**For the attention of: INSERT NAME**

**Pages to follow: 2**

**Subject: Catering for NAME at the NAME OF TRIP trip**

Dear NAME,

We spoke by phone last week, and you asked what NAME could eat. It is not a simple question, because everything needs to be checked, but I’ve come up with a list of foods that should be fine. Essentially, the less processed food on a menu, and the ‘healthier’ the menu, the easier it is to find something she can eat.

The following pages detail what NAME can/cannot eat – I hope it will be helpful to you/TRIP DESTINATION. I am happy to talk to TRIP DESTINATION direct, if need be, but I’m hoping that this document will help. Given that an estimated 1 in 100 people in the UK have coeliac disease, I’m sure they must have come across it before – indeed, there must be other coeliacs in school.

I’d like to reassure you again, that if she eats gluten she will not suffer anaphylactic shock – it isn’t immediately life-threatening. However, it will damage the lining of her small intestine, rendering her less able to gain nourishment from her food, and she is likely to suffer vomiting and diarrhoea in the short term, and – if she ate gluten over a longer period – fatigue, inability to concentrate, ulcers, continued vomiting and diarrhoea, malnourishment and associated diseases, infertility, osteoporosis, dental problems … the list of associated serious problems is long, so it is important that she remains gluten free.

If you’d like to talk through the food list, I work from home, so am mostly available by phone on TEL NO. Thank you for your help in dealing with this.

Yours truly,

YOUR NAME

**NAME** has been diagnosed as suffering from coeliac disease, which means she must eat a gluten free diet. This means no wheat, oats, barley or rye, or anything containing any derivative of these – which in the UK mostly means wheat flour. It also means most processed foodstuffs and anything coated in breadcrumbs or batter, and anything containing rusk, wheat starch or modified starch. Semolina and cous-cous are derived from wheat.

So – NAME cannot eat standard bread, cakes, biscuits, pizza, pasta, or pastry. No chicken nuggets, fish fingers, sandwiches or pies. Gluten can be found in some brands of crisps, sweets, gravy, custard, most breakfast cereals, most sausages and burgers – the list is long. **Everything** needs to be checked. And please avoid cross-contamination with knives, spoons, pans, crumbs and so on.

**But there are a lot of things that she can eat. What can NAME eat?**

* **Cereals and grains:** corn, rice, millet, maize, quinoa, tapioca, sago, buckwheat, teff and sorghum are all OK
* **Meat fish and eggs:** all are basically fine - just check any coatings, sauces and spices you add, and check wafer-thin meats too (sometimes wheat flour is added to make them ‘peel apart’). Gravy thickened with cornflour is fine; stuffing, Yorkshire puddings etc, is not.
* **Dairy products:** milk and most cream, cheese and yoghurt - check any added ingredients, and check ready-grated cheese (sometimes – very rarely - wheat flour is added to stop the slivers of cheese sticking together)
* **Flours:** rice, corn, potato, maize, gram, soya, chickpea, sorghum, tapioca and chestnut flours are all OK
* **Fruit:** all fruits are naturally gluten free - check ready-made pie fillings, though
* **Vegetables:** all vegetables are naturally gluten free - check any coatings, sauces and spices
* **Fats:** she can eat butter, margarine, oils and lard but avoid suet and check low-fat spreads. Avoid cross-contamination with other people’s knives with crumbs on
* **Breakfast cereal:** tricky one - check very carefully, and avoid any containing wheat, oats, barley or rye.
* **Bread, crackers and crispbreads:** avoid all the conventional ones, and eat only those labelled as gluten free, or those you’ve made yourself and know to be gluten free
* **Cakes, pastries, cookies and biscuits:** avoid all the conventional ones, and eat only those labelled as gluten free, or those you’ve made yourself and know to be gluten free
* **Pizza and pasta:** avoid all the conventional ones, and eat only those labelled as gluten free, or those you’ve made yourself and know to be gluten free
* **Soup and sauces:** check every time, in case wheat flour has been used to thicken a soup or a sauce
* **Pies, quiches, flans and tarts:** avoid all the conventional ones, and eat only those labelled as gluten free, or those you’ve made yourself and know to be gluten free
* **Puddings and desserts:** check every time - meringue, jelly and most icecreams and sorbets will be fine, but unless specifically labelled gluten free, cheesecakes, pies etc will not be OK
* **Snacks:** nuts, raisins and seeds are all naturally gluten free, but check any added coatings and check all packets of crisps (chips) and other savoury snacks
* **Sweets:** check every time - chocolate is usually OK to eat, but not if it covers a biscuit! All sorts of unexpected sweets contain wheat, such as Smarties and licorice
* **Soft drinks:** coffee, tea, juices, cocoa, fizzy drinks and most squashes - but check that they don’t contain barley or ‘cloud’, and don’t drink from vending machines
* **Spices and seasonings:** pure salt, pepper, herbs, vinegar - check spices and mustard powder for added flour.
* **Spreads and preserves:** jam, marmalade, honey, Marmite (UK only), nut butters – please avoid cross-contamination
* **Pickles and dressings:** check every time
* **Cooking ingredients:** yeast, bicarbonate of soda and cream of tartar - check baking powder for added flour

**Things to look out for on labels:**

Look out for the following ingredients, as these are **NOT OK** for NAME to eat

* barley
* pot barley
* scotch barley
* bran
* breadcrumbs
* bulgar
* cereal extract
* couscous
* cracked wheat
* durum wheat
* farina
* flour
* gluten
* kamut
* malt
* modified starch
* oat bran
* oats
* oatmeal
* porridge oats
* rolled oats
* rusk
* rye flour
* semolina
* spelt
* triticale
* vegetable protein
* vegetable gum
* vegetable starch
* wheat bran
* wheat germ
* wheat flour
* wholemeal flour
* whole-wheat
* wheat

If a product says ‘suitable for coeliacs’ or ‘gluten free’, it will be fine for NAME to eat. If it says ‘contains wheat’ – it isn’t. The labelling of food is improving.

**I am happy to provide some basics if it makes things easier: gluten free bread, gluten free bread rolls, gluten free pasta, for example. Please let me know.**

**YOUR NAME TEL NO or** [EMAIL ADDRESS](mailto:lucy.nixon@weblucent.com)