



# Oats

## and their role in the gluten-free diet

**Oats do not contain gluten. They contain a similar protein to gluten called avenin.**

### Should I avoid oats?

Gluten-free oats may be introduced to the diet at diagnosis. However, a small percentage of people with coeliac disease are sensitive to the gluten like protein, avenin, found in oats and if you have ongoing symptoms whilst including gluten-free oats on your diet, please review their use with your health professional.

### What's the problem with oats?

The main problem with a lot of the oats that you find in the supermarket is that they can be contaminated with gluten from wheat, barley and rye. This is because they are often grown or milled in the same environment. Oats and oat products that are NOT labelled as gluten-free should always be avoided.

### What about oats that are labelled as gluten-free?

Many specialist manufacturers now produce gluten-free oats. These are oats that are grown and milled in a dedicated environment where there is no risk of contamination with gluten from wheat, barley and rye.

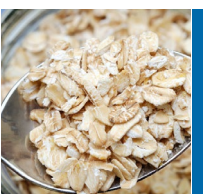
These oats are then tested to make sure they contain 20 parts per million or less of gluten and comply with the law on gluten-free labelling.

### What should I do if I want to try gluten-free oats?

If your healthcare professional is happy for you to try oats, ensure only oats and oat products labelled gluten-free are included in your diet.

### Where can I find uncontaminated, gluten-free oats?

- Gluten-free oats and oat products that are free from contamination with gluten are listed in our Food and Drink Directory under the Oats chapter.
- Gluten-free oats are often found in the Free From section at your local supermarket, in Health Food Shops or they can be ordered on the internet.



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### How do I know if I'm one of those people who are sensitive to avenin?

- The only way to know is by trying gluten-free oats. Introduce them gradually and look out for any symptoms that may start, such as wind, bloating, diarrhoea, constipation and mouth ulcers. Increase the amount of oats you eat gradually and make sure you drink plenty of fluids at the same time.
- If you are someone who does not get any symptoms, you should ensure you receive follow up by your healthcare team.
- If you have ongoing symptoms you should refer to your healthcare team for advice.



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