

coeliac disease and me!



tear out
fact sheets
inside

what is coeliac disease?

**“I’m Molly and i have
coeliac disease, like you.
I can tell you everything i know!
And this is Rascal, he knows lots too!
Rascal comes with me every
time i visit the hospital.”**

Coeliac disease means that you can’t eat foods that have **gluten** in them. If you do eat gluten then you will feel poorly.

You might get a sore tummy, feel sick and tired, have runny, smelly poo, or maybe all of these!

**when we eat gluten
we feel horrible...**



what is gluten?

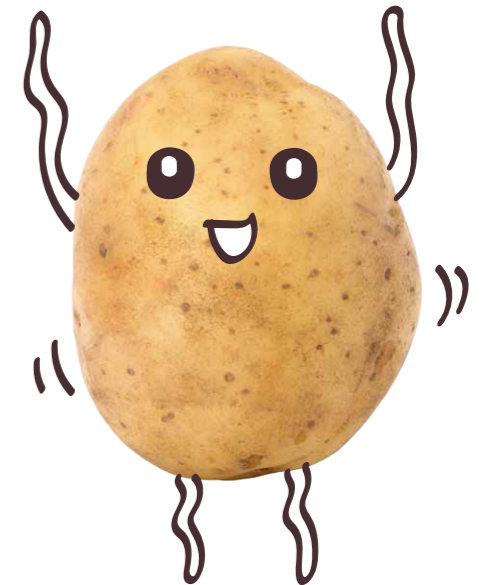
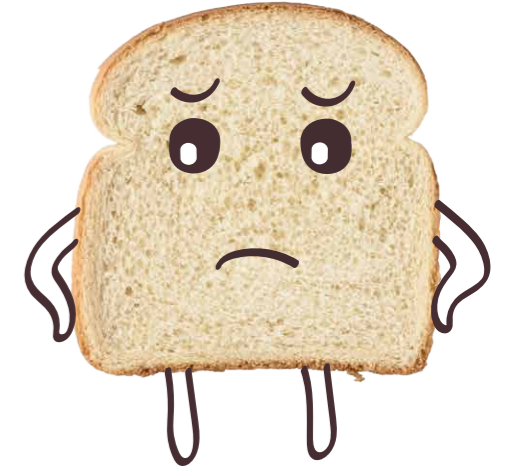
Gluten is found in wheat, rye and barley. These are known as **‘cereal grains’**.

These grains are used to make flour and the flour is used to make lots of different foods, like **bread, pasta, cakes** and **biscuits**.

The good news is that lots of foods don’t have gluten in them and will be safe for you to eat!

You can still have lots of the foods you like, but you or your grown-up will need to check that they are **‘gluten-free’** before you eat them.

