

Quick Guide to Dairy, Wheat & Gluten



Alternatives

If your support plan recommends you reduce/remove dairy, wheat or gluten then this is a quick guide to get you started on what alternatives you can find for the basics. Don't ever feel you have to do it all overnight – go at your own pace.

Milk – there are so many dairy free milks these days. As a general rule, the higher the price, the better the quality. However, the Innocent range have 4 dairy free milks that only contain a handful of ingredients. Califia do a great oat milk that works well in tea or coffee. Other options are unsweetened almond, coconut or oat milk – Rude Health do a good Almond milk, that has a little rice milk in which naturally sweetens it and works well in teas and coffees. Oatly are also a good option and work really well if you still want to have a latte. Whether that's at home or out and about – most coffee places offer a wide range of dairy free milks that you can choose from. It's worth keeping an eye on the sugar content and making sure you avoid the ones that are overly sweet.



The alternatives I talked about are the Califia one pictured. This works well in coffee. You can get it in most supermarkets, but especially the small Sainsburys seem to always sell it. Then for the yoghurt you could try the Coconut Collaborative natural yoghurt – you can find this in pretty much all supermarkets. It's worth a try but I realise it isn't a complete substitute.

Cheese – if you are a cheese lover then this is a little harder to get used to. However, despite there being a few vegan cheeses that are pretty difficult to eat, there are now a couple that are definitely passable. The best option is the Violife range, which you can find in all large supermarkets. It looks a bit awful and fake, but it's made from coconut oil and their Pizza Topping cheese works really well for melting or having on toast/crackers. Nush is also reasonable as a cream cheese and you can find it in Waitrose and larger supermarkets.



Sheep's and goats' cheeses are also ok in moderation. A little feta or Manchega is a great way to wean yourself off some of the dairy cheeses.

Yoghurts - Coconut Yoghurt is a great alternative to dairy. You can find brands such as The Coconut Collaborative in most major supermarkets. Coyo is another brand – more expensive but very pure in terms of ingredients, and much thicker than the others. You can find this in most supermarkets as well.



Butter – try using pure coconut oil instead. Just ensure you buy organic, cold pressed virgin coconut oil. Avoid the really cheap ones (around £3.00) as these are poor quality and contain rancid fats – you can tell by the colour and smell, they look

slightly yellow and when heated don't smell great, whereas pure coconut oil will be really white and smell heavenly!

Wheat & Gluten

Gluten is the storage protein in grains, and in fact despite things often being labelled "gluten free", gluten is found in all grains. However, there are some grains that contain gluten that tends to cause people more issues than others, so these grains have been labelled "gluten-grains". These include wheat, rye and barley. Wheat is probably the mostly commonly eaten grain in this part of the world, so sometimes it's best to start with a wheat free diet, which will naturally lower your gluten intake significantly, and some people find this is enough to help with symptoms. Other people need to go the distance and take gluten out of the diet for a period of time.



Wheat: check labels for wheat, wheat flour, durum wheat, bulgar wheat and also be aware the cous-cous is made from wheat too. Spelt and kamut are also wheat, but due to different processing, some people find these ok. Most wheat free food alternatives you find will also be gluten-free. However, when it comes to bread, you'll find you have more variety if you are only following a wheat-free diet, as you are able to have rye bread. Do ensure you check the label and ensure it's 100% rye, as

some rye breads are mixed with wheat flour. If even rye bread is a step too far, you could try spelt bread, at least to start with, as an interim measure.

Gluten: This is much more involved than a wheat free diet, but you can take it in stages and aim for changing the most obvious things, such as bread, baking products and pasta. For more detailed information on a gluten free diet, I can give you another handout once you have the basics in place. I've put a table below with a list of grains to avoid for a gluten-free diet. If you are following this, it will also be naturally wheat free too.

Grains to Avoid
Wheat, rye, barley, pearl barley, durum wheat, semolina, bulgur wheat, cous-cous, bran, malt, orzo, triticale, udon, spelt, faro, farina and kamut. Be aware that wheat can appear under a number of different names, including simply flour, bread flour, wheat flour, white flour and whole-wheat flour.
Grains and Starches Allowed
Amaranth, arrowroot, buckwheat, oats, corn, millet, rice, quinoa, flax, nut/bean/seed flours, potato starch or flour, sorghum, tapioca and teff.

Gluten Alternatives

Bread – although you can get plenty of gluten free bread options these days, the ones you get in supermarkets tend to be hugely processed, not that tasty and not really a good alternative. It's fine if you use them occasionally, but if you want to keep having bread then it's better to spend more money and buy really good quality gluten-free bread. For this you'd need to go into one of the more upmarket health food shops. Yes, they are pricey, but have less and try other things instead. You can also make your own – it takes a bit of practice, but is a good alternative. One other option is to go for wraps instead. There are some great gluten-free wraps. The best ones are the sweet potato ones by BFree – which you can find increasingly easily these days, but are always stocked in the larger Sainsburys and Waitrose.



Flour - go for buckwheat, coconut, millet, potato, quinoa or chickpea flour.



Pasta & Noodles – try the various gluten-free pastas from a health food shop or even larger supermarkets. They are often made out of buckwheat, corn or even lentils. Noodles are a great options too – you can get plain rice noodles, but I'd suggest you try King Soba noodles, which are made from things like sweet potato, quinoa and buckwheat.

Breakfast cereals – there are a number of gluten-free cereals around but do check to make sure they don't contain a lot of added sugar. Alara is a good muesli, and you can find this in places like Sainsburys and Tesco. But for an even better muesli, try Primrose's Kitchen – her mueslis are all gluten-free and contain very pure ingredients.

Cakes & biscuits – the gluten free section in the supermarkets has plenty of options, but really do keep these to a minimum as they are overly processed and full of sugar. However, you can get some healthier alternatives that taste better too. Nakd bars are a great option, as well as Aduna bars or 9 bars. Have a look and see what you can find – they should state on the label if they are gluten-free.

Eating out – we all like to eat out and luckily wheat and gluten-free meals are much more easily found. If you aren't sure you can ask. Restaurants will usually note on their menus, but if not then they should know if the meal contains gluten.

