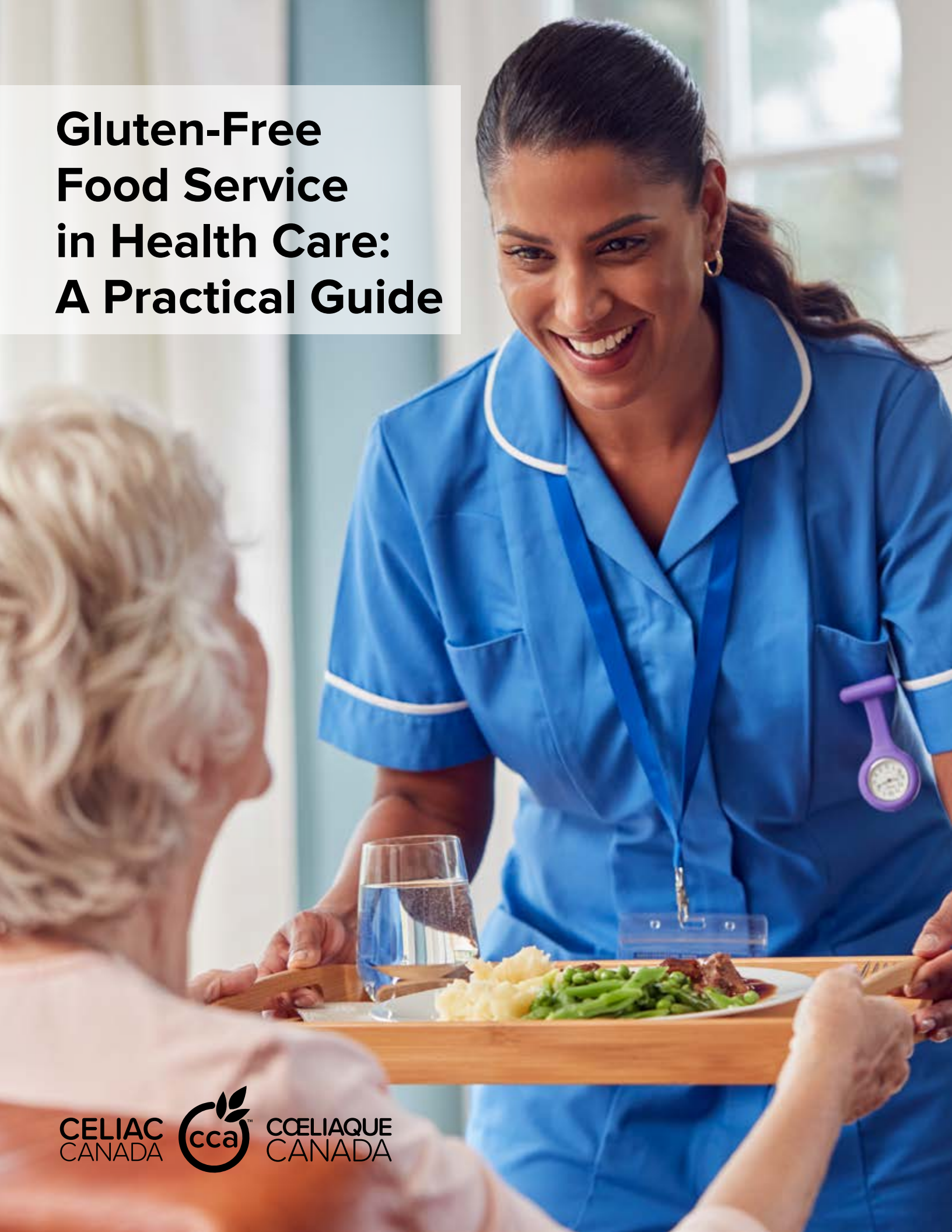


Gluten-Free Food Service in Health Care: A Practical Guide



Gluten-Free Food Service in Health Care: A Practical Guide



Introduction

Research has found that many people with celiac disease have difficulty obtaining safe and palatable gluten-free meals and snacks in hospitals, long-term care facilities and other congregate settings like retirement homes. The purpose of this resource is to support the provision of safe and palatable gluten-free food service in these settings. It provides a wealth of information to help staff in Nutrition/Food Service departments better meet the needs of patients/residents who require gluten-free meal service. The guide is intended to support Nutrition/Food Service leadership while the teaching tools in the Appendix are geared to specific groups, all of which have an important role to play in meeting the needs of those who require gluten-free meal service.

This resource was developed by dietitians with expertise in health care food service management and celiac disease, as well as dietetic interns, and others at Celiac Canada. Special thanks to Noa Henderson, Evelyn Vargas, Doris Foster and Shelley Case.

We welcome your feedback. Please send comments to clientsupport@celiac.ca.

Table of Contents

Brief Overview of the Gluten-free Diet

The Team Who Works Together to Provide a Safe Gluten-free Diet

- Patient/Resident/Family or Substitute Decision Maker
- Nutrition or Food Service Manager/Supervisor
- Registered Dietitian/Diet Technician
- Cook/Chef
- Food Service Worker
- Nursing Staff
- Personal Support Worker

Gluten-free Food Service

- Planning
 - Developing or customizing the gluten-free menu
 - Nutritional considerations
 - Menu Ideas
- Procurement
 - Sourcing
 - Receiving
 - Storage
- Preparation
 - Avoiding cross-contamination
- Service and Delivery
 - Tray Service
 - Dining Room Service
 - Foods Brought from Home

Appendices

Appendix A – Gluten-Containing Ingredients

Appendix B – Gluten-Free Menu Planning: Foods Allowed/Foods to Question/Foods to Avoid

Appendix C – How to Read a Food Label

Appendix D – Unexpected Sources of Gluten

Appendix E – Thickening Agents in Gluten-Free Cooking

Appendix F – Meal and Snack Suggestions

Appendix G – Teaching Tools

- Cooks/Chefs
- Food Service Workers
- Personal Support Workers/Nursing Staff

Additional Resources

Brief Overview of the Gluten-free Diet

What is gluten?

Gluten is a protein found in wheat, rye and barley. When mixed with a liquid it creates the elastic texture of raw dough that causes baked products to rise. Regular oats (not labelled “gluten-free”) are frequently contaminated with gluten containing grains during the growing, harvesting, transportation and milling processes. Therefore wheat, barley, rye and regular oats, and the majority of ingredients/ foods made from these grains, are NOT ALLOWED on the gluten-free diet. See Appendix A for a list of gluten containing ingredients that should be avoided.

Who Needs the Gluten-Free Diet?

Individuals with celiac disease must follow a strict gluten-free diet for life. People with non-celiac gluten sensitivity also benefit from a gluten-free diet.

Why do persons with these conditions need to follow a strict gluten-free diet?

For individuals with celiac disease, even small amounts of gluten can damage the small intestine and reduce the body’s ability to absorb nutrients. It can also cause a wide range of negative health symptoms, some of which are severe. In addition, consumption of gluten over long periods of time can cause serious health problems.

For people with non-celiac gluten sensitivity, gluten does not damage the small intestine. However, eating gluten can cause various negative health symptoms.

