



Moving on

A practical guide for young adults with coeliac disease

Growing up with coeliac disease - especially in your teenage years and early 20s - can have its challenges. Moving away from home and eating out more with your friends means you need to safeguard your gluten-free diet.



Don't be embarrassed about having coeliac disease. It is part of you and your friends will understand.

Cooking at home

Make sure that everyone you share your living space with understands the importance of you sticking to your diet. Explain that although you won't have an anaphylactic (life threatening) type of reaction if you eat gluten, eating even a small amount can make you feel ill.

Take steps to avoid cross contamination:

- use toaster bags to toast bread
- use separate butter, spread, pickle and jam pots
- have your own separate bread board
- if sharing a fridge or food cupboard, clearly label your food items to remind others not to use them
- if sharing utensils and crockery, make sure they're cleaned well before use.



Out and about

If you are going out for a meal with friends, make sure you plan so that you will be able to eat something.

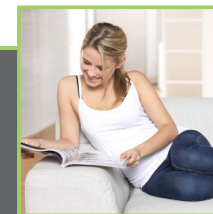
When eating out make your requirements known beforehand. Speak to the head chef and be aware that you may have to explain in some detail about what you can and can't eat and why it's important to avoid any contamination with foods that contain gluten. When you get there, check again that your requests have been passed on to the relevant staff. A large number of restaurants now have an allergy menu that will enable you to choose suitable dishes so ask if the restaurant has one of these.

Don't always expect to be able to eat from the menu. If there is nothing suitable, ask if the chef can provide something else. Many chefs are happy to do this once they know the reason for the request.

Use our online Venue Guide to find a list of restaurants local to you that can cater for your gluten-free diet. Visit www.coeliac.org.uk/venues.

Health matters

After diagnosis of coeliac disease it's important that you receive regular follow up. If you are moving away, register with a new GP as soon as possible so that you can arrange for gluten-free food on prescription and your annual review.



The following blood tests should be carried out to check for nutritional deficiencies:

- full blood count
- calcium
- ferritin
- folate
- vitamin B12.

Other blood tests that could be carried out include:

- coeliac disease antibodies either tissue transglutaminase (tTG) and/or endomysial antibodies (EMA)
- thyroid function tests
- liver function tests.

Prescriptions

Aged 16-18 years

You are entitled to free NHS prescriptions and dental treatment as a student up until the age of 18. If you are not in full time education, you may be able to get help under the NHS Low Income Scheme.

Aged 19 years+

You will have to pay for your prescriptions, regardless of whether or not you are a student. However, you may be able to get help under the NHS Low Income Scheme. To apply you need to fill in an HC1 form. You can order this online or

pick one up at your local Job Centre Plus office or at most NHS hospitals. Your GP, dentist or optician may also be able to give you one.

www.nhs.uk/NHSEngland/Healthcosts/Pages/nhs-low-income-scheme.aspx.

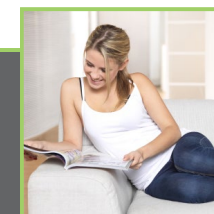
If you have to pay for four or more items in three months or 14 items in 12 months, you could save money by buying a Pre-Payment Certificate. You can get hold of these forms online at www.nhsbsa.nhs.uk/1127.aspx or you can call **0300 330 1341**.

Recommended amounts per month

Age and gender	Units per month
15-18 years	18
Male 19-59 years	18
Female 19-74 years	14

Number of units for different foods

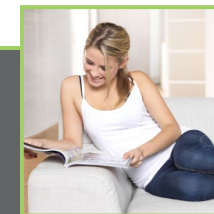
Item	Units
400g bread / rolls / baguettes	1
500g bread mix / flour	2
200g savoury biscuits / crackers / crispbreads	1
250g pasta	1
500g oats	1.5
300g breakfast cereals	1.5
2 pizza bases	1



Shopping

Managing your gluten-free diet needn't just be about the Free From aisles of your supermarket. There are many mainstream foods you can have as long as you know how to read the information on the labels.

- **Gluten-free**
 - The term gluten-free is covered by law. If you see 'gluten-free' you know that you can have the product.
- **No gluten-containing ingredients**
 - This label indicates that a product has been made without ingredients that contain gluten and that controls are in place to minimise cross contamination.
- **Crossed Grain symbol**
 - We license our Crossed Grain symbol to manufacturers who meet our standards and if you see this on a product you know it can be included in your diet.
- **Ingredients list**
 - All packaged foods in the UK are covered by a law on allergen labelling so any cereal that contains gluten (wheat, barley, rye or oats) must be named on the ingredients list, no matter how much is used. You should always check the ingredients list.



