NATIONAL CENTRE FOR NUTRITIONAL EDUCATION NIFH
Online Dietetic Centre

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CELIAC DISEASE

Celiac disease, also known as coeliac disease or gluten-sensitive enteropathy, is a lifelong intolerance to gluten—a protein present in certain cereals.

WHAT IS GLUTEN?

Gluten is a mixture of plant proteins found in cereal grains such as wheat, barley, and rye. Due to its unique functional properties, it is widely used in food manufacturing as a water-binding agent, emulsifier, stabilizer, and carrier for flavorings and spices.

DIETARY GUIDELINES

1. Adhere strictly to the rules of a gluten-free diet.
2. Exclude all food products containing gluten from your diet (including trace amounts). Even small gluten consumption can cause serious health consequences. However, it is essential not to start a gluten-free diet prior to completing medical diagnostics.
3. Immediately after celiac disease diagnosis, an easily digestible gluten-free diet is recommended, depending on the extent of intestinal villi damage. Temporary elimination of dairy products and supplementation with appropriate vitamins or minerals may often be required. At a later stage, the gluten-free diet should align with the general principles of rational nutrition.
4. Before purchasing food, thoroughly analyze the ingredient list of each product and verify that it does not contain gluten.
5. When a food item contains ingredients such as plant protein or vegetable fiber of unspecified origin, and you are unsure whether it contains gluten, refrain from purchasing it.
6. Even if you regularly buy a specific product and are confident it is gluten-free, periodically check its label, as manufacturers may alter product recipes.
7. Pay special attention to precautionary labeling on packaging such as "may contain trace amounts of gluten", "may contain cereals containing gluten", "packaged in a facility processing gluten-containing products", or "gluten is used in the facility". Strictly avoid consuming such foods.

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RECOMMENDED AND NON-RECOMMENDED PRODUCTS IN CELIAC DISEASE

Food Group	Allowed (Gluten-free)	Relatively Contraindicated (May contain gluten)	Contraindicated (Contain gluten)
Cereal Products	• Grains: corn, rice (white, brown, wild), millet, buckwheat, amaranth, sorghum, teff, quinoa, tapioca, cassava, sago, certified gluten-free oats. • Flours: corn, rice, buckwheat, millet, amaranth (must be labeled gluten-free). • Groats: corn grits, millet, buckwheat. • Flakes: corn, rice, buckwheat. • Bran: rice, corn. • Starches: corn, rice, gluten-free wheat starch. • Pasta: made from gluten-free flours, labeled gluten-free (e.g., corn, rice). • Bread: made from gluten-free flours, labeled gluten-free. • Other: popcorn, corn puffs, puffed rice, rice and corn baby cereals, gluten-free breadcrumbs, low-gluten host and communion wafers.	• Cornflakes (may contain barley malt). • Flours from allowed grains (e.g., buckwheat, corn, rice) not labeled as gluten-free (risk of cross-contamination).	• Grains: wheat, rye, barley, triticale, spelt, kamut, einkorn, emmer (wheat species), other wheat varieties, regular oats (due to contamination). • Flours: wheat, rye, barley, oat flour (due to contamination). • Groats: semolina, couscous, barley groats (pearl, hulled, Mazurian), bulgur, oat groats, instant cereal porridges. • Flakes: wheat, barley, rye, oat flakes. • Bran: wheat, rye, barley. • Pasta: wheat, regular buckwheat, rye pasta. • Bread: wheat, barley, rye (e.g., white and wholemeal bread, crispbread, rolls, matzo, pumpernickel, pretzels) and any bread not labeled gluten-free. • Dishes: dumplings, pierogi, potato dumplings, pancakes, pizza made with gluten flour. • Other: wheat germ and sprouts, regular communion wafers, regular breadcrumbs.
Vegetables and Vegetable Products	• All fresh, frozen, canned vegetables, plain vegetable juices and purées without additives. • Potatoes, potato starch, potato flour.	• Salads with dressings of unknown composition, jarred horseradish, canned vegetables, potato pancakes.	• Creamed vegetables, vegetables thickened with flour, juices and purées with added barley malt, potato chips with gluten seasonings, seitan (wheat gluten meat substitute).
Legume Seeds and Products	• Soy, chickpeas, peas, lentils, beans, broad beans. • Soy flour.	• Soy cutlets, soy pâtés, soy mayonnaise.	—
Seeds, Kernels, Nuts	• Sesame, flaxseed, sunflower seeds, pumpkin seeds, chia seeds, tree nuts, almonds.	• Peanut butter / nut spreads (processed).	—