The Important Role of Food Service in Health Care and Congregate Settings

In a health care or other congregate setting, where persons with a gluten-related disorder rely on others to provide food service, the patient or resident is vulnerable to exposure to gluten, and this risk increases with the longer the length of stay. This can negatively impact both mental and physical health and quality of life. For these reasons, it is very important that health care and congregate settings make every effort to provide safe and palatable gluten-free food service. The aim of this resource is to help you to do this!

The Team

Every member of the team has a role to play to ensure the dietary needs of patients and residents are met. Below we explain how each member of the team can contribute to safe gluten-free food service.

The team consists of the:

- Patient/Resident/Family or Substitute Decision Maker
- Nutrition or Food Service Manager/Supervisor
- Registered Dietitian/Diet Technician
- Cook/Chef
- Food Service Worker
- Nursing Staff
- Personal Support Worker

Not all of the above roles will be found in all settings.

Role of the Patient/Resident/Family or Substitute Decision Maker

- The patient/resident or close family are the best source of information regarding food preferences, foods they can and cannot tolerate and health conditions which impact food consumption; their input is critical to patient satisfaction and optimizing health.
- A new admission on a gluten-free diet should always be assessed by the Registered Dietitian as soon as possible.
- If the Registered Dietitian is not available on or shortly after admission, someone from Nutrition/ Food Services should visit the patient as soon as possible to obtain food preferences until the Registered Dietitian is available.

Role of the Nutrition/Food Service Manager with the Support of Supervisors

- Modify menus and utilize gluten-free products that are good tasting, nutritious and which provide variety.
- Create processes to monitor food service to ensure the medical and quality of life needs of gluten-free patients/residents are met.
- Put in place protocols for ingredient or product substitutions and ensure they are followed.
- Ensure all foodservice staff are trained in gluten-free food handling both in the kitchen and in dining rooms / service areas if applicable.

Role of the Registered Dietitian / Diet Technicians

- Meet with the patient/resident on admission to obtain a diet history to understand what food items they prefer and/or usually eat.
- Review gluten-free menu for nutritional adequacy and provide support for menu planning and staff education.
- Communicate patient/resident nutrition care plans with the diet office / food service staff as needed.
- Follow up to ensure patient/resident needs are being met and adjust care plan as necessary.

Role of the Cooks

- Follow best practice for storage and preparation to prevent cross-contamination and ensure menu items are truly gluten-free.
- Follow standard recipes and participate in recipe development to improve quality and variety where applicable.

Role of the Food Service Workers

- Learn how to identify gluten-containing foods and gluten-free foods correctly with the support of the Nutrition/Food Service leadership team and the Registered Dietitian.
- If in doubt always ask.
- Use best practice procedures to avoid cross-contamination.
- Report patient/resident comments and feedback about gluten-free service to Food Service leadership.

Role of the Nursing Staff

- Document the need for a gluten-free diet in the medical record and care plan.
- Do not provide gluten-containing foods e.g., regular cookies, other baked goods, snacks to patients requiring gluten-free food.
- Communicate feedback from the patient/resident/family to the Registered Dietitian / Diet Office or Nutrition/Food Service leadership team as appropriate.

Role of the Personal Support Worker

- Learn how to identify gluten-containing and gluten-free foods correctly with the support of the Nutrition/Food Service leadership team and the Registered Dietitian.
- If in doubt always ask.
- Share resident comments and feedback with the Nutrition/Food Service leadership team.
- Ensure patient/resident's chart notes include any concerns regarding gluten-free meal service.

Gluten-Free Food Service

The Patient-Centered Approach to the Gluten-Free Diet

The goal is to combine the following three objectives to optimize gluten-free food service:

- Safety
- Quality/Taste
- Nutrition



Planning

Principles of Developing or Customizing a Gluten-Free Menu

- The primary goal is to eliminate wheat, barley and rye and their derivatives i.e. an ingredient/food made from these sources.
- Regular oats are not allowed; however, specially produced oats labelled “gluten free” are allowed.
- Remember “wheat free” doesn’t always mean “gluten free” - the product could contain barley, rye or regular oats.
- See Appendix B for a detailed listing of foods allowed / foods to question / foods to avoid by category.
- As much as possible use naturally gluten-free foods e.g. most fruit, vegetables, meats and alternatives, milk, cheese, rice and other gluten-free grains labelled “gluten free” etc.
- Wherever possible use products labelled “gluten free” to remove the guess work.
- Do not serve foods with “May Contain Gluten” statements unless the product also carries a “gluten-free” claim.
- For tips on How to Read a Food Label see Appendix C.
- For more in-depth information on reading food labels see Celiac Canada’s guide at <https://www.celiac.ca/wp-content/uploads/2022/12/CCA-Labeling-Document-SEP22.pdf>
Celiac Canada was previously the Canadian Celiac Association.
- For tips on How to Avoid Unexpected Sources of Gluten see Appendix D.
- There may be gluten-free alternatives available for many traditional gluten-containing foods. Check with your supplier. There are new products available frequently.
- Encourage the use of gluten-free items across the board where possible to maximize menu variety, for example, use gluten-free starches/flours to thicken gluten-free products (see Appendix E), gluten-free soup and gravy bases; gluten-free soy sauce, and gluten-free salad dressings, etc.
- A “write-in list” or list of gluten-free items that are always available, outside of the menu served that day, can help to provide variety in what can be a very restrictive diet. These items are ideally non-perishable or frozen, and wrapped individually, to easily augment the patient’s menu, for example, individually wrapped frozen gluten-free muffins. Other good choices for “write ins” include cheese slices, fresh fruit, gluten-free yogurt and puddings, etc.
- If you really cannot control cross-contamination in your kitchen, consider utilizing pre-packaged gluten-free meals which just need to be heated. One supplier of such meals is Apetito HFS.

Nutritional Considerations

When planning a gluten-free menu, key nutrients of concern are fibre, iron, vitamin D and calcium.

Ways to Improve Nutritional Content

- Choose products made from whole grains or pulses. Pulses include dried beans, peas and lentils. Use of these items increase fibre and nutrients e.g., bread products or pasta made from whole grains like brown rice, gluten-free oats, quinoa and sorghum or pulses (e.g. chickpeas, beans, lentils) rather than white rice-based items.
- Swap low fibre gluten-free cereals with higher fibre hot or cold cereals (e.g. gluten-free oatmeal).
- Tips to increase fibre on the gluten-free diet can be found at <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-fibre-and-the-gluten-free-diet.pdf>
- Protein sources like meat, poultry and fish are good sources of iron and are gluten-free.
- Other sources of iron include leafy greens, pulses (dried beans, lentils and peas), nuts and seeds.
- Vitamin D and calcium is found in gluten-free dairy products (milk, cheese, gluten-free yogurt).
- Sometimes supplementation is necessary to meet nutrient needs (discuss with Registered Dietitian).

Budget Friendly Tips

- Gluten-free corn tortillas served as a wrap are lower cost than most gluten-free bread products.
- Incorporate more plant sources of protein (e.g., pulses {dried beans, peas, lentils}, fruits, vegetables, nuts, seeds).
- If you prepare food in your facility, use base ingredients which are gluten-free if possible, reducing the need to buy specialty products.
- Where possible, buy individually wrapped gluten-free products, or individually wrap and freeze them in-house, reducing waste.

