

# GLUTEN FREE DIET IN THAI FOOD

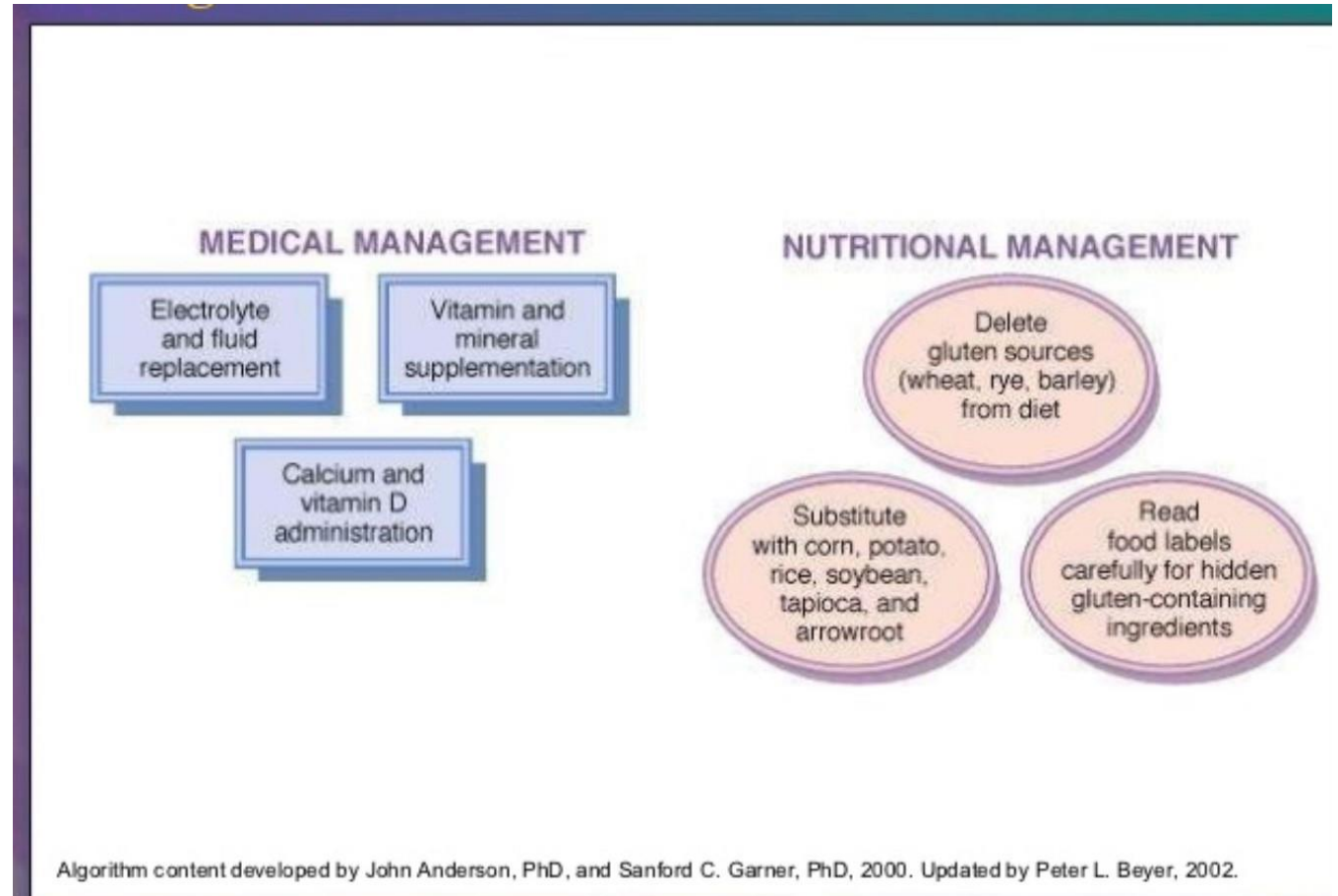
Sallaya Kongsomboonvech MA.,RD.,TCDE





# “Patients with Celiac Disease need Gluten Free Diet for the Life times”

- Improvements begin within weeks of starting the diet.



