

Facts and myths

Myth: Gluten Free is just a dietary fad.

Fact: While for some people a gluten free diet is a lifestyle choice, it is very important to know that for people with coeliac disease, a strict gluten free diet is the only available treatment to prevent damage to the small intestine and serious health complications. For them it is a necessity, not a dietary fad.

Myth: Coeliac disease is rare.

Fact: Research shows that one in every 70 people in Australia has coeliac disease; however, currently only about 20% of those have been diagnosed.

Myth: A little bit of gluten is okay.

Fact: A little bit of gluten is NOT okay for people with coeliac disease. As little as 50mg gluten (essentially a bread crumb) is enough to cause small bowel damage to a person with coeliac disease. Even if the person only has mild physical symptoms their small intestine is being damaged every time they eat gluten.

Myth: Spelt is gluten free.

Fact: Spelt (a type of wheat) contains gluten and should be avoided by those with coeliac disease.

Myth: Grain fed meat/poultry and eggs contain gluten.

Fact: All fresh unprocessed meats, animal milk products (milk, cheese, butter etc.) and eggs are naturally gluten free and suitable for those on a gluten free diet. The presence of gluten in an animal's diet does not result in gluten being present in the meat, milk or egg they produce for us to consume.

Myth: Oats are gluten free.

Fact: Regardless of whether they are marked 'gluten free' or 'wheat free', oats are not suitable for a person with coeliac disease. Under the Australian Food Standards oats are not allowed to be labelled 'gluten free' in Australia.

"A little bit of gluten is NOT okay"

For further information
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