Food Quality

- If a gluten-free menu item is not good quality i.e., you wouldn't want to eat it, find another alternative.
- If you can't serve good quality safe gluten-free toast i.e., it won't be good quality by the time it reaches the patient or you don't have a dedicated toaster, utilize gluten-free muffins, gluten-free pancakes or another alternative that is both gluten-free and of good quality.
- Gluten free bread served cold is generally not palatable – it tends to be dry and crumble. If you are going to serve gluten-free bread it should either be warmed e.g. place it under the lid on the hot side of rethermalization systems, wrap it in heat resistant packaging like a wax paper bag while it is warmed, or toast it in a dedicated toaster. Reusable toaster bags are generally not acceptable in institutional food service e.g., the same bag should not be reused in a toaster that is used for multiple patients.

Variety

Especially for long stay patients, it is important to offer as much variety as possible. Consider bringing in some items you don't normally serve, perhaps from the grocery or health food store, to augment variety. The family may also be able to bring in some favourite foods to increase variety. Make sure these are labelled "gluten free" with the client's name and date.

Menu Ideas

Meal and snack suggestions can be found in Appendix F. There should be gluten-free snacks in emergency departments and on patient care units where possible.

Obtain a Diet History Where Possible

Consulting with the patient/resident on what they normally eat at home and what you can provide helps to reduce food waste and improve satisfaction. There is no point sourcing and serving items they don't like or can't eat.

Obtain feedback

Ask patients and residents about the gluten-free meals you provide. Utilize this feedback to help you continuously improve your menu. Maintain a quality improvement focus, consider feedback a gift to help you continually improve your service.

Procurement

It can be challenging to source gluten-free products in small quantities, of good quality, while at the same time providing variety. Below are some suggestions to make this easier and ways to help you ensure the product you serve is truly gluten-free.

Sourcing

- Where possible, use a distributor or vendor who makes it easy for you to identify gluten-free products e.g. Sysco allows you to sort the order guide by “gluten-free” and the symbol for gluten free can be shown beside the product.
- Make sure you understand how to search for gluten-free products on your distributor or supplier's order guide. If you don't know how, ask; if they don't have this feature ask for it.
- Ideally choose foods with a gluten-free claim to remove the guess work.
- If the item does not have a “gluten-free” claim, and you think it may be gluten free, read the ingredient list and/or refer to the resources in the Appendices. When in doubt, do not serve!
- Food products may be reformulated and what was previously gluten-free can change. Keep an eye out for notifications from the vendor, and monitor which products currently have a gluten-free claim. If a patient/resident appears to be not tolerating a product you believe to be gluten-free follow up with the vendor.

Procuring gluten-free foods may be easier than you think!

- Procuring more naturally gluten-free foods (most protein, fruit, vegetables, dairy) is a cost-effective way to source menu items.
- There are a growing number of gluten-free products on the market every day. Purchase gluten-free building blocks to make more in-house menu items gluten free e.g., purchase gluten-free gravy and soup base, gluten-free soy sauce, thicken with gluten-free thickeners (see Appendix D), serve gluten-free salad dressings to everyone.

Receiving

- Check that items delivered are the correct products and have not been substituted – NEVER assume a replacement product or the same product in a different sized pack will have the same gluten-free status as the original.
- If you determine that a replacement product is not gluten-free, communicate this via communication tools at your site and choose a replacement product. Lack of clear communication for substitutions is a common way that a gluten-containing product may be served inadvertently.
- If ever in doubt about a product:
 - Ask the supplier or Registered Dietitian;
 - Contact the manufacturer;
 - Or leave it off the menu for gluten-free diets.

Storage

- Gluten-free ingredients/foods are ideally stored in a segregated dedicated area. If this is not possible, then they need to be in well-labelled containers and stored on the highest shelves (to avoid gluten-containing foods from falling on them). Gluten-free flours keep best in a dark, cool area. For long-term storage, they can be placed in a refrigerator or freezer in well-sealed and labelled containers.
- Gluten-free meals, bread products and desserts may be individually frozen, in well-labelled and dated, air-tight packaging to make it easier to provide a small number of servings

Preparation

Avoiding Cross-Contamination

During food preparation, cross-contamination can occur when gluten-free foods or ingredients come into contact with gluten-containing items. It is important to prevent cross-contamination as even small amounts of gluten can negatively affect the health of those requiring a gluten-free diet e.g., triggering a variety of symptoms and causing damage to the digestive system. Persons with gluten-related disorders who are admitted to health care and congregate facilities put the safety of their food, and therefore their health, in the hands of the Nutrition/Food Service and broader health care team.

Cross-contamination can be reduced by:

- Storing gluten-free foods separately from gluten-containing foods where possible.
- Labeling all containers of gluten-free products clearly.
- Cooking gluten-free foods separately from gluten-containing foods.
- When baking, ideally prepare gluten-free items on separate days from other products, or at least prior to gluten-containing.
- Using clean utensils and equipment for gluten-free food preparation.
- Using a separate toaster for gluten-free foods. Reusable toaster bags are not generally acceptable from a public health perspective.
- Using squeezable containers of condiments or individual condiments to eliminate the chance of double dipping.
- Wooden cutting boards and utensils are not recommended in institutional settings and they should not be used in gluten-free food preparation. If plastic cutting boards are badly scored they should be replaced or ground down so they can be cleaned properly.
- Using a separate pot and pasta strainer for gluten-free pasta.
- Tightly covering and labelling gluten-free products.
- Not using the same oil to fry gluten-containing and gluten-free food.

Meal Preparation

- Double check gluten-free ingredients to confirm they are still safe.
- Ensure meals/snacks are covered and labeled gluten-free once completed.
- Use standard recipes where possible.

Service and Delivery

It is important that the prepared gluten-free food is delivered and served to the patient/resident without error or cross-contamination.

Tray Service

- Gluten-free meals should be checked by a Supervisor.
- The diet should be clearly visible on the tray ticket or menu.
- When staff provide the tray to the patient, they should state the tray is gluten-free to give the patient confidence the diet is accurate.
- Never add or change items on a gluten-free meal after it has been plated or left the kitchen unless you are absolutely sure the substitution or addition is also gluten-free.

Dining Room Service

There can be a greater chance for error in dining rooms as frontline staff interact with residents and may have to make decisions. The below are suggestions to minimize the chance of error.

- Staff should clean their hands with soap and water. Alcohol-based sanitizers are not recommended and do not eliminate gluten. Also the use of gloves is discouraged as they often gives staff a false sense of security.
- If residents can select from more than one menu item, ensure you offer only menu items that are gluten-free, if in doubt ask.
- Where possible serve gluten-free meals first using clean or designated utensils.
- Deliver meals directly to the individual and state the meal is gluten free.
- If there are self-service food bars, give the gluten-free resident the option of having their meal served to reduce cross-contamination.
- If the resident wishes to use the self-service, utilize squeeze containers for condiments or individual condiments.
- Clearly label the gluten-free items on the self-service food bar.