**...and when we don’t,
we feel great!**

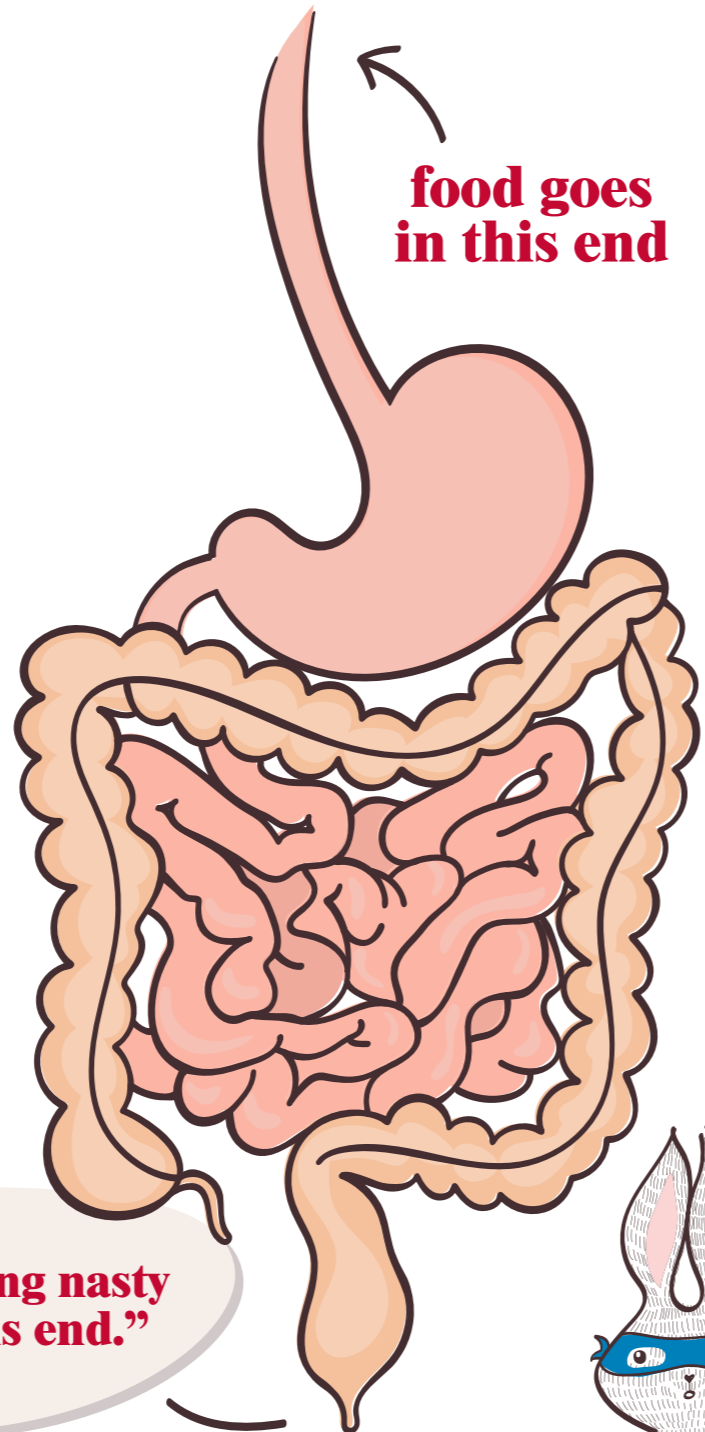


what is coeliac disease?

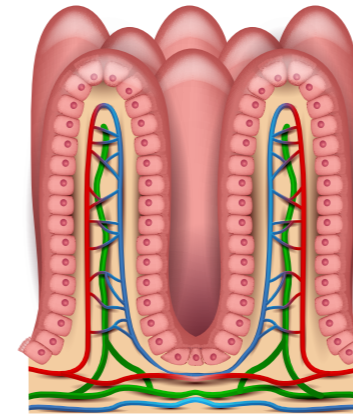
When you eat, food begins a journey from your mouth to your bottom!

Food is mashed up in your tummy and then pushed into your intestines to be made even smaller so that all the important stuff, like the vitamins and minerals, can be taken out and carried around your body in your blood.

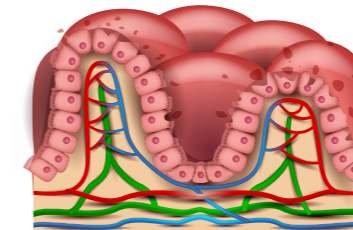
Anything that your body doesn't need comes out in your poo!



let's take a closer look



Normal villi



Coeliac villi

There are lots of tiny bumps all along your intestine, these are called **villi**. Villi help to suck up all the important stuff from food.

When people with coeliac disease eat gluten, the villi are damaged and they get smaller. The villi aren't able to do their job, which is why you feel poorly.

