A woman with shoulder-length blonde hair and a pink V-neck top is smiling at the camera. She is holding a white bowl filled with various fruits including kiwi, apple, orange, and grapes. In her right hand, she holds a silver spoon with a small portion of fruit (kiwi, apple, and a grape) on it.

# **LIVING WITH COELIAC DISEASE AND DIABETES**



# Contents

Welcome	3
Diabetes explained	4
Coeliac disease explained	5-7
Tips for a healthy diet & lifestyle	8-9
What can Glutafin do to help?	11
Meal & snack ideas	12

## Recipes:

Minestrone soup	14
Beef & pepper stir fry	16
Avocado & chicken pasta salad	18
Quick tomato & mushroom pasta	20
Hawaiian pizza	22
Fibre wraps	24
Victoria sponge	26

# Welcome

For anyone, a diagnosis of coeliac disease can be a daunting prospect, but for those already living with a lifelong condition such as diabetes, the thought of making further changes to your diet can leave you with lots of questions... what changes will I need to make? How will coeliac disease affect my diabetes? Where can I find extra help and support?

The purpose of this leaflet is to help you understand what coeliac disease is and what it means for you and your diabetes. On the following pages you'll find lots of helpful advice about your diet and lifestyle, and some healthy recipe ideas to get you started.







# Diabetes

Diabetes is a common condition in which the body is unable to properly regulate the amount of glucose (sugar) in the blood.

Glucose is released following the digestion of starchy foods including bread, cereals, rice, potatoes and pasta, and also from sugary foods and drinks. Like coeliac disease, diabetes is a life-long condition with the focus of treatment being to control symptoms.

## There are two main types of diabetes:

### Type 1 Diabetes (insulin dependent diabetes mellitus or IDDM)

Type 1 diabetes develops when the body is unable to produce any insulin, the hormone that regulates the level of glucose in the blood. This type of diabetes usually appears in people under the age of 40, often in childhood. It is treated with insulin, either by injection or pump and a healthy diet. Regular physical activity is also recommended.

Coeliac disease and diabetes are both autoimmune conditions and have a common genetic predisposition. People with Type 1 diabetes have a greater risk of developing a sensitivity to gluten. The Department of Health estimate that 2–10% of people with type 1 diabetes may also have coeliac disease. In the majority of cases, diabetes is diagnosed before coeliac disease.

### Type 2 Diabetes (Non insulin dependent diabetes mellitus or NIDDM)

Type 2 diabetes develops when the body is still able to produce some insulin, although not enough to meet it's needs, and/or when the insulin produced does not work properly. The risk of developing this type of diabetes increases if you are overweight and inactive. Over 80% of people diagnosed with Type 2 diabetes are overweight. It is treated by improvements in diet and lifestyle, some people may also require tablets or insulin injections.

People with type 2 diabetes have no greater risk than the general population of developing coeliac disease.



# Coeliac disease

Coeliac disease is a sensitivity to gluten, a protein found in wheat, rye and barley. Some people with coeliac disease also react to oats.

When a person with coeliac disease eats gluten, the lining of the gut is damaged, reducing the body's ability to absorb nutrients from food. This, in turn, creates symptoms such as diarrhoea, weight loss, anaemia, tiredness, abdominal pain and in children, slow growth and development. Coeliac disease may also present as a blistering, itchy skin rash – a condition known as dermatitis herpetiformis.

Coeliac disease affects approximately 1% of the population, but the symptoms can be hard to identify, meaning lots of people remain undiagnosed. It affects people of both sexes and all age groups and can run in families, for some only appearing later in life.

## What next?

The only treatment for coeliac disease is a life-long gluten free diet. Your gut will start to recover as soon as you start your new gluten free diet and over time your symptoms will improve as your body starts to absorb vital nutrients again.

The good news is that there are now more gluten free food options available than ever before, with the right support and advice you will still be able to enjoy all your favourite dishes.

