



Coeliac condition – what is it?

Coeliac disease is a permanent intolerance to gluten, a protein which is contained in wheat, rye, barley, oats, spelt and unripe spelt grain. In people affected by coeliac disease, eating gluten-containing foods, even in very small amounts, leads to an abnormal immune reaction. The result is a chronic inflammation of the villi that line the small intestine. Villi are responsible for the intake of essential nutrients. The prevalence of coeliac disease has been stated as between 1:100 and 1:150 in various countries. This means that up to 1% of the population is affected by coeliac disease. Every year, the number of people with coeliac disease in Europe grows by around 10%. The only treatment for coeliac disease is the strict avoidance of food that is produced from gluten-containing cereals (bread, pasta, cake, pizza base, flour, biscuits, confectionery).

RULES FOR CATERING EMPLOYEES

1. Wash your hands after all contact with gluten-containing food.
2. **Be careful with breadcrumbs:** Use a separate basket for gluten-free bread and make sure there are no breadcrumbs on the table.

SPECIAL INFORMATION FOR PIZZERIAS

1. **It is preferable to use a double oven:** this solution allows the production of gluten-free pizzas to continue uninterrupted.
2. If only one oven is available, the gluten-containing pizzas must be baked separately from the gluten-free ones. Use **high-edged baking trays** for the gluten-free pizzas.
3. Do not use herbs and spices or other ingredients that have come into contact with floured hands or contaminated devices (such as sauces, mozzarella or oregano).

PRECAUTIONARY MEASURES FOR PREPARING GLUTEN-FREE PRODUCTS

1. Use only **gluten-free ingredients (see reverse) which are naturally gluten-free or are part of the Dr. Schär Foodservice range.**
2. The work surfaces on which gluten-free products are prepared must be cleaned thoroughly to eliminate any gluten-containing food residues. Ideally, a separate surface should be used that is reserved for glutenfree work only.
3. Personnel who work with gluten-free products must always **wear clean clothing.**
4. Kitchen personnel must wash always their hands thoroughly after handling gluten-containing food.
5. All devices, crockery and containers must not be contaminated by gluten-containing foods.
6. Gluten-free products must always be cooked in **separate pots and pans.**
7. Do not use oil that has already been used for frying floured or breaded gluten-containing foods.
8. Do not bake gluten-free dishes in the oven together with gluten-containing dishes.



List of foods for the preparation of gluten-free dishes

	Safe gluten-free	Risky read ingredients list carefully!	Forbidden contains gluten
Grains and starches	Corn, rice, millet, buckwheat, quinoa, amaranth, locust bean gum, tapioca, cassava, potatoes, chestnuts. Be aware of the risk of contamination with grains – it is preferable to use appropriately labelled products	Ready-made products (e.g. mashed potato), crisps, rice puffs	Wheat, oats, barley, rye, spelt, triticale, emmer wheat, kamut, unripe spelt grain, bulgur, couscous. All pastas, bakery products, cereal, muesli, etc. made from these types of grains
Fruit	All fruits and nuts	Candied fruits	Floured dried fruit
Vegetables	All vegetables and pulses	Vegetable-based ready meals	Dishes containing vegetables and gluten-containing grains, breaded or floured vegetables
Milk products and cheese	Milk, natural yoghurt, cream cheese such as ricotta and mascarpone, mozzarella and parmesan	Creams and blancmanges ready-made milkshakes, ready meals containing milk or cheese, processed cheese	Yoghurt with malt, glutencontaining cereals or biscuits
Meat, fish and eggs	All types of meat, fish and eggs	Sausage products (with the exception of cured ham), ready meals and ready-made sauces with meat or fish	Fish or meat that is breaded, floured or served with sauces containing gluten, fried herring, fried rollmops
Fats, herbs and spices, sauces and baking ingredients	Vegetable oils, butter, margarine, lard, vinegar, pure herbs and spices, salt, pepper	Ready-made sauces soy sauces, herb/spice mixes, stock cubes, baking ingredients e.g. baking powder	Béchamel sauce
Sweets and confectionery	Honey, sugar	Chocolate, sweets, cocoa, ice cream, chewing gum	Chocolate with glutencontaining cereals
Drinks	Soft drinks, such as cola and lemonade, pure coffee, tea, fruit juices and nectars, sparkling wine, Prosecco, wine clear liquors	Ready-made mixes for iced coffee, cocoa, juices with additives	Beer, coffee substitutes containing barley or malt, oat-based drinks