"It's all to do with our villi - apparently!"



food we can eat

Great news! These foods don't have gluten in them:

- ✓ 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

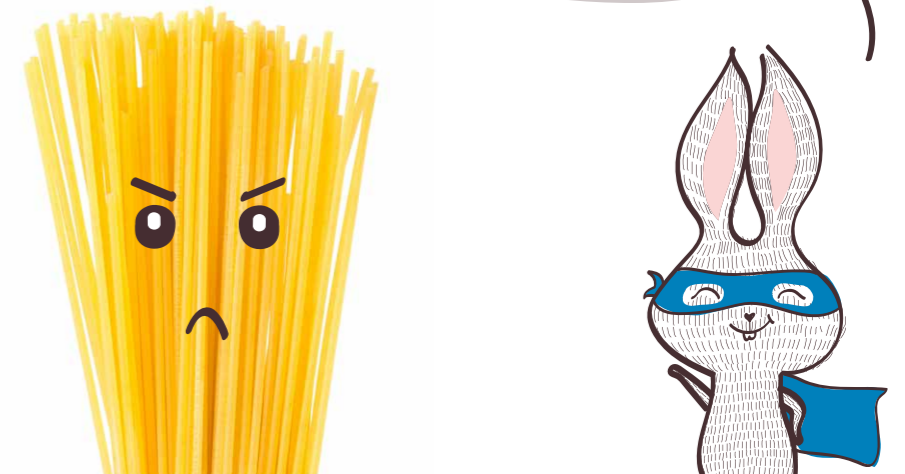


food we can't eat

These foods are made from wheat, rye or barley so they have gluten in them:

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

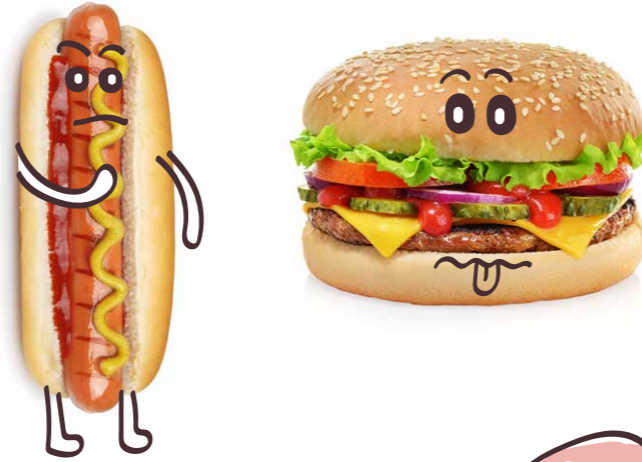
*** "Lots of these foods are available in gluten-free versions or can be made with gluten-free flours. so don't worry, you won't miss out on your favourites!"**



hidden gluten

Sometimes gluten is added to foods you might not expect! Ask your grown-up to help you check the labels on these foods:

- Sausages and burgers
- Tinned meat and meat pastes
- Gravies and sauces
- Oven chips and potato waffles
- Breakfast cereals made from rice and corn
- Puddings and desserts
- Chocolate
- Crisps
- Cloudy fizzy drinks and hot chocolate



“sneaky!”



what happens now?

When you begin your gluten-free diet you will start to feel better very quickly, which means you’ll have lots more energy to do all the things you want to do!

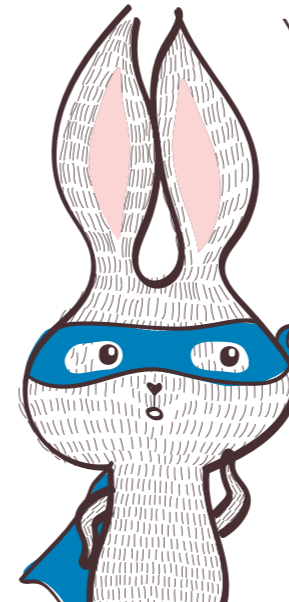
You’ll need to stick to your gluten-free diet to make sure that your body stays healthy. Your doctor will ask you to come back for check-ups now and again to make sure that your tummy is getting better.

What’s a dietitian?

You and your family will also get to meet a dietitian – a special food expert.

Your dietitian will be able to help you to change your diet to make sure it’s completely gluten-free but still super tasty!


Dietitians know all about which foods contain gluten and which ones don’t. Your dietitian will make sure that you are getting all the vitamins and minerals you need to keep your body healthy and help you to grow and stay strong.




top tips for kids


my best ideas!