Once you have been diagnosed with coeliac disease you are also entitled to receive gluten free foods on prescription from your

GP. What and how much you can have will depend on your gender, age and where you live. For more information about what you are entitled to receive on prescription visit the Coeliac UK website, [www.coeliac.uk.org](http://www.coeliac.uk.org) and search for Gluten Free Foods – A Revised Prescribing Guide.

Additionally, you can request a leaflet from our careline called “Getting Started With Glutafin on Prescription” this easy guide details everything you need to know about setting up your prescription.

Glutafin produce the largest range of gluten free foods available on prescription, for more information see page 11 - **What can Glutafin do to help?**



## A healthy approach

The ideal diet for people with diabetes and coeliac disease is a healthy, well-balanced and varied one. Based on starchy carbohydrates (gluten free, of course!), it should be low in fat – particularly saturated fat, sugar and salt, and include plenty of fruit and vegetables. An active lifestyle is also recommended to keep blood sugar levels and weight under control.

Dietary management of coeliac disease and diabetes requires professional advice and support from a Registered Dietitian. Ask your GP to refer you to a Dietitian if you are not already in regular contact with one.

## So what can I eat?

Lots of foods are naturally gluten free, such as meat, fish, eggs, cheese, pulses, fruit, vegetables, potatoes and rice. The main changes to your diet will involve cereal-based foods such as breakfast cereals, bread, flour, pasta, pastry, biscuits and crackers. In addition to naturally gluten free foods and the gluten free foods that you may request on prescription, a wide range of specialist gluten free food alternatives are also available to buy in larger supermarkets and health food shops.

## Beware of hidden dangers

In order to stay healthy and avoid any long term health problems associated with coeliac disease, it's important that you avoid all sources of gluten in your diet. The obvious sources of gluten are easy to spot, but did you know that gluten may also be found in foods such as processed meats, sauces, convenience meals and confectionary? Always remember to read the ingredients list (gluten-containing ingredients will be clearly labelled in bold), and if in doubt – leave it out. Coeliac UK, the patient charity for people with coeliac disease, produce a regularly-updated list of gluten free foods called the 'Gluten Free Food and Drink Directory'.

Visit [www.coeliac.org.uk](http://www.coeliac.org.uk) for more information.







# Tips for a healthy diet & lifestyle

Here are some useful tips to help control your diabetes and coeliac disease

## Eat regular meals based on gluten free starchy carbohydrate foods

Foods such as gluten free bread, gluten free pasta, potatoes, rice, gluten-free cereals and pulses are all packed with energy and can be a good source of fibre, vitamins and minerals. Starchy foods help to control blood glucose levels too. Wherever possible choose wholegrain varieties, such as brown rice and fibre/brown gluten free bread, as a gluten-free diet can often lack fibre.

## Cut down on fried and fatty foods, particularly those high in saturated fat

Butter, margarine, cheese and fatty meat all contain lots of saturated fat, which can increase your risk of developing heart disease. Choose mono-unsaturated fats like rape-seed and olive oils, reduced fat spreads, reduced fat cheese and lean meat instead. Try skimmed or semi-skimmed milk. Use healthy cooking methods such as grilling, baking, steaming and boiling. Eating less fat and fatty foods will also help to keep you trim.

## Eat more fruit and vegetables

Eating at least five portions a day helps provide plenty of fibre and vitamins (see table below). Fresh, frozen, dried or canned (in its own juice), the key to getting the goodness you need is to eat a wide variety. Potatoes aren't included as a portion of vegetables – they're grouped with the starchy carbohydrates.

### What counts as one portion?

Fruit	A portion
Melon	1 slice
Dried apricots	3
Banana, apple, orange, pear	1 medium fruit
Plums, kiwi fruit	2 small fruits
Strawberries, grapes	Small handful
Vegetables	3 heaped teaspoons
Fruit juice	150ml

## Cut back on salt

Too much salt can contribute to high blood pressure. Most of the salt in our diets comes from processed foods so reduce your intake of pre-prepared meals, salted snacks and processed meats. Avoid adding salt during cooking and use herbs/spices to flavour foods instead.