Foods Brought from Home

- Foods brought from home should contain a label with the following information: gluten-free status, patient/resident name and the date.
- Ensure proper storage e.g. sealed packaging or containers and handling to minimize the risk of cross-contamination.
- Perishable food brought from home should be discarded within a specific timeframe e.g., 3 days to minimize the chance of food-borne illness.

Appendices

Appendix A

Gluten Containing Ingredients

Wheat	<ul style="list-style-type: none"> • Atta • Bulgur • Couscous • Dextrin • Durum • Einkorn • Emmer • Farina • Farro 	<ul style="list-style-type: none"> • Freekeh • Fu • Graham Flour • Hydrolyzed wheat protein • Kamut • Matzoh/Matzah • Modified wheat starch • Seitan 	<ul style="list-style-type: none"> • Semolina • Spelt • Triticale • Wheat bran • Wheat flour • Wheat germ • Wheat gluten • Wheat starch
Barley	<ul style="list-style-type: none"> • Barley (flakes, flour, pearls) • Brewers Yeast • Malt 	<ul style="list-style-type: none"> • Malted barley • Malted barley flour • Malted milk 	<ul style="list-style-type: none"> • Malt extract • Malt flavouring • Malt vinegar
Rye	<ul style="list-style-type: none"> • Rye flour 		
Oats*	<ul style="list-style-type: none"> • Oat bran • Oat flour 	<ul style="list-style-type: none"> • Oatmeal • Oats 	

* Oats with a “gluten-free” claim are allowed

Adapted from *Gluten Free: The Definitive Resource Guide – Revised Edition, 2022*, by Shelley Case, Dietitian. www.shelleycase.com Used with Permission.

Appendix B

Gluten-Free Diet by Food Groups

Food Category	Foods Allowed	Foods to Question	Foods to Avoid
Dairy	Milk, buttermilk, cream, sour cream, whipping cream; most ice creams, yogurts, frozen yogurts		Malted milk, packaged granola-topped yogurt, ice cream and frozen yogurt made with not-allowed ingredients (e.g., brownies, cookie dough or crumbs), ice cream cakes
	Cottage cheese, cream cheese (plain), hard cheeses (e.g., cheddar, mozzarella, Parmesan, Swiss), soft cheeses (e.g., brie; blue cheeses: Gorgonzola, Roquefort, Stilton), processed cheese, processed cheese foods	Dips with cream cheese or sour cream, cheese sauces, cheese spreads, seasoned/flavoured shredded cheese or cheese blends	Specialty cheeses made with barley-based beer
Non-Dairy (Plant-Based) Alternatives	Most non-dairy beverages (e.g., coconut, flax, hemp, gluten-free oats, nuts, pea, potato, quinoa, rice, soy) with allowed ingredients Soy-based cheese and cream cheese, coconut or soy yogurt, ice cream made with non-dairy beverages (e.g., cashew, coconut, rice, soy)		Non-dairy beverages (e.g., coconut, flax, hemp, nuts, oats [NOT labeled “gluten-free”], potato, quinoa, rice, soy) made WITH barley malt, barley malt extract or barley malt flavouring Non-dairy oat beverages [NOT labeled “gluten-free”] made WITHOUT barley malt, barley malt extract or barley malt flavouring
Grains* * NOTE: Purchase grains, flours, legumes and seeds (flax, hemp) with a “gluten-free” claim.	Amaranth, buckwheat, corn, kañiwa, millet, gluten-free oats, quinoa, rice (black, brown, glutinous/sweet, green, purple, red, white), sorghum, teff, wild rice		Barley, rye, triticale, wheat (all types including durum, einkorn, emmer, farro, kamut, spelt), as well as different forms of wheat (bulgur, couscous, freekeh, wheat-based semolina) Oats (groats, steel-cut) not labelled “gluten free”
Flours, Bran, Germ and Meal* * NOTE: Purchase grains, flours, legumes and seeds (flax, hemp) with a “gluten-free” claim.	Amaranth flour, coconut flour, corn (bran, germ, flour), cornmeal, legume flours (bean, chickpea /garbanzo bean, Garfava™, lentil, pea, soy), mesquite flour, millet flour, nut flours (almond, cashew, chestnut, hazelnut, macadamia, peanut, pecan, walnut), gluten-free oat flour, potato flour, quinoa flour, rice flour (brown, glutinous/sweet, white), rice bran, rice polish, sorghum flour, sweet potato flour, teff flour, wild rice flour	Buckwheat flour Items made with buckwheat flour	Wheat flours (atta, graham, white, whole wheat) Wheat bran, wheat farina, wheat germ, wheat gluten Flours made from barley, einkorn, emmer, kamut, rye, spelt, triticale Oats (bran, flour, rolled oats / oatmeal) NOT labelled “gluten free”

Appendix B (continued)

Food Category	Foods Allowed	Foods to Question	Foods to Avoid
Starches	Arrowroot, corn, potato, sago, tapioca (cassava,/manioc), taro (dasheen/eddo)		Barley starch Wheat starch**** Most wheat starches contain high levels of gluten protein. However, some gluten-free products may contain specially processed wheat starch
Grains and Grain-Based Foods* * NOTE: Purchase grains, flours, legumes and seeds (flax, hemp) with a “gluten-free” claim.	Hot Cereals (labeled “gluten free”) Amaranth, buckwheat grits (cream of buckwheat), corn grits, cornmeal, cream of rice (brown, white), hominy grits, millet grits, gluten-free rolled oats / oatmeal and steel-cut oats, quinoa, quinoa flakes, rice flakes		Hot cereals and infant cereals made with wheat, einkorn, emmer, farro, kamut, spelt, rye, triticale, barley and/or regular oats (rolled oats/oatmeal, steel cut)
	Cold Cereals (labeled “gluten free”) Puffed gluten-free grains (e.g., amaranth, buckwheat, corn, millet, rice, sorghum), gluten-free cornflakes, gluten-free crisp rice, gluten-free granola (with or without gluten-free oats), rice flakes, soy-based cereals, other cereals with allowed ingredients		Cold cereals and infant cereals made with wheat, einkorn, emmer, farro, kamut, spelt, rye, triticale, barley and/or regular oats Cereals made with added barley malt, barley malt extract or barley malt flavouring
	Pastas (labeled “gluten free”) Macaroni, noodles, spaghetti and other pasta shapes made from: corn; legumes (dried beans, chickpea/garbanzo beans, lentils, peas and soybeans); millet; potato; quinoa; rice; wild rice	Buckwheat pasta	Pastas (e.g., chow mein noodles, orzo, udon) made with wheat and/or other not-allowed ingredients
	Rice Plain rice (black, brown, glutinous/sweet, green, purple, red, white), wild rice	Seasoned (flavored) rice mixes, rice pilafs	
	Miscellaneous Gluten-free tortillas/wraps, gluten-free pizza dough/crust	Corn tacos, corn tortillas/wraps, polenta	Wheat flour tacos and tortillas/wraps, pizza dough and crust made with not-allowed ingredients; tabouli/tabbouleh
	Gluten-free communion hosts/wafers, gluten-free matzoh/matzo/matzah	Low-gluten communion hosts/wafers	Regular communion hosts/wafers; matzoh/matzo/matzah made with wheat flour