 Don't share food with your friends unless you are sure it is gluten-free. Even a little bit of gluten can make you feel poorly.

 Talk to your friends and teachers about your gluten-free diet. Maybe you could show them this leaflet so they understand how they can help you.



 If you are eating away from home, make sure that you ask a grown-up who knows about your diet to check that any food you choose is definitely gluten-free. You could also take your own gluten-free sandwiches, snacks and treats with you, to make sure there is always something safe for you to eat.

 Have fun in the kitchen! There's some great gluten-free recipes in this book that you can have fun making. Just because you need a gluten-free diet doesn't mean you can't enjoy baking delicious treats!



**you can find gluten-free recipes online.
for loads of yummy ideas just visit:**

www.glutafin.co.uk

www.schar.co.uk

gluten-free fish fingers



Preparation time: 10 minutes



Cooking time: 15 minutes



Makes: 4 servings



An easy tea-time classic that the kids will love!

Ingredients:

- 120g (3-4 slices) Gluten-free bread, e.g. Glutafin Gluten Free Select Fresh White Loaf or Schär Wholesome White Loaf
- 220g cod or haddock fillet
- 1 egg
- 2 tbsp olive oil
- Pinch of salt and pepper (optional)

Method:

1. Preheat the oven to 200°C /180°C Fan/Gas Mark 6.
2. Whizz the bread in a food processor until it resembles fine breadcrumbs. Alternatively, cut the bread into 2cm slices and toast in the pre-heated oven for 15 minutes until golden brown. Remove from the oven and let the bread cool. Place the bread in a plastic bag and use a rolling pin to crush it to make bread crumbs.
3. Beat the egg and add seasoning if required.
4. Slice the fish fillet in to thick chunks, to resemble fish fingers.
5. Dip the fish pieces into the egg, ensuring they are well covered and then coat in the breadcrumbs, turning several times and pressing down the crumbs onto each piece.
6. Place the fish on a greased baking sheet, drizzle with olive oil and bake for 15 minutes, turning halfway through cooking.

Tip! These can be prepared and frozen as long as the fish hasn't been previously frozen.

gluten-free herby chicken burgers

Ingredients:

- 35g/ approx. 1 slice of gluten-free breadcrumbs* (e.g. Glutafin Gluten Select Free Fresh White Loaf or Schär Wholesome White Loaf)
- 4 gluten-free bread rolls (e.g. Glutafin Gluten Free White Rolls or Schär Frozen White Rolls/ Schär White or Brown Ciabattas)
- 500g chicken or turkey mince
- 2 spring onions, finely chopped
- 2 garlic cloves, crushed
- 1 tbsp parsley, finely chopped
- 1 tbsp tarragon, finely chopped
- 2 tsp lemon juice
- 1 egg
- 2 tbsp olive oil
- Pinch of salt and pepper (optional)

Method:

1. In a large bowl mix together the chicken mince, breadcrumbs, spring onions, garlic and herbs and seasoning, until all the ingredients are blended together.
2. Mix in the egg and lemon juice.
3. Shape into 4 thick burgers, either in a burger press or by pressing firmly into balls and flattening with the hands.
4. Heat the oil in a frying pan and cook the burgers for 10-12 minutes per side. Ensure the burger is cooked through before serving in a sliced roll with your choice of gluten-free sauces and toppings.

Tip: Warm your gluten-free rolls in the oven for a few minutes before adding the burgers, to give a soft centre and crisp crust!

*see fish finger recipe for how to make your own breadcrumbs.

This simple recipe will also work well on the BBQ! Use a brown gluten-free roll to add extra fibre.



Preparation time: 20 minutes



Cooking time: 10 minutes



Makes: 4 servings



gluten-free white chocolate & vanilla cupcakes

Pretty as a picture, these delicious white chocolate and vanilla cupcakes are perfect for a party or dessert.