## Cut down on sugar and sugary foods

Having diabetes doesn't mean you need to eat a sugar-free diet – but you may benefit from reducing the amount you eat. Here are some simple ways to cut down your sugar intake:

- Avoid sugary drinks, choose sugar-free, diet and no-added sugar drinks/ cordials
- Buy canned fruit in juice, not syrup
- Avoid adding sugar to hot drinks, use sweeteners instead
- Read food labels and reduce your intake of high sugar foods – choose foods that contain less than 10g of sugar per 100g or per portion.

## Avoid specialist 'diabetic' foods

They tend to be expensive and may still effect your blood glucose levels. They often contain the same or more fat and calories as standard versions and may also have a laxative effect.

## Try to achieve a healthy weight and maintain it

Being overweight can make it more difficult to control diabetes, blood pressure and cholesterol levels. Watching your portion sizes is a simple way of cutting back on calories and getting your weight in check; Aim to fill half your plate with vegetables or salad and divide the rest of the plate equally between protein foods (meat, fish, eggs or beans) and gluten free starchy carbohydrates.

## Drink in moderation

That's a maximum of 2–3 units of alcohol per day for a woman and 3–4 units for a man – and never on an empty stomach. Real ale, beer, lager and stout must be avoided as they contain gluten.

## Get active

Regular exercise will help you to maintain a healthy weight, strengthen bones and also help to control blood sugar levels. Ask your doctor about how much exercise is right for you.



# What can Glutafin do to help?

Glutafin has over 30 years experience of producing delicious, nutritious gluten free foods. With the largest range of prescription products, specifically tailored to meet the nutritional needs of people with coeliac disease, we're sure to have something to tempt you.

We pride ourselves on being the experts when it comes to providing simple advice for gluten free living. Our experienced, knowledgeable Careline is supported by Home Economists and registered Dietitians. So no matter how big or small your question, you can be sure we'll be able to help.

## Something to suit everyone

Glutafin produce two ranges of gluten free food...

### Glutafin Gluten Free

These products are all wheat free as well as gluten free and are made from a blend of maize, potato, rice and soya flours.

### Glutafin Gluten Free Select

All the gluten free breads and mixes in our Select range contain gluten free wheat starch for a light texture and great baking results.





# Meal & snack ideas

To give you some inspiration we've suggested some meal, snack and recipe ideas suitable for diabetes and coeliac disease. This is just a guide and everyone is different - your diet must be carefully tailored to suit your lifestyle, medication/insulin dose and activity level. Always seek the advice of your Dietitian before altering your diet.

For more ideas and tempting recipe suggestions, visit our website

[www.glutafin.co.uk](http://www.glutafin.co.uk)

## Breakfast

- Gluten free toast with unsaturated fat spread and a portion of fruit
- Poached egg on toasted gluten free bread
- Gluten free cornflakes and semi-skimmed/skimmed milk
- Fresh fruit with low fat yogurt

## Lunch

- Baked beans on gluten free toast
- Baked potato with tuna and low fat mayonnaise
- Egg and cress sandwich made with gluten free bread
- Gluten free crackers with low fat cheese
- Cold chicken salad with a gluten free bread roll
- Small portion of gluten free pasta
- Home made soup
- Gluten free wrap with low fat filling

## Main meals

- Portion of grilled fish with new potatoes and salad
- Stir fried chicken and vegetables with rice
- Spaghetti bolognese made with lean mince and gluten free spaghetti
- Gluten free pasta dish - see our recipes on pages 18-21

