



Going vegetarian on a gluten-free diet

If you're following a vegetarian and gluten-free diet, you may be more limited in the food you can eat and also at greater risk of nutritional deficiency. This may be more of an issue if you are following a vegan diet and not eating any animal or dairy foods.

There are different types of vegetarian diets:

- lacto-ovo vegetarians avoid all meat but may eat dairy products and eggs
- lacto vegetarians eat dairy products but not eggs
- vegans avoid all animal products.

People with coeliac disease can sometimes have nutritional deficiencies, such as anaemia, due to iron and B vitamin deficiencies and osteoporosis because of problems absorbing calcium. There have been reports that some people on a gluten-free diet eat less calcium which can also be true of people on vegetarian or vegan diets.

Plan your meals to make sure you're getting all the nutrients you need.

Protein

If you are not eating meat and fish you need to make sure you're getting protein from other sources.

Non meat sources of protein which are also gluten-free include:

- textured vegetable protein made from soya and tofu* made from soya milk
- pulses (peas, beans, lentils)
- eggs
- nuts and seeds.

Calcium

To have good bone health, you need a diet rich in calcium as this can help treat and prevent osteoporosis in people with coeliac disease. Foods rich in calcium include dairy products such as milk, cheese and yoghurt.

If you are following a vegan diet you can drink soya and rice milk fortified with calcium as an alternative to cow's milk.

Other non dairy sources of calcium include:

- tofu*
- dark green vegetables (kale, broccoli)
- seeds (sesame, sunflower)
- kidney or baked beans
- dried fruit (raisins, apricots, figs)
- fortified soya milk.

*Check your Food and Drink Directory for suitable products.



0333 332 2033

Call us for more information

Vitamin D

You need vitamin D for calcium absorption and this is made in your body when you get sunlight on your skin. Most people get enough vitamin D this way but some may need to make sure that their diet includes some too. Good food sources include oily fish, eggs and fortified products such as margarine and spreads.

A vitamin D supplement may be needed for older people, those who are housebound and those who completely cover their skin outside.

Some calcium supplements that are prescribed by your GP may also contain vitamin D. You may need to take supplements to make sure you're getting enough calcium and vitamin D.

Iron

If you don't have enough iron in your diet it can lead to iron deficiency anaemia. The following foods are all good sources of iron suitable for a gluten-free and vegetarian/vegan diet:

- pulses (peas, beans, lentils)
- eggs
- dark green vegetables (kale, broccoli)
- dried fruit (raisins, apricots, figs)
- nuts and seeds.

To improve iron absorption, include food and drink rich in vitamin C with meals. Good sources include fruit juice, citrus fruits and potatoes.

Vitamin B12

Vitamin B12 is found naturally in foods such as milk and eggs therefore deficiency is not usually a problem for most people on a vegetarian diet. If you are following a vegan diet, alternative sources include:

- fermented soya products
- seaweeds
- fortified margarines
- fortified yeast extracts.

Many specialist vegan foods are supplemented with vitamin B12 but may not be gluten-free, so it is recommended that you take additional supplements.

If you are concerned about meeting your nutritional requirements, talk to your dietitian or GP for advice about your diet and supplementation.

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

www.coeliac.org.uk



[facebook.com/CoeliacUK](https://www.facebook.com/CoeliacUK)



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

All rights of translation and reproduction reserved.



are Registered Trade

Marks of Coeliac UK 2011 & 2012

© 2016 Coeliac UK

A Registered Charity and Company Limited by Guarantee and Registered in England.

Registered Number 3068044. Registered Charity Number in England and Wales 1048167.

Registered Charity Number in Scotland SC039804.

Registered office Coeliac UK, 3rd Floor Apollo Centre, Desborough Road, High Wycombe, Bucks, HP11 2QW.

Tel: 01494 437278

Fax: 01494 474349

www.coeliac.org.uk