Preparation time: 30 minutes



Cooking time: 25 minutes



Makes: 18 cupcakes

Ingredients:

- 200g of gluten-free flour mix, e.g. Glutafin Gluten Free Select Multipurpose White Mix or Schär Baking Mix
- 110g butter (soft)
- 225g caster sugar
- 50g white chocolate*
- 2 medium eggs
- 1 tsp gluten-free baking powder*
- 1 tsp xanthan gum (optional)
- 1 tsp vanilla extract
- 150ml soured cream

For the Icing

- 225g butter (soft)
- 450g icing sugar (sieved)
- 1 tsp vanilla extract

To decorate

- 50g White and Milk chocolate buttons*

*Refer to Coeliac UK Directory



Method:

1. Whisk butter and sugar together with an electric whisk until light and fluffy.
2. Melt the white chocolate very gently on a low power microwave setting for 1 minute or until just liquid. (Keep checking as white chocolate easily overheats and burns).
3. Add the melted chocolate and the remaining cake ingredients to the creamed butter and sugar and whisk for 1 minute until combined.
4. Spoon cake batter into muffin cases resting in muffin trays. Bake in a preheated oven at 180°C/160°C Fan/Gas Mark 4 until golden and the mixture is just firm to the touch. Leave to cool and prepare icing.
5. Beat icing ingredients together until light and fluffy. Either smooth onto cup cakes or pipe into a spiral. Top with chocolate buttons or suitable decorations.

gluten-free pancakes

Delicious light pancakes. Serve with lemon juice and caster sugar or fill with melted cheese and sliced ham for a savoury option.



Preparation time: 10 minutes



Cooking time: 4 minutes



Makes: 6 pancakes

Ingredients:

- 110g gluten-free flour mix, e.g. Glutafin Gluten Free Select Multipurpose White Mix or Schär Baking Mix
- 1 medium egg, beaten
- 300ml semi-skimmed milk
- 1 tbsp vegetable oil
- Lemon juice and caster sugar

Method:

1. Place the flour mix into a large bowl. Make a well in the centre and add the egg and a little milk. Whisk to form a thick paste. Gradually beat in the remaining milk to obtain a smooth batter.
2. Heat 1 tsp of oil in a non-stick frying pan. Pour in a little batter and tilt the pan back and forth to evenly cover the base with the batter.
3. Cook for 1-2 minutes on each side and transfer to a warm serving plate. Cover with greaseproof paper and keep warm while the rest of the pancakes are made.
4. Sprinkle with the caster sugar and lemon juice, roll up and serve.
5. Best eaten fresh or within 24 hours.

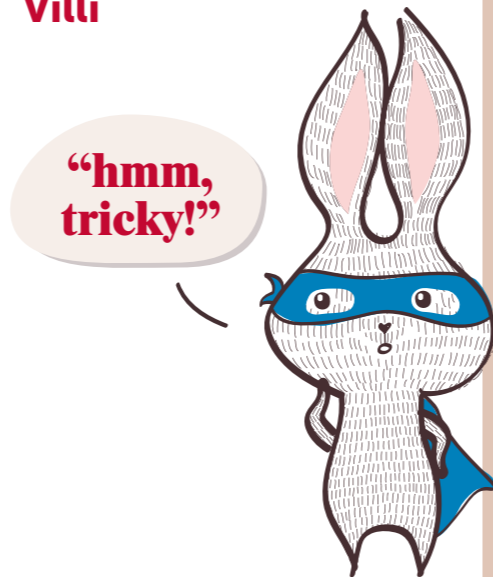


the fun bit!

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See if you can find these words in the wordsearch:

- Barley
- Cereal
- Coeliac
- Dietitian
- Gluten
- Oats
- Rye
- Villi



stuff for grown ups

“over to you guys.”



help with reading food labels

Coeliac UK produce an annually updated 'Gluten-free Food and Drink Guide' listing thousands of foods available in the UK that are safe to eat. You can also access this information using the Coeliac UK 'Live Well Gluten Free' app.