Appendix B (continued)

Food Category	Foods Allowed	Foods to Question	Foods to Avoid
Meats and Alternatives	Meat, Poultry, Fish, Seafood Plain (fresh, frozen, canned) meat, poultry, fish, seafood; gluten-free breaded meat, poultry, fish, seafood	Deli/luncheon meats (e.g., bologna, ham, salami, turkey), frankfurters/wieners, sausages; meat and sandwich spreads; pâtés	Meat, poultry, fish and seafood breaded in not-allowed ingredients; frozen chicken breasts injected with chicken broth (containing not-allowed ingredients); frozen turkey basted or injected with hydrolyzed wheat protein; frozen or fresh poultry with bread stuffing
		Burgers (meat, fish, chicken, turkey), meat loaf, ham (ready-to-cook), dried meats (e.g., beef jerky) Imitation bacon bits	Canned fish in vegetable broth containing hydrolyzed wheat protein
		Eggs Plain whole eggs (fresh, frozen, liquid, powder), plain omelets, scrambled eggs	Seasoned (flavoured) egg products (liquid or frozen)
	Plain egg whites (frozen, liquid, powder)		
	Legumes Beans (black, kidney, navy, pinto, white), chickpeas / garbanzo beans, lentils, peas, soybeans * NOTE: Purchase legumes with a “gluten-free” claim.	Canned beans in sauce	
	Nuts and Seeds Plain or salted nuts and seeds (chia, poppy, pumpkin, sesame, sunflower) * NOTE: Purchase flax and hemp seeds with a “gluten-free” claim.	Seeds (flax, hemp)	
		Seasoned or dry-roasted nuts, chickpeas, pumpkin seeds and sunflower seeds	
		Nut and seed butters (e.g., almond, hazelnut, peanut, sesame, sunflower)	
	Meat Alternatives Plain tofu	Flavoured tofu, tempeh, textured soy protein (TSP) / textured vegetable protein (TVP)	Fu, seitan
		Plant-based meat substitutes (e.g., burgers, meatballs, sausages)	Plant-based meat substitutes made with wheat gluten and/or other not-allowed ingredients

Appendix B (continued)

Food Category	Foods Allowed	Foods to Question	Foods to Avoid
Fruits and Vegetables	Fruits Plain fruits and juices (fresh, frozen, canned)	Dates, fruits with sauces, fruit juices and smoothies with barley grass or wheat grass	
	Vegetables Plain vegetables and juices (fresh, frozen, canned)	French-fried potatoes, hash browns and potato wedges with seasonings or “fillers”	French-fried potatoes, hash browns and potato wedges cooked in oil also used for gluten-containing products (e.g., battered chicken and fish) Scalloped potatoes containing wheat flour, battered deep-fried vegetables
		Vegetables in sauces	
Soups	Gluten-free bouillon cubes, dried soup bases, prepared broths, cream soups and stocks; homemade broth, soups and stocks made from allowed ingredients	Prepared broths, soups and stocks; dried soup bases, soup mixes, bouillon cubes	Broths, soups and stocks made with not-allowed ingredients; dried soup bases, soup mixes and bouillon cubes containing hydrolyzed wheat protein, wheat starch and/or wheat flour
Snack Foods	Plain crackers made with nuts, rice or other gluten-free grains; plain rice cakes; corn cakes; plain popcorn, potato chips, soy nuts, taco (corn) chips; gluten-free pretzels	Seasoned (flavoured) crackers, rice cakes, corn cakes, potato chips, soy nuts, taco (corn) chips; wasabi peas	Potato chips made with wheat flour, barley malt flour, wheat starch and/or malt vinegar; pretzels made with wheat flour
Desserts	Cakes, cookies, muffins, pies and pastries made with allowed ingredients; gluten-free bread pudding; gluten-free flourless cake; gluten-free ice cream cones, wafers and waffles	Flourless cakes	Bread pudding, cakes, cookies, muffins, pies, pastries, ice cream cones, wafers and waffles made with not-allowed ingredients
	Custard, gelatin desserts, milk puddings, sherbet, sorbet	Crème brûlée	
Sugars, Candies and Other Sweets	Agave nectar/syrup, corn syrup, honey, jam, jelly, marmalade, maple syrup, molasses	Honey powder	
	Brown sugar, coconut sugar, confectioner’s/icing sugar, turbinado sugar, white sugar	Icings and frostings, sweet sauces/toppings	
	Chocolates and chocolate bars made from allowed ingredients; gluten-free licorice, marshmallows, whipped toppings	Chocolates, chocolate bars, hard candies, Smarties®	Licorice and other candies made with not-allowed ingredients
Beverages	Cocoa, coffee (instant or ground; regular or decaffeinated), flavored waters, soft drinks, tea	Coffee substitutes, flavoured coffees, flavored and herbal teas, hot chocolate mixes	Coffee substitutes made with not-allowed ingredients (e.g., Postum), malt-based beverages (e.g., Ovaltine [chocolate malt and malt flavors])

Appendix B (continued)

Food Category	Foods Allowed	Foods to Question	Foods to Avoid
Fats	Butter, margarine, lard, shortening, vegetable oils, mayonnaise, salad dressings with allowed ingredients	Baking/cooking spray, salad dressings, suet	Salad dressings made with not-allowed ingredients
Condiments Sauces/Dips	Herbs, pepper, salt, spices	Seasonings, seasoning blends/ mixes Curry paste	
	Ketchup, mustard (plain prepared), mustard flour (pure), olives, pickles (in clear brine), relish, tomato paste, vinegars (apple cider, balsamic, distilled white/spirit, pure rice, red wine, white wine)	Mustards (specialty prepared), mustard flour (prepared), mustard pickles, rice vinegar	Malt vinegar, miso (made with barley and/or wheat)
	Gluten-free barbecue sauce, gluten-free miso, gluten-free soy sauce, gluten-free tamari soy sauce, gluten-free teriyaki sauce, other sauces and gravies made with allowed ingredients	Barbecue sauces, cooking sauces, Worcestershire sauce	Soy sauce, tamari soy sauce or shoyu soy sauce (made with wheat); teriyaki sauce (made with soy sauce containing wheat); other sauces and gravies made with hydrolyzed wheat protein, wheat flour and/or wheat starch
Miscellaneous	Baking chocolate (pure), carob chips and powder, chocolate chips, cocoa (plain), coconut	Seasoned (flavoured) crackers, rice cakes, corn cakes, potato chips, soy nuts, taco (corn) chips; wasabi peas	Potato chips made with wheat flour, barley malt flour, wheat starch and/or malt vinegar; pretzels made with wheat flour
	Baking soda, cream of tartar, monosodium glutamate (MSG), vanilla (pure), vanilla extract (artificial/imitation), vanilla extract (pure), natural vanilla flavor	Baking powder, koji Barley grass and wheat grass	Tempura (breaded with wheat flour)
	Guar gum, xanthan gum, psyllium husks		
	Yeast (active dry, baker's, nutritional, torula)	Autolyzed yeast, autolyzed yeast extract / yeast extract	Brewer's yeast

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Label Reading Guide

Steps to Identify Gluten In Food



All packaged food products have an ingredient list that lets us identify if the food contains gluten. There may be visible claims and symbols as well to help us identify gluten.

