

The Gluten Challenge

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For coeliac disease testing to be reliable, 8-10g of gluten should be eaten each day for 6 weeks (4-5g of gluten for children).¹

Each of the foods on this list provide 2-2.5g of gluten per serving.²

WHEAT-BASED BREAD
1 slice



WEET-BIX
1 biscuit



WHEAT-BASED PASTA
1/2 cup, cooked



WHEAT-BASED CEREAL
1/2 cup



COUSCOUS
1/3 cup, cooked



PLAIN ENGLISH MUFFIN
1/2



SALADA OR VITA-WHEATS
4-5 single biscuits



SWEET BISCUITS
2 small biscuits



BREAD ROLL
1/2 large



CAKE OR MUFFIN
1 slice or small muffin (30g)



All images sourced from gettyimages.co.uk

Useful Resources:

1. <https://www.nice.org.uk/guidance/ng20/resources/coeliac-disease-recognition-assessment-and-management-pdf-1837325178565>
2. https://www.coeliac.org.au/uploads/65701/ufiles/Fact_sheets/GlutenChallenge.pdf
3. <https://www.bsg.org.uk/resource/bsg-guidelines-on-the-diagnosis-and-management-of-adult-coeliac-disease.html>
4. <http://allergy.net.au/wp-content/uploads/2013/02/Kinetics-of-response-to-gluten-challenge-Leffler-Gut-2012.pdf>