Getting to grips with reading food labels is a great place to start as you support your child to begin their new gluten-free lifestyle.

For packaged foods, all ingredients that are known to cause food allergies (known as 'food allergens') must be clearly identified on labels. By law they must be listed and clearly emphasised, for example in bold lettering.

Look out for: **Wheat, rye, barley** or **oats** within the ingredients lists.

Ingredients

Wholegrain **wheat** flour, Emmental cheese (**milk**), pumpkin seeds, olive oil, **oats**, sunflower seeds, sea salt, yeast, **barley** malt extract.

Additional information

For allergens, including cereals containing gluten, see ingredients in bold.

You may see a reference to gluten-containing cereals within allergy advice boxes on labels to remind you to look at the ingredients list or to warn you about possible contamination during manufacturing processes.

confusing ingredients



gluten-free wheat starch

Some specialist gluten-free foods list 'gluten-free wheat starch', sometimes called 'codex wheat starch' within their ingredient lists. Gluten-free wheat starch is a specially manufactured wheat-derived ingredient from which the gluten has been removed. This ingredient is sometimes used to help improve the taste and texture of gluten-free foods and is safe for people with coeliac disease to eat.

barley malt extract & flavouring

This ingredient is commonly used in breakfast cereals, depending on the amount that has been used, the end product may still be suitable for your child to eat. **Always** check with the manufacturer or Coeliac UK if you are unsure.

oats

Most people with coeliac disease are able to eat uncontaminated oats and can include them in their diet from diagnosis. As standard oats and oat products are often contaminated with gluten during production and manufacturing processes, it's important to make sure you only offer your child oats that are specially labelled as 'gluten-free'. If your child is particularly sensitive then your medical team might advise you to avoid oats altogether. Check with your dietitian if you are unsure.



eating away from home

**Inform hotels
and airlines
before you
book**



**All food
businesses
must provide
allergen
information**



**Phone ahead
to check**



**Carry gluten-
free snacks
just in case**



top tips

Here's some simple tips to help make eating away from home easier:

Eating out

If you are planning to eat out, always ring ahead to check what gluten-free dishes are available and don't be afraid to ask for more information when you arrive. Remember - food outlets must be able to provide this information by law.

Always keep a supply of gluten-free snacks in your bag or car so there's always something available if you find there is nothing suitable whilst you are out.

The Coeliac UK 'Live Well Gluten Free App' lists around 3,000 accredited venues that are able to offer safe gluten-free menu options.

Going away

Many hotels and airlines are happy to provide a gluten-free menu if you let them know in advance – remember to mention this when you book your holidays.

Parties

If your child is invited to a party or play-date, offer to send some suitable gluten-free snacks, sandwiches or cakes. Talk to your child about which foods might be best to avoid whilst they are out and encourage them to check with a responsible adult if they are unsure.

School

It's important to discuss your child's diagnosis with his/ her school, nursery or childminder, and particularly anyone who will be responsible for making and preparing food for your child. Offer to share one of the helpful factsheets included at the back of this booklet to explain how others can help to keep your child safe.

avoiding cross-contamination at home

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 your child. Below are some tips to help you to reduce the risks:

- 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



Be careful, crumbs can be transferred in spreads and jam

Double up on chopping boards and toasters



Wash all utensils and work surfaces

Cover grill pans



specialist gluten-free foods

Whilst naturally gluten-free foods are likely to make up the largest part of your child's new diet, it's likely that they'll miss the many gluten-containing staples and treats that they used to enjoy. Fortunately there is an increasing range of great tasting specialist gluten-free products available in supermarkets, health food shops and even local convenience stores. Most supermarkets place their gluten-free products in a dedicated 'free from' aisle, but some gluten-free foods are found in the main aisles too, for example in the frozen and chilled sections.