By reading labels, we can recognize if the food is safe to eat.

Steps

1 Read the Ingredients

In the ingredients, check for **B.R.O.W (barley, rye, oats, wheat)**. If you see any of these ingredients, the product contains gluten and is not safe for those with celiac disease.

2 Check the 'Contains Statement'

If the food contains a priority allergen, it will be stated here. The two allergens that contain gluten are **wheat** and **triticale**. If you see either of these ingredients, it contains gluten.

3 Check the 'May Contain Statement'

These statements are not regulated, and therefore, optional; not all ingredient lists will have one. If present, check for **B.R.O.W** ingredients.

Ingredients: Enriched **Wheat** Flour, Canola Oil, Sugar, Glucose-fructose, Modified Milk Ingredients, Salt, Ammonium Bicarbonate, Baking Soda, Papain, Amylase, Protease, Natural Flavour.
Contains: Milk, **Wheat**.
May contain: Soy.

Does this food contain gluten?
 Yes. It contains **wheat**.

If no gluten-containing ingredients are present on the label, the product is gluten-free. However, there are some **exceptions**.

Exceptions

Some foods are at high risk of gluten cross-contamination. The following products should only be consumed if they have a **gluten-free claim**.



- Most grains, like oats, quinoa, sorghum, amaranth and buckwheat
- Cereals
- Pastas
- Pulses, like beans, peas and lentils
- Flax seeds
- All flours made from these grains and pulses
- Hemp seeds
- Baked products

Other Steps

Many products are **certified gluten-free**. Look for logos such as Celiac Canada's mark on food packages.

For more help, please refer to the [CCA Labelling Guide Resource](#).



Unexpected Sources of Gluten

10 Surprising Foods Which May Contain Gluten



Gluten is a protein found in wheat, barley, rye, triticale, and derived grains. Some well-known foods contain gluten, such as bread and pasta. However, gluten is found in some unexpected foods too, with some examples listed below. It is important to remember that not all variations of these foods contain gluten (i.e. not ALL chocolate contains gluten) but some do.

The best way to know if a food contains gluten is by reading the ingredient list.

<p>1</p> <p>Chocolates, Candies & Ice Creams</p> <p>Some chocolate, candy and ice cream brands contain gluten, while others do not. It is best to read the ingredient list.</p>	<p>2</p> <p>Seasoning mixes</p> <p>Individuals herbs and spices do not usually contain gluten, but blends sometimes do. Check the ingredient list.</p>	<p>3</p> <p>Condiments & Salad Dressings</p> <p>Some products like mustard and marmite usually contain gluten or in ketchup, wheat-derived vinegar may be used.</p>	<p>4</p> <p>Deli Meats / Processed Meats</p> <p>Plain meat is naturally GF. However, deli meats often contain binders or flavourings which may contain gluten.</p>	<p>5</p> <p>Meat Substitutes</p> <p>Some veggie burgers and sausages contain seitan, a wheat-derived ingredient. Always check the label.</p>
<p>6</p> <p>Oats</p> <p>While oats are naturally GF, they are at high risk of being cross-contaminated with gluten. Only oats labelled GF are advised.</p>	<p>7</p> <p>Soy Sauce</p> <p>Soy sauce is made from fermented wheat. Therefore, choose GF soy sauce or GF tamari soy sauce.</p>	<p>8</p> <p>Potato Chips & French Fries</p> <p>Flavoured chips may contain gluten. Fries can be cross-contaminated with gluten from other foods when cooking.</p>	<p>9</p> <p>Alcohol & Other Beverages</p> <p>Beer and malt-based beverages may contain gluten. Distilled alcohol is GF. Wine is naturally GF. Learn about alcohol labelling here.</p>	<p>10</p> <p>Soups & Gravies</p> <p>Soups and gravies often use thickeners, such as flour, which contain gluten. This will be listed in the ingredients.</p>

Tips to Avoid Unexpected Sources of Gluten

- 1 **Look for a gluten-free (GF) claim.** A product that has a GF claim is safe to consume. Please refer to Health Canada's [Resource on Gluten-Free Claims](#) for more information.
- 2 **Read the ingredient list.** Barley, rye, oats and wheat (BROW) are clear examples that contain gluten. Other ingredients are less clear, like malt extract. The [GF 24/7 app](#) lets you search ingredients and identify if they contain gluten.
- 3 **Use the CCA product finder.** The [Gluten-Free Product Finder](#) allows you to search GF products to empower your food choices. There are nearly 3,000 gluten-free certified products available in the search engine.
- 4 **Refer to the CCA labelling resource.** The [Food Labelling: Guidelines for Individuals with Celiac Disease Following a Gluten-Free Diet](#) is a trusted resource for gluten-related labelling questions.
- 5 **Ask questions.** If you are concerned about a product, reach out to the CCA or post in the [CCA Facebook Support Group](#). A motto to remember: when in doubt, leave it out!

Appendix E

Thickening Agents in Gluten-Free Cooking

Substitutions for 1 Tablespoon of Wheat Flour for Thickening

Thickener	Amount (Approximate)	Cooking Instructions	Suggested Use
Cornstarch	1 ½ tsp.	Mix with a cold liquid to create a smooth slurry before adding to other liquid. Bring to a gentle boil for a few minutes while stirring constantly. Thickened liquid becomes translucent and shiny, thickens further when cooled.	Fruit and savoury sauces, fruit pies and cobbler, puddings, stir fries
Potato Starch	1 ½ tsp.	Mix with small amount of cold liquid then stir constantly (lumps easily) while adding to other liquid. Do not boil or overcook. Yields a translucent thickened liquid.	Gravies, sauces, soups, stews
Tapioca Starch	1 tbsp.	Mix with small amount of cold liquid and add to other liquid during last five minutes of cooking, stirring constantly. Imparts a transparent and glossy appearance, produces a thick soft gel when cooled.	Pie filling, puddings, stir fries
Chickpea/ Garbanzo Bean Flour	1 ½ tbsp.	Make a roux for thickening sauces and gravies by combining flour with butter or oil; add roux to soup or stew at the end of cooking time. Will thicken completely after 2-3 minutes of boiling. Is yellow/tan in colour and produces cloudy appearance, smooth texture and slight bean-like taste.	Gravies, savoury sauces, soups, stews
Rice Flour (Brown)	1 tbsp.	Mix with small amount of cold liquid before using. Will thicken liquid after five or more minutes of boiling. Imparts a cloudy appearance and grainy texture.	Gravies, soups, stews
Rice Flour (Sweet)	1 tbsp.	Make a roux for thickening sauces and gravies by combining flour with butter or oil. Add roux to soup or stew at the end of cooking time. Will thicken after five minutes of boiling. Yields an opaque and shiny appearance.	Gravies, sweet and savoury sauces, puddings, soups, stews
Sorghum Flour	1 tbsp.	Make a roux for thickening sauces and gravies by combining flour with butter and oil. Add roux to soup or stew at end of cooking time. Will thicken after 2-3 minutes of boiling.	Gravies, sauces, soups, stews
Gelatin (unflavoured)	1 ½ tsp.	Soften a small amount in cold water then heat until liquid is clear before using. Thickness/firmness of final dish will range from semi-soft to extra firm depending on amount of gelatin used	Cheesecakes, puddings
Quick Cooking Tapioca	1 ½ tsp.	For fruit pies or cobblers/crisps, add dry tapioca granules to fruit and let stand for 10-20 minutes before baking.	Fruit crisps, pies, tapioca pudding

