

Gluten Free NZ

Version: no. Android 2.20

Last update: 2013

Date of review: November 2016

Cost: 0.99c (USD)

Platform: Android

Purpose: Database listing gluten free foods manufactured in New Zealand

Suitable for: Those with Coeliac Disease or gluten sensitivity

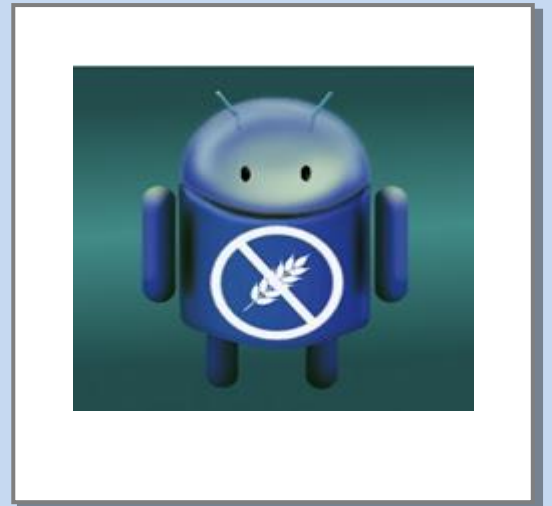
Clinical safety: No safety alerts or encouragement to seek professional advice included

Pros:

- Simple to use
- Categorises food items making them easy to find
- Also incorporates search function so you can type a food or brand in yourself and see if it is listed
- Does not require internet connectivity except when updating lists (which does not appear to happen often)

Cons:

- Has not been updated recently
- Only lists foods manufactured in New Zealand, potentially missing many products
- Does not provide any learning opportunities; advice around label reading or seeking help from a dietitian



Dietitian recommendation: A simple app which does what it says it will – i.e list gluten free foods that have been made in NZ. Foods are listed in categories which you can drill down, or you can search for a specific food or brand. It has not been updated recently, so is likely to be missing several foods.

It could be of use to people who are unfamiliar with a gluten free diet who want a few go to products which they know will be safe.