It's now possible to find a gluten-free alternative for almost everything - from breads, wraps and rolls to waffles, pizzas and croissants! As for all foods, the nutritional content of gluten-free products will vary between brands, so it's a good idea to compare the back-of-pack ingredient list and nutritional information from a couple of different products to help you make the best choice.



gluten-free food on prescription

Depending on where you live, your child may be able to obtain varying amounts of staple gluten-free food on prescription. At present, Scotland, Wales and Northern Ireland and many parts of England still offer gluten-free foods on prescription. Your dietitian will be able to tell you what is available and help you to set up a prescription with your GP or pharmacist if this service is available in your area.

Specialist manufacturers produce a wide range of prescription gluten-free foods, including breads, flour mixes, crackers, pasta and pizza bases. Many companies will send out free samples of their products to newly diagnosed coeliac patients, who are eligible to receive prescriptions, allowing them to try different foods before ordering their prescription.



if you are able to obtain a gluten-free prescription in your area, contact glutafin to obtain your free sample box of prescription products.

visit www.glutafin.co.uk/just-diagnosed or call 0800 988 2470

Gluten-free food on prescription is measured in units. If gluten-free food is available on prescription in your area, your child will be allocated a monthly unit allowance, depending on their age. You and your child can then select which products you would like to have on prescription in order to make up this allowance. If you live in England, the gluten-free prescription will just cover bread, rolls and flour mixes. If you live in Scotland, Northern Ireland or Wales, you can order a variety of breads, rolls, flour mixes, pasta, crackers and pizza bases.

Prescription entitlement:

England	Number of units
Under 10 years	8
11-18 years	10
Scotland/ Wales & NI	Number of units
1-3 years	10
4-6 years	11
7-10 years	13
11-14 years	15
15-18 years	18

What is a unit worth?

Food Item	Number of units
400g bread	1
100-250g rolls/ baguettes	1/2
251-400g rolls/ baguettes	1
500g bread mix/ flour mix	2
100g savoury biscuits/ crackers	1
200g savoury biscuits/ crackers/ crispbreads	2
250g pasta	1
500g pasta	2
2 x 110-180g pizza bases	1
500g oats	1 1/2
300g breakfast cereal	1 1/2
100-170g xanthan gum	1

making the change

breakfast

Instead of toast and toppings

You could try...

- Toast made with gluten-free bread. Butter, marmalades and jams are naturally gluten-free (make sure you don't contaminate with toast crumbs from gluten-containing bread!).
- Try scrambled eggs or baked beans for a more filling option.

Instead of wheat-based breakfast cereals

You could try...

- Rice or corn-based cereals (check ingredients list for gluten-containing ingredients or Coeliac UK Food and Drink guide for suitable options).
- Porridge made with gluten-free oats.
- Cereals labelled specifically as 'gluten-free'.

Instead of breakfast muffins, croissants and pancakes

You could try...

- Gluten-free pancakes – see the recipe on page 15. Add some fruit and plain fruit yogurt for extra vitamins!

eating gluten-free doesn't have to be hard work.

if you're struggling for ideas on how to get started, here are some simple suggestions to help you adapt what your child currently eats or introduce some new, safe foods.

lunch

Instead of sandwiches or toasties

You could try...

- Sandwiches and toasties made with gluten-free bread or rolls.
- Gluten-free wraps
- Plain meat fillings (no breaded hams), fish, cheese, egg and salad veg.
- Gluten-free crackers with cheese.

Instead of pizza slices

You could try...

- Gluten-free pizza bases – have fun by adding your own favourite toppings!
- Jacket potatoes with cheese, tuna or beans.

Instead of macaroni cheese

You could try...

- Gluten-free pasta with melted soft cheese spread or cheese sauce thickened with corn-flour or gluten-free flour mix instead of wheat flour.

There are lots of gluten-free breads and rolls available



making the change

dinner

Instead of spaghetti bolognaise and pasta bake You could try...

Spaghetti bolognaise and pasta bake made using gluten-free pasta. Ensure all added sauces are gluten-free or make a simple tomato-based sauce using plain passata (sieved tomatoes), dried herbs, garlic, onion and finely chopped/ grated veg. Thicken white sauces with cornflour or gluten-free flour mix rather than wheat flour.

