

coeliac disease

Information for family, friends, schools and other care providers

Child's name: _____

the information provided in this leaflet can be shared with anyone who helps to care for your child. it provides a brief overview of coeliac disease and advice about how to keep your child safe while they are being looked after away from home.

Safe Foods

- ✓ Fruits and vegetables
- ✓ Rice
- ✓ Potatoes
- ✓ Polenta
- ✓ Meat & fish (without batter or breadcrumbs)
- ✓ Eggs
- ✓ Tofu
- ✓ Milk and cheese
- ✓ Jelly
- ✓ Foods labelled as 'gluten-free'
- ✓ Fruit juices, squash, water
- ✓ Jelly

*Lots of these foods are available in gluten-free versions or can be made with gluten-free flours.

What is coeliac disease?

Coeliac disease is an autoimmune condition caused by an intolerance to gluten. In children, the symptoms commonly associated with untreated coeliac disease include poor/ delayed growth, stomach pain, nausea/ vomiting, diarrhoea, headaches and tiredness.

The only treatment for coeliac disease is a life-long gluten-free diet, which if followed strictly, will allow those with this condition to lead a normal, healthy life. For our quick glance guide to foods that can be eaten and foods that should be avoided, please see below:

Foods to avoid

- ✗ Breads*
- ✗ Rolls , wraps and crumpets*
- ✗ Pizza bases*
- ✗ Cakes and biscuits*
- ✗ Pancakes*
- ✗ Breakfast cereals made from wheat, rye or barley
- ✗ Pastry*
- ✗ Pasta & Noodles*
- ✗ Cous-cous
- ✗ Sauces thickened with wheat flour
- ✗ Barley water

Reading a food label

Gluten-containing cereals are a known allergen and they will always be highlighted (for example, in bold lettering) within food ingredients lists.

Foods that list 'wheat', 'rye', 'barley' or 'oats' should be avoided. Whilst oats don't contain gluten, there is a high chance that they will be contaminated during manufacturing, therefore only oats labelled specifically as 'gluten free' are safe to include.

What happens if gluten is accidentally consumed?

The consequences of eating gluten for someone with coeliac disease will vary from person to person.

The effects may last a few hours, or may take a few days to resolve. In rare cases, there may be few or no effects at all.

Symptoms can include; stomach pain, nausea/ vomiting, diarrhoea, and headaches.

The reaction is not the same as an allergic reaction and does not cause anaphylactic shock. If you believe a coeliac child in your care has consumed gluten, encourage them to sit quietly with an adult and inform the child's parent/ guardian.

Need more information?

Coeliac UK, the registered charity for those diagnosed with coeliac disease, offer a range of useful resources, recipes and ideas for people living with coeliac disease and those who care for them. Visit www.coeliac.org.uk for more information or call the careline number below.

 Visit: www.coeliac.org.uk  Call: 0333 332 2033

Avoiding cross-contamination

Even a small amount of gluten can be harmful to people with coeliac disease. It's important to be mindful of the risks of cross-contamination when you are preparing, cooking and storing food, for example:

- Wash all utensils and work surfaces thoroughly with hot soapy water before preparing gluten-free foods
- Use different spoons/ knives for jams, marmalades and spreads so you don't transfer crumbs from gluten-containing breads
- Use separate chopping boards, bread knives and toasters for gluten-free foods. Toaster bags can help to avoid gluten contamination if you don't have a second toaster
- Cover grill pans with foil before cooking gluten-free foods on them
- Don't use the same cooking water to cook gluten-free and gluten-containing pasta
- Don't fry gluten-free foods in oil that has previously been used to cook gluten-containing foods



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