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Appendix F

Meal and Snack Suggestions

Breakfast

Category	Suggestions
Cereals	<ul style="list-style-type: none"> Gluten-free cold cereal e.g., gluten-free corn flakes with flax or granola served with milk or yogurt Gluten-free hot cereal e.g. single packets of gluten free oats with flax and fruit
Bagels, Breads, English Muffins and Muffins	<ul style="list-style-type: none"> Gluten-free toast or muffin with yogurt and fruit Toasted gluten-free bagel or English muffin with peanut butter and banana Only use toast if you have access to a dedicated gluten-free toaster It is very difficult to provide palatable toast unless the patient/resident is consuming it immediately after toasting. If this is not possible utilize muffins or cereal to improve quality.
Eggs	<ul style="list-style-type: none"> Scrambled, boiled, omelet, with toast and fruit Gluten-free breakfast wrap with eggs, or tofu scramble Western omelet (chopped peppers, onions and cheese) with potatoes
Pancakes and Waffles	<ul style="list-style-type: none"> Gluten-free French toast (great way to use older bread) Gluten-free waffles with fruit salad Gluten free pancakes with peanut butter and banana or syrup and fruit salad
Miscellaneous	<ul style="list-style-type: none"> Fruit smoothie

Lunch

Category	Suggestions
Soups	<ul style="list-style-type: none"> Gluten-free soup with gluten-free crackers and cheese Gluten-free soup with grilled cheese gluten-free sandwich
Salads	<ul style="list-style-type: none"> Dark green leafy salad with vegetables and protein served with gluten-free crackers Gluten free pasta salad with beans (e.g., black, kidney, garbanzo), vegetables and protein Quinoa salad with vegetables and seeds or nuts
Pizzas and Pastas	<ul style="list-style-type: none"> Gluten-free pasta and cheese with raw vegetables Gluten-free pasta with tomato-based sauce and cheese, served with salad Mini gluten free pizzas (English muffin with tomato sauce, toppings and cheese) Individual gluten-free pizza with toppings
Legumes	<ul style="list-style-type: none"> Black bean chili served over baked potato with grated cheese Lentil vegetable curry Fresh bean salad
Miscellaneous	<ul style="list-style-type: none"> Baked stuffed potato with assorted toppings e.g., broccoli and cheese or ham and cheese Bowls with gluten-free whole grains, protein and salad Gluten-free crackers with cheese cubes, raw vegetables and fresh fruit plate Gluten-free corn tortilla chips with cooked vegetables and melted cheese Omelet with potato wedges
Sandwiches, Rolls and Wraps	<ul style="list-style-type: none"> Gluten-free sandwich bread or wraps/tortillas with: <ul style="list-style-type: none"> Chicken, egg salad, salmon, tuna with chopped celery, onion and spices Turkey, lettuce, tomato Hummus, spinach, cucumbers, tomato, red onion, peppers, shredded carrots Roast beef, lettuce and cheese Nut butter (e.g., almond, cashew, peanut) with jam or jelly Gluten-free ham and cheese Chicken, lettuce and gluten-free Caesar dressing

Appendix F (continued)

Sandwich and Wrap Tips

- Gluten-free breads can be dry unless toasted, if you are not able to toast in a dedicated toaster or warm in a wax paper bag, try offering alternatives e.g., muffins or wraps.
- Warm wraps slightly where possible to soften them.
- If you do serve gluten-free bread products that are somewhat dry, add moisture via avocado, salsa, mayonnaise, butter/margarine, mustard or other gluten-free spreads.

Dinner

Category	Suggestions
Pasta Meals	<ul style="list-style-type: none">• Gluten-free pasta with meat or tomato sauce with cheese• Gluten-free fettuccini alfredo• Gluten-free vegetable and beef lasagna
Meat, Poultry and Fish Meals	<ul style="list-style-type: none">• Gluten-free barbeque chicken with vegetables and rice pilaf• Gluten-free meatloaf with spaghetti squash and broccoli• Grilled pork chops with roasted vegetables• Salmon with rice and green beans• Roast chicken or turkey with mashed potatoes and gluten-free gravy with glazed carrots• Turkey meatballs with tomato sauce, rice and green peas and carrots• Steak, baked potato and Greek salad• Baked chicken or fish with roasted potatoes and coleslaw• Roast pork, applesauce, baked sweet potato and steamed mixed vegetables• Sweet and sour pork with rice and stir-fried vegetables• Gluten-free chicken curry with rice and Greek yogurt
Casseroles, Stews and Miscellaneous	<ul style="list-style-type: none">• Gluten-free corn tortillas or tacos with ground beef, cheese, chopped lettuce and tomatoes• Chili with gluten-free cornbread and cheese• Stir-fry beef, pork or chicken with vegetables with rice• Beef stew thickened with gluten-free starch (see Appendix B)• Gluten free burrito with mashed black beans, cheese, corn, lettuce and tomatoes• Creamed salmon or tuna with green peas on rice

Appendix F (continued)

Snacks

Category	Suggestions
Nuts, Seeds and Grains	<ul style="list-style-type: none"> • Gluten-free crackers made with legumes, nuts or other gluten-free grains • Pumpkin or sunflower seeds • Unsalted nuts • Dried fruit and nut mixes • Rice cakes, corn cakes • Potato chips, corn chips • Gluten-free pretzels • Gluten-free granola and yogurt • Gluten-free cereal and milk • Gluten-free bagel with cream cheese with fruit • Gluten-free muffins (or mini muffins)
Fruits/Vegetables	<ul style="list-style-type: none"> • Fresh fruits (e.g., pear, peach, apple, banana, orange, kiwi, melon) • Canned fruit in water or juice (e.g. pears, peaches, pineapple, fruit cocktail) • Dried fruits (e.g., raisins, apricots, cranberries, blueberries, mangoes) • Applesauce (unsweetened) • Sliced apple with peanut butter • Baby carrots with hummus • Celery with peanut butter and raisins • Raw vegetables (e.g., green snap peas, sliced peppers, broccoli, cauliflower) and dip (yogurt and herbs or gluten-free salad dressing)
Protein	<ul style="list-style-type: none"> • Boiled eggs • Cheese, (e.g., cottage cheese, string cheese, block cheese) with gluten-free crackers • Peanut butter with banana or apple • Yogurt with fruit • Ice cream • Roasted chickpeas or hummus • Bean chips
Desserts	<ul style="list-style-type: none"> • Gluten-free cookies/brownies/cupcakes • Gluten-free snack bar • Custards/gluten-free puddings • Sorbet/ice cream • Gelatin desserts (jello)
Beverages	<ul style="list-style-type: none"> • Coffee • Tea • Juices • Soft drinks • Cocoa • Flavoured waters
Sandwiches, Rolls and Wraps	

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Gluten-Free Food Service: Tips for Cooks/Chefs

People with celiac disease or gluten sensitivity require a strict gluten-free diet for life to be healthy. Research has found that many people with celiac disease have difficulty obtaining safe and palatable gluten-free meals and snacks in hospitals, retirement and long-term care facilities. For this reason, it is very important to carefully provide meals that are truly gluten-free to these patients to prevent serious symptoms and long-term complications.