## Snack Ideas

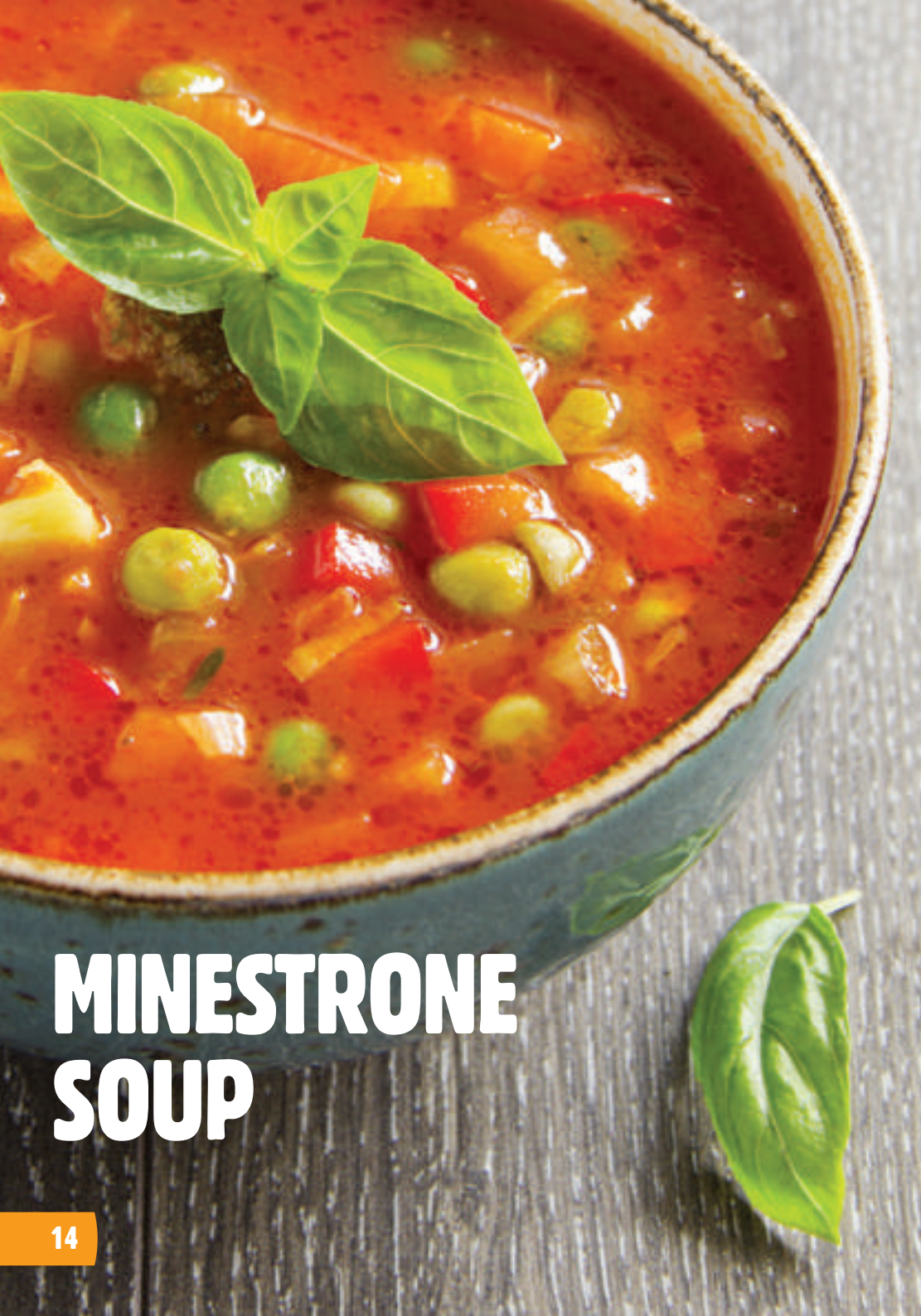
- Fruit
- Crisp breads or crackers
- Rice cakes
- Handful of mixed, unsalted nuts
- Pot of low fat yogurt
- Raw vegetable sticks with low fat hummus (check gluten free)
- Gluten free bread sticks with salsa dip (check gluten free)

## And for a special occasion?

See our diabetic-friendly Victoria sponge recipe at the end of this booklet!

