

Gluten Grains



Leaflet #5



Gluten

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Gluten grains include wheat, rye, barley, and oats. It is possible to get oats that are certified gluten-free, which is very helpful for many coeliacs and people with gluten or wheat allergies.

Gluten is found in such products as bread, pastry, cakes, pasta, and sauces; however, it is important to recognise that some Coeliacs will need to avoid malt vinegar, soy sauce, hoisin sauce, Worcestershire sauce, etc. This includes being aware and careful of pickles, chutneys, mayonnaise, tartare sauce, and other condiments.

Many condiment producers have now changed their recipes and use spirit vinegar instead of malt vinegar, but this must always be checked. Also, bear in mind that if making beer batter for a gluten-free customer, a gluten-free beer must be used.

Shared fryers also pose a high risk of cross-contamination, and customers must always be told if this is practised in your kitchen.

Ask your doctor

We do not give medical advice.

Please always speak to your medical practitioner for advice if you suspect an allergic reaction, or are worried that you, or a family member, may have an allergy.

Other names to look for:

- Triticale
- Kamut
- Einkorn
- Spelt
- Ancient grains
- Wheat starch

Also see my blog post:
<https://foodallergyfriends.co.uk/2-reasons-why-oats-are-gluten-grains/>