Check the Label

- Avoid BROW ingredients (barley, rye, regular oats and wheat) and any ingredients made from these grains.
- Oats and oat-based products WITH a “Gluten-Free” claim are allowed.
- Do not use products that have a “May Contain” statement for wheat, barley or rye unless the product also has a “Gluten-Free” claim.

Look for designated Gluten-Free symbols which take the guesswork out of label reading, such as Celiac Canada’s mark.



Gluten-Free Food Preparation

- Follow standard recipes. If substitutions need to be made, check that the alternate item is “gluten-free.”
- Try to make more existing menu items gluten-free (e.g., use gluten-free soy sauce, gluten-free soup and gravy bases, thicken with gluten-free flours) - see resource **Gluten-Free Food Service in Health Care: A Practical Guide**, Appendix E on gluten-free thickeners.
- Cold gluten-free bread generally doesn’t taste good, warm gluten-free bread in a waxed paper bag to improve quality.
- Gluten-free food can taste good! Experiment with new products and recipes to improve quality and variety.

Cross Contamination

A small amount of gluten can make someone with celiac disease or gluten sensitivity very sick. Avoid cross contamination by:

- Storing gluten-free foods/ingredients separately from gluten-containing foods.
- Labeling all containers of gluten-free products clearly.
- Cooking gluten-free foods separately from gluten-containing foods.
- Using clean utensils and equipment for gluten-free food preparation.
- Using a separate toaster.
- Using squeezable containers of condiments or individual condiments to eliminate the chance of double dipping.
- Cook gluten-free pasta in a separate pot with clean water; using a separate clean pasta strainer.
- Not using the same oil to fry gluten-containing and gluten-free food.
- When baking, ideally prepare gluten-free items on separate days from other products, or at least prior to gluten-containing foods.
- Labeling and sealing gluten-free products.

Gluten-Free Food Service: Tips for Food Service Workers



People with celiac disease or gluten sensitivity require a strict gluten-free diet for life to be healthy. Research has found that many people with celiac disease have difficulty obtaining safe and palatable gluten-free meals and snacks in hospitals, retirement and long-term care facilities. For this reason, it is very important to carefully provide meals that are truly gluten-free to these patients to prevent serious symptoms and long-term complications.

Label Reading

- Use gluten-free ingredients when preparing foods, if in doubt ask your Manager/ Supervisor or the Dietitian in your facility.
- Avoid BROW ingredients (barley, rye, regular oats and wheat) and any ingredient made from these grains.
- Oats and oat-based products **WITH** a **“Gluten-Free” claim** are allowed.
- Do not use products that have a “May contain: wheat” statement unless the product also has a “Gluten-Free” claim.

Look for designated Gluten-Free symbols which take the guesswork out of label reading, such as Celiac Canada’s mark.



Cross Contamination

A small amount of gluten can make someone with celiac disease or gluten sensitivity very sick. Avoid cross contamination by:

- Ensuring all areas and equipment/utensils are clean.
- Using clean cloths to wipe counters and sanitize before you begin.
- Where possible prepare gluten-free foods in a separate area; if this is not possible prepare gluten-free items **BEFORE** other food items.
- Using a separate strainer/colander for gluten-free foods.
- Covering and labeling all gluten-free foods.
- Storing gluten-free foods above gluten-containing foods.
- Using a separate toaster for gluten-free toast.
- Using squeezable containers of condiments or individual packages to avoid double dipping.

Service

- Gluten-free meal trays should also be clearly labelled and checked by a Supervisor.
- Never add or change items on a gluten-free tray after it has been checked unless you are absolutely sure the substitution or addition is also gluten-free.
- In dining rooms understand which items are gluten-free, deliver the gluten-free meals first where possible, and tell the resident the meal is gluten-free.
- Incorporate gluten-free foods that the patient or their family have provided to increase variety and satisfaction.
- Clearly label food items as gluten-free to avoid error.

Gluten-Free Food Service: Tips for Personal Support Workers (PSW) and Nursing Staff



People with celiac disease or gluten sensitivity require a strict gluten-free diet for life to be healthy.

Research has found that many people with celiac disease have difficulty obtaining safe and palatable gluten-free meals and snacks in hospitals, retirement and long-term care facilities. For this reason, it is very important to carefully provide meals that are truly gluten-free to these patients to prevent serious symptoms and long-term complications.

Communicating the Diet Order, Providing Service and Monitoring the Patient/Resident

- If the patient/resident has celiac disease or gluten sensitivity, a gluten-free diet must be ordered.
- Utilize the process in your facility to request that a Dietitian assess the patient, and if that will not be timely, request that a Supervisor from Nutrition/Food Service visit the patient/resident to obtain their preferences.
- Understand that patients/residents may be anxious about eating foods they have not prepared as they may get very sick if they eat even a small amount of gluten. When giving the patient/resident their food confirm that it is gluten-free.
- If providing trays check that the tray ticket states gluten-free diet.
- If providing service in a dining room where the residents have choice, explain which items being offered at that meal are gluten-free. If in doubt, ask a Supervisor or another foodservice staff member with knowledge about the gluten-free status of the item(s).
- Provide meal service in dining rooms first to residents who are on a gluten-free diet where possible to minimize cross-contamination and running out of the gluten-free options.
- If there are self-service food bars, give the resident the option of going through the line first or having their meal served to them.
- Do not utilize condiments in bulk. Instead, use squeeze bottles or individual condiments.
- Document relevant information related to the gluten-free diet and the health of the patient in the medical record.

Understanding What Foods are Gluten-Free

- Provide appropriate gluten-free snacks or packaged snacks that are labeled gluten-free (see below) e.g., don't provide regular cookies for a snack, instead provide fruit.
- Avoid BROW ingredients (barley, rye, regular oats and wheat) and any ingredient made from these grains.
- Oats and oat-based products **WITH** a **"Gluten-Free" claim** are allowed.
- If unsure about a food product, ask the Dietitian or the Nutrition/Foodservice Manager/Supervisor.

Look for designated Gluten-Free symbols which take the guesswork out of label reading, such as Celiac Canada's mark.



Storing Gluten-Free Food Properly

- Gluten-free foods and snacks (including those brought in by families) must be covered and labelled to avoid error and cross-contamination.
- Ideally store gluten-free foods on the top shelf of the refrigerator or cupboard if possible.
- Perishable food brought from home should be discarded within a specific time frame e.g., 3 days.

Additional Resources

Detailed Food Labelling Guide

<https://www.celiac.ca/wp-content/uploads/2022/12/CCA-Labelling-Document-SEP22.pdf>

There is a wealth of information on the Celiac Canada website found at www.celiac.ca.

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by Shelley Case, Dietitian, www.shelleycase.com.