# RECIPES





# MINISTRONE SOUP



## Preparation time

15 minutes



## Cooking time

45 minutes



## Cooking temperature

Low heat



## Makes

6 portions



## You will need

Glutafin Gluten Free Pasta Spaghetti, Glutafin Gluten Free Part-Baked 4 Fibre Rolls

## Ingredients

- 110g Glutafin Gluten Free Pasta Spaghetti
- 1 tbsp mild olive oil
- 1 medium red onion (diced)
- 2 cloves garlic (crushed)
- 2 carrots (finely diced)
- 2 sticks celery (finely chopped)
- 1 red pepper (diced)
- ½ white cabbage (finely shredded)
- 500ml passata or canned chopped tomato
- 600ml vegetable stock
- 50g frozen peas
- Pinch sea salt and ground black pepper
- Handful finely shredded basil leaves

## Serve with

- 1 Glutafin Gluten Free Part-Baked Fibre Roll

## Method

1. Lightly saute the onion and garlic in the olive oil to soften without browning. Add the carrots, celery and pepper and saute for a further 5 minutes. Add remaining ingredients except the pasta and cabbage and bring to a gentle simmer. Cover and cook for 20 minutes.
2. Roughly break up the spaghetti into 5cm lengths and add to the pan. Cook for 5 minutes, then add the cabbage and cook for a further 10 minutes until spaghetti is cooked.

## Nutritional information

	Per 100g	Per Serve
Energy (kcal)	47	153
Carbohydrate (g)	7.5	25
Sugar (g)	3.5	11.6
Fat (g)	1	3.2
Saturated fat (g)	0.1	0.4
Protein (g)	1.5	5
Fibre (g)	0.8	2.6
Salt(g)	0.3	0.8
Calcium (mg)	15	53



**Suitable for home freezing.**  
**Freeze individual portions in sealed containers.**  
**Defrost and heat to simmering point before serving.**



# BEEF & PEPPER STIR FRY



## Preparation time

10 minutes



## Cooking time

15 minutes



## Cooking temperature

High heat



## Makes

2 servings



## You will need

Glutafin Gluten Free Pasta  
Fibre Fusilli

## Ingredients

### Main meal

- 175g Glutafin Gluten Free Pasta Fibre Fusilli
- 1 tbsp mild and light olive oil
- 1 clove garlic, crushed
- 110g lean sirloin or rump steak, cut into matchstick slivers
- 50g fine green beans, trimmed and halved
- ½ red pepper, finely sliced
- 6 baby plum tomatoes, halved
- 50g mixed canned beans, e.g. adzuki, pinto, kidney bean
- 50g pitted black olives

### Dressing

- 1 tbsp sun dried tomato paste or red tomato pesto
- 1 tbsp balsamic vinegar
- 4–6 leaves of fresh basil, chopped

## Method

1. Cook the Pasta in a large pan of fast boiling water following the instructions on the pack. Add the fine green beans to the pan for the last 5 minutes of cooking. Drain and set aside in a colander.
2. Meanwhile, using a wok or large frying pan, stir fry garlic and steak slivers in the olive oil over a high heat for 2–3 minutes to brown the meat.
3. Add the red pepper strips and cook for a further 2–3 minutes.
4. Add the tomatoes and cook for 2–3 minutes until they just start to lose their shape.
5. Add remaining ingredients including the dressing and cook for a further 2 minutes before gently adding the cooked Pasta and green beans.
6. Heat through and serve.