## The Gluten Free Diet Can Be Low in...

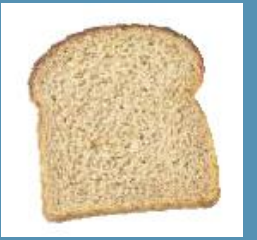
- Nutrients: Protein
- Vitamins, and minerals the body needs, such as fiber, iron, and calcium, Zn,, A, K,D. other soluble vitamins: folic acid, Vit B12 B1, B2, niacin
- Some gluten-free products can be high in calories and sugar.

# What Foods Contain Protein?



- Avoiding foods with gluten, a protein found naturally in **wheat, rye, barley, malt, some oat**
- all products that contain gluten, such as most **cereal, grains, and pasta, and many processed foods.**

**Evidence suggests** that most people with the disease can safely eat moderate amounts of **oats**, as long as they did not come in contact with wheat gluten during processing.





# What Foods Contain Gluten?



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Gluten is commonly found in bread and baked goods.



But gluten can also be hidden in the most unsuspecting places.



## Pasta



**additives and preservatives**



# Healthy Foods That Are Naturally Gluten-Free

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**Vegetables**



**Legumes**



**Nuts and Seeds**



**Fruits**



**Some Grains**

... like buckwheat and quinoa



... including olives and avocados



<https://jenniferskitchen.com/2013/10/how-to-go-gluten-free.html>

## Grains

## Milkshake

Naturally Gluten-Free Brown Rice



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Naturally Gluten-Free Polenta



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Naturally Gluten-Free Quinoa



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# Safe Thai dishes

- Most **Thai** cuisine is naturally **gluten-free**, so you'll **have** many choices when you dine.
- Fried food coated in rice flour
- Most **curries** such as massaman curry, panang curry, green curry, as they do not use soy sauce. Always double check with the restaurant staff and be careful of cross contamination.



[https://cdn3.tmbi.com/toh/GoogleImages/Southern-Fried-Chicken-with-Gravy\\_exps33285\\_THRAA2874593C01\\_23\\_1b\\_RMS.jpg](https://cdn3.tmbi.com/toh/GoogleImages/Southern-Fried-Chicken-with-Gravy_exps33285_THRAA2874593C01_23_1b_RMS.jpg)



<https://www.thailandglutenfree.com/recipes.html>





**Tom Yam Kung**



**Som Tam Thai**



**Pad Thai**



**Fried Thai Fish cookies**



**Tom Kha Gai**



**Laab Moo**

# Gluten-free food labeling requirements



Whole grain wheat is listed under ingredients

INGREDIENTS: WHOLE GRAIN WHEAT, CINNAMON, MOLASSES, SUGAR, SALT, TRISODIUM PHOSPHATE, BHT ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: VITAMIN C (SODIUM ASCORBATE), CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D3, VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID), VITAMIN B, THIAMIN MONONITRATE), VITAMIN A (PALMITATE), VITAMIN B12

Allergy statement

CONTAINS WHEAT INGREDIENTS

The U.S. Food and Drug Administration (FDA) published a rule defining what “gluten-free” means on food labels. The “gluten-free” for food labeling External link rule requires that any food with the terms “gluten-free”, “no gluten”, “free of gluten,” and “without gluten” on the label must meet all of the definition’s requirements.

<https://www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease/eating-diet-nutrition#labeling>

<https://alternativeeatingdotcom1.files.wordpress.com/2013/09/gf.png>

<https://m.jd.co.th/product/696506.html>

<https://pantip.com/topic/35204811>



## Take home message...

When shopping and eating out, remember to

- Be sure to always **read food ingredient lists** carefully —especially on **canned, frozen, and processed foods**—for ingredients that contain gluten
- Identify foods labelled “**gluten-free**”; by law, these foods must contain less than **20 parts per million**, well below the threshold to cause problems in the great majority of patients with celiac disease
- Ask the chefs about how they prepare the food and what is in it
- Find out whether a gluten-free menu is available
- Consult dietitian