RECOMMENDED AND NON-RECOMMENDED PRODUCTS (CONTINUED)

Food Group	Allowed (Gluten-free)	Relatively Contraindicated (May contain gluten)	Contraindicated (Contain gluten)
Meat, Fish, Eggs and Products	• Fresh, unprocessed meat, fish, and eggs. • Cold cuts, sausages, and canned meats labeled gluten-free.	• Commercially prepared cold cuts, sausages, frankfurters, meat and fish cans, packaged minced meat.	• Offal cold cuts (black pudding/ kaszanka, brawn/salceson, liver pate/pasztetowa, pâté) containing gluten fillers. • Breaded dishes (schnitzels, fish fillets, fish fingers), meatballs, meatloaf with gluten breadcrumbs.
Milk and Dairy Products	• Fresh and UHT milk, natural yogurt, kefir, buttermilk, cottage cheese, yellow cheese, condensed milk, powdered milk.	• Flavored milk drinks, fruit yogurts, flavored kefirs and buttermilk, low-fat dairy products, pre-ground cheesecake curd, processed cheese spreads, melted cheeses, sour cream.	• Dairy beverages and desserts with added wheat flour, wheat starch, barley malt, cereal flakes, or other gluten ingredients.
Fats	• Butter, vegetable oils, olive oil, lard, margarine.	• Mayonnaise, ready-made commercial sauces.	• Wheat germ oil.
Sugar, Desserts, Sweets	• Sugar, glucose, honey, jam, maple syrup, molasses, hard candies, lollipops, puddings/ kissels thickened with allowed flours, cakes baked from allowed ingredients, cakes and pastries labeled gluten-free.	• Vanillin sugar, powdered kissel, pudding, and gelatin mixes, ice cream, chocolates, pralines, candy bars, chewing gum.	• Barley malt, desserts and sweets made with forbidden flours or regular baking powder (e.g., biscuits, wafers, cakes, cookies, sponge cakes, rusks, pretzel sticks, sweet buns).
Beverages	• Mineral water, fruit juices, pure vegetable juices, tea, natural coffee, herbal infusions, fruit compotes, pure cocoa, pure spirits (vodka, rum), wine, gluten-free beer.	• Flavored teas (Earl Grey), fruit-flavored teas, instant coffee, 2-in-1 coffee mixes, hot chocolate mix, flavored spirits.	• Grain coffee, oat cocoa drinks, beverages sweetened with barley malt, regular beer, spirits made from gluten grains.
Spices and Flavors	• Salt, pepper, herbs, single-ingredient spices, wine vinegar, apple cider vinegar.	• Spice blends (vegetable seasonings, curry), bouillon cubes, mustard, ketchup, tomato paste, ready-made sauces, cake sprinkles/decorations.	• Regular soy sauce, sourdough made from gluten flour.
Other	• Gluten-free baking powder, baking soda, baker's yeast.	• Medications and dietary supplements (no mandatory gluten labeling requirement), food flavorings.	• Regular baking powder.

SAMPLE QUALITATIVE MENU IN CELIAC DISEASE

BREAKFAST

Sandwiches with Hummus and Vegetables

- Gluten-free bread
- Hummus (chickpeas, tahini/sesame paste, olive oil, lemon juice, garlic, cumin, pepper)
- Vegetables (e.g., red bell pepper, tomato)
- Sprouts (e.g., broccoli, radish sprouts)

SECOND BREAKFAST

Milk and Fruit Smoothie

- Natural yogurt
- Banana
- Blueberries
- Puffed amaranth

LUNCH

Cream of Cauliflower Soup with Croutons; Stuffed Chicken Breast with Buckwheat and Salad

- **Soup:** Cauliflower, potatoes, onion, vegetable broth, cream, dill, pepper, sweet and hot paprika, garlic
- **Croutons:** Gluten-free bread, olive oil or butter, sweet and hot paprika, garlic
- **Main Course:** Chicken breast fillet, spinach, mozzarella, buckwheat groats
- **Vegetables:** Green beans, broccoli, cauliflower, bell pepper, onion, zucchini
- **Salad:** Napa cabbage, cucumber, bell pepper, sunflower oil, pepper

AFTERNOON SNACK

Kefir with Mixed Nuts and Seeds

- Natural kefir
- Mixed nuts and seeds (e.g., walnuts, almonds, pumpkin seeds)

DINNER

Cottage Cheese (Serek Wiejski) with Vegetables and Gluten-Free Roll

- Cottage cheese (serek wiejski)
- Vegetables (e.g., tomato, radish, chives, dill)
- Gluten-free roll

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REFERENCES

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