## Nutritional information

	Per 100g	Per Serve
Energy (kcal)	135	532
Carbohydrate (g)	19.7	77.8
Sugar (g)	2.7	10.5
Fat (g)	3.5	13.8
Saturated fat (g)	0.8	3.0
Protein (g)	5.9	23.2
Fibre (g)	1.3	5.2
Salt (g)	0.2	0.8
Calcium (mg)	14	55

# AVOCADO & CHICKEN PASTA SALAD



## Preparation time

10 minutes



## Cooking time

20 minutes



## Cooking temperature

High heat



## Makes

2 servings



## You will need

Glutafin Gluten Free Pasta Penne

## Ingredients

- 200g Glutafin Gluten Free Pasta Penne
- 1 avocado, peeled, destoned and cubed
- 200g cooked chicken breast, sliced
- 1 tbsp fresh torn basil
- Black pepper, freshly ground
- 1 lemon – whole lemon zest and ½ the juice
- 100ml zero fat Greek yogurt
- 25g pine nuts, dry fried

## Method

1. Cook the Pasta according to the instructions on pack.
2. In a medium bowl mix the avocado with the lemon zest and juice.
3. Drain Pasta and rinse thoroughly with cold water.
4. Combine avocado, chicken, Pasta and yogurt, adding the pine nuts and torn basil.
5. Serve with freshly ground black pepper.

## Nutritional information

	Per 100g	Per Serve
Energy (kcal)	206	799
Carbohydrate (g)	21	79
Sugar (g)	3.3	12.7
Fat (g)	7.7	30
Saturated fat (g)	1.4	5.3
Protein (g)	12.6	49
Fibre (g)	1.8	7.1
Salt (g)	1	0.5
Calcium (mg)	27	92



**Rinsing the Pasta in cold water stops it sticking together. It also helps it cool down quicker so you can assemble your delicious salad.**



# QUICK TOMATO & MUSHROOM PASTA



## Preparation time

20 minutes



## Cooking time

20 minutes



## Cooking temperature

High heat



## Makes

4 servings



## You will need

Glutafin Gluten Free  
Pasta Fibre Fusilli

## Ingredients

- 450g Glutafin Gluten Free Pasta Fibre Fusilli
- 150g mushrooms, mini Portobello or chestnut
- 2 cloves garlic
- 1 red onion
- 50ml white wine
- 500g jar tomato passata
- 50g Parmesan cheese
- 1 handful chopped basil

## Method

1. Cook the Pasta as per Glutafin packet instructions, drain and rinse with boiling water.
3. Chop the mushrooms, crush the 2 garlic cloves, and slice the red onion.
4. Cook the mushroom, garlic and red onion in a pan using a little olive oil. Add the white wine when all four ingredients have been added to the pan.
5. Add the passata sauce and heat until warmed through.
6. Add a handful of chopped basil.
7. Once warm, add to the Pasta and when on the plate sprinkle with Parmesan cheese.

## Nutritional information

	Per 100g	Per Serve
Energy (kcal)	143	483
Carbohydrate (g)	25	85
Sugar (g)	4.3	14.5
Fat (g)	1.7	5.9
Saturated fat (g)	0.9	3
Protein (g)	5.2	17.7
Fibre (g)	2.5	8.5
Salt (g)	0.3	0.8
Calcium (mg)	50	170

# HAWAIIAN PIZZA



## Preparation time

5 minutes



## Cooking time

12 - 13 minutes



## Cooking temperature

200°C/180°C Fan/Gas 6



## Makes

2 pizzas



## You will need

Glutafin Gluten Free 2 Pizza Bases

## Ingredients

- 2 Glutafin Pizza Bases (2 per pack)
- 200g Tomato and Herb Pizza Sauce Topper
- 100g grated Mozzarella cheese
- 80g Pre-packed lean thick cut ham, cut into pieces
- ½ green pepper, sliced
- 2 pineapple rings cut into 6-8 wedges

## Method

1. Preheat the oven
2. Spread the tomato and herb pizza base sauce topper over the pizza base. Sprinkle the grated Mozzarella on top of the sauce and top with the ham pieces, sliced pepper and wedges of pineapple.
3. Place pizza in the preheated oven to bake for around 12-13 minutes.
4. Serve with cracked black pepper

## Nutritional information

	Per 100g	Per Serve
Energy (kcal)	171	663
Carbohydrate (g)	25	96
Sugar (g)	4.9	19.1
Fat (g)	4.9	19
Saturated fat (g)	2.7	10.4
Protein (g)	5.1	19.7
Fibre (g)	3	11.5
Salt (g)	0.7	2.7
Calcium (mg)	103	361