Tips for a balanced diet

Eat regular meals based on starchy carbohydrates such as rice, potatoes, yams, gluten-free grains such as millet, quinoa and teff, gluten-free breads and gluten-free pasta. These foods are a good source of energy and can also provide fibre, calcium, iron and B vitamins.

- Aim to eat five portions of fruit and vegetables each day. Fruit and vegetables are naturally gluten-free.
- Reduce the amount of fat in your diet, especially saturated fat which is found in animal products including butter, fatty cuts of meat and full fat dairy foods.
- Reduce sugar and sugary foods. Sugar is often added to sweets, biscuits, cakes and full sugar fizzy drinks.
- Eat plenty of fibre. Good gluten-free sources include brown rice, high fibre/multigrain gluten-free breads, pulses (peas, beans and lentils), nuts and seeds, fruit and vegetables and potatoes in their skins.
- Cut down on salt. Foods particularly high in salt include processed foods, ready meals and snacks. Avoid adding salt to meals and try using herbs and spices to add flavour instead.
- More information can be found on our website www.coeliac.org.uk.

Alcohol - aged 18+ years

Avoid any alcohol containing gluten or you will risk damaging your gut.

Checklist

Gluten-free	Not gluten-free
Gluten-free beer and lager, cider, wine, sherry, port, liqueurs, spirits	Beers, lagers, stouts, ales, alcopops*

* may contain gluten - check with manufacturer.

Recommended maximum levels for alcohol intake

Men	Women
3-4 units/day	2-3 units/day

1 unit = 1 small glass of wine, 1 pub measure of spirits, half pint gluten-free beer or cider.

Avoid drinking too much alcohol. Try to have at least two alcohol-free days a week and spread the suggested maximum alcohol intake over the week, instead of binge drinking at weekends.

Dehydration can make you feel tired and sluggish. It can also make you think that you are hungry when you are actually thirsty. So aim for eight to 10 glasses or 1.5-2 litres of fluid a day.



Travel

Travelling can be a huge adventure and there is no reason why coeliac disease should stand in your way. Planning is key so do your research well in advance so that you allow plenty of time to receive any information you may have requested.

Coeliac UK can provide you with travel information leaflets for over 35 different countries. These contain really useful phrases which explain that you have coeliac disease and what your dietary needs are.

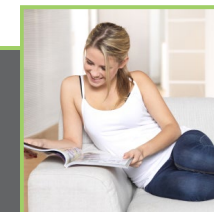
International coeliac organisations

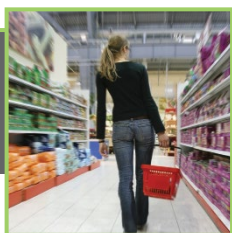
Details of coeliac societies abroad are available on our website. Another useful website is the Coeliac Youth of Europe at www.cyeweb.eu.

Coeliac UK GUTs (Gluten-free Under Thirties)

Previously known as the Coeliac UK Youth Group, GUTs has been launched specifically for members of Coeliac UK, aged around 18-30.

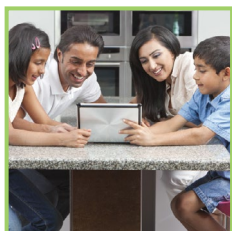
The aim of the group is to provide a supportive network to young adult Members, where they can all give each other some helpful advice on living with coeliac disease. This can be anything from tips on gluten-free restaurants, moving out of home, starting in a new workplace, or explaining coeliac disease to new university friends. As well as support they organise local and national events. Search for 'GUTs Coeliac UK' on Facebook or find them on Twitter at [@CoeliacUKYG](https://twitter.com/CoeliacUKYG) for the most up to date information.





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Coeliac UK: Putting the choice back in your life

Being a Member of Coeliac UK gives you, and the people that care about you, the knowledge and confidence to manage your gluten-free diet and to make the right choices for your health. Our proven and trusted expertise will help you understand your condition and guide your decisions on eating safely.

Together as the biggest UK community for coeliac disease, we will improve healthcare and make a gluten-free choice an easy choice.

Coeliac UK Membership gives you:

- Membership Helpline for support from our expert food advisers and dietitians
- A smartphone app to help you manage your diet on the go
- Essential publications including our magazine, electronic newsletter and a copy of our Food and Drink Directory
- Local Voluntary Support Groups for help in your area
- Support networks for you to share your experiences
- Website www.coeliac.org.uk with advice and information on your health, eating out, cooking and food products.

More information can be found at www.coeliac.org.uk/join

This information is for guidance only and should not replace advice given by your healthcare professional.

www.coeliac.org.uk



www.facebook.com/CoeliacUK



[@Coeliac_UK](https://twitter.com/Coeliac_UK)

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