sweets, tapioca pudding	Ice cream cones and wafers, liquorice sweets, puddings made using semolina or wheat flour
Drinks	Cocoa, coffee, fruit juice, squash, tea, water	Cloudy fizzy drinks, drinking chocolate, ginger beer	Barley waters and squash, malted milk drinks

Home baking	Arrowroot, artificial sweeteners, bicarbonate of soda, corn starch (flour), cream of tartar, food colouring, gelatine, icing sugar, potato starch (flour), fresh yeast, ground almonds, glacé cherries	Baking powder, cake decorations, marzipan, ready to use icings, dried yeast	Batter mixes, breadcrumbs, stuffing mix
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Money saving tips for shopping gluten-free

Eat a range of proteins. Pulses, beans and lentils are low in fat, high in fibre and are cheaper than meat and fish. When buying meat look out for cheaper cuts, e.g. brisket, skirt, shin or chicken thighs.

Using naturally gluten free ingredients will be a big step towards a cheaper shop. Staples like rice, potatoes and pulses don't contain any gluten.

Reduced items. Don't forget to keep an eye out for any products on your shopping list that you may find in the reduced section. Some of these foods can be frozen and used when you need them.

Imperfect vegetables in supermarkets are perfect for your shopping trolley. These naturally gluten free vegetables may lack in appearance but pack the same nutritional goodness and flavour, and are more cost effective to buy.

Branded and unbranded products. Unbranded products are on the whole cheaper than branded. The retailers own branded products usually use the same ingredients.

Frozen, tinned and dried are a great way to stop food from spoiling and are readily available whenever you need to use them. Vegetables will keep their nutritional value when frozen. For tinned products, try and buy them in water to reduce salt, sugar and fat in the diet.

Shopping online is a good way to stick to the list without being tempted by items as you walk around the shop.

Buying in bulk can reduce food costs, if you are able to buy larger quantities. The £/100g or £/1kg will be shown alongside the price of the product, use this to check what is the most economical way of buying the product. The lower the cost per weight, the more you'll get for your money.

Freeze. Cooking in bulk and freezing leftovers is a great way to save money by economically using electricity, gas and food ingredients. Ensure that you cool the food before freezing. Portion up the meals so they can be defrosted easily.

Overripe fruit can be used up in baking, for example a banana bread or crumble. Or use for breakfast in a smoothie or with gluten-free porridge.

Cooking extra isn't necessarily going to cause wastage. As long as it's safely chilled and reheated, extras can be used as ingredients in other meals. For example, roasting extra vegetables whilst cooking a roast dinner can be used with the leftover meat in a curry, risotto, or soup the next day.

Batch cook meals for the week ahead or to pop in the freezer for days when you have less time. Cooking a big batch of mince means you then have a base for a gluten-free lasagne, cottage pie and chilli con carne. Or roast lots of mixed vegetables with herbs and a little oil, to be added to pasta, used as a pizza topping, or rolled up in a gluten-free wrap for a delicious lunch or midweek supper.

Other Information/Resources

Useful Websites

Allergy UK

www.allergyuk.org

Coeliac UK

www.coeliac.org.uk

The BDA

www.bda.uk.com

Useful Apps

Food Maestro



Coeliac UK



Contact Details

Paediatric Diabetes Specialist Dietitians

Frimley Park Hospital

Stella Eve



0300 613 1644 (Diabetes Office)



stella.eve@nhs.net



0300 613 4053 (Dietetic Office)

Wexham Park Hospital

Tamsin Thompson



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0300 615 4843 (Diabetes Office)



07500 120 603



0300 615 3232 (Dietetic Office)

References

If viewing online, press 'Ctrl + Click on the '[URL](#)' to go to web page):

- [Coeliac UK](#) (Last accessed 06/08/25)
- [NHS](#) (Last accessed 06/08/25)
- [The Food Information Regulations 2014](#) (Last accessed 06/08/25)

For a translation of this leaflet or to access this information in another format including:

Large print				
	Easy read	Translated	Audio	Braille

Please contact the Patient Advice and Liaison Service (PALS) on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park and Heatherwood Hospitals

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