# FIBRE WRAPS



## Preparation time

15 minutes



## Cooking time

30 minutes



## Cooking temperature

Low



## Makes

6 wraps



## You will need

Glutafin Gluten Free Multipurpose Fibre Mix

## Ingredients

- 175g Glutafin Gluten Free Multipurpose Fibre Mix (plus extra for dusting)
- 200ml boiling water
- 1 tbsp vegetable oil
- 1 tsp yeast (enclosed with Mix)
- ½ tsp xanthan gum
- ¼ tsp salt



Suitable for home freezing in a freezer bag for up to 1 month. Defrost for 1 hour before warming in the microwave as previous page.

## Method

1. Place all the dry ingredients into a medium bowl, add the oil and pour over the boiling water and mix to a paste. Stir with a fork and then by hand and bring together to form a ball of dough.
2. Knead on a work surface lightly dusted with Fibre Mix. Divide into 6 pieces and knead each into a ball.
3. Preheat a heavy based non-stick frying pan.
4. Roll out ball to a 20–23cm circle. Place into the frying pan. Cook over a gentle heat for 2 minutes until the dough just starts to brown on the underside. Turn over using a slice, cook until the underside also starts to gently brown. Continue until all wraps are made. Store and refresh as previous page.

## Nutritional information

	Per 100g	Per Serve
Energy (kcal)	201	247
Carbohydrate (g)	37.9	46.7
Sugar (g)	5.2	6.4
Fat (g)	3.9	4.8
Saturated fat (g)	0.6	0.7
Protein (g)	2.9	3.6
Fibre (g)	1.1	1.4
Salt (g)	0.2	0.2
Calcium (mg)	191	234



Serve wraps with low fat cream cheese, ham & salad





# VICTORIA SPONGE



## Preparation time

5 minutes



## Cooking time

30 minutes



## Cooking temperature

170°C/150°C Fan/Gas 3



## Makes

2 x 20cm cakes



## You will need

Glutafin Gluten Free Select  
Multipurpose White Mix

## Ingredients

### Sponge

- 225g Glutafin Gluten Free Select Multipurpose White Mix
- 175g soft margarine (NOT a light spread)
- 12 tbsp granulated Splenda
- 3 large eggs, beaten
- 3 tsp Gluten free baking powder
- 1 tbsp skimmed milk
- 2 tsp vanilla essence

### Filling

- Low sugar jam or fruit spread without added sugar

## Method

1. Beat all the sponge ingredients together with an electric hand held mixer and whisk for a full 2 minutes to give a smooth consistency, scraping down half way through.
2. Divide between 2 x 20cm greased and base lined sandwich tins.
3. Cook until the sponge springs back when lightly touched in the centre.
4. Turn onto a cooling tray and fill when cold with the jam.

## Nutritional information

	Per 100g	Per Serve
Energy (kcal)	344	269
Carbohydrate (g)	29	22
Sugar (g)	6.3	4.9
Fat (g)	23	17.8
Saturated fat (g)	5.7	4.5
Protein (g)	5.5	4.3
Fibre (g)	0.9	0.7
Salt (g)	0.4	0.3
Calcium (mg)	163	128



# How to get in touch



## Call us freephone

**0800 988 2470\***

\*UK freephone only. As an alternative rate number for use from a mobile call us on 01925 865100.



## Chat to us online

[www.glutafin.co.uk](http://www.glutafin.co.uk)



## Write to us

Glutafin, Units 1-2 Station Court,  
442 Stockport Road, Warrington,  
WA4 2GW



## Facebook

[facebook.com/glutafin](https://facebook.com/glutafin)



## Email us

[glutenfree@glutafin.co.uk](mailto:glutenfree@glutafin.co.uk)



## Twitter

[@glutafin](https://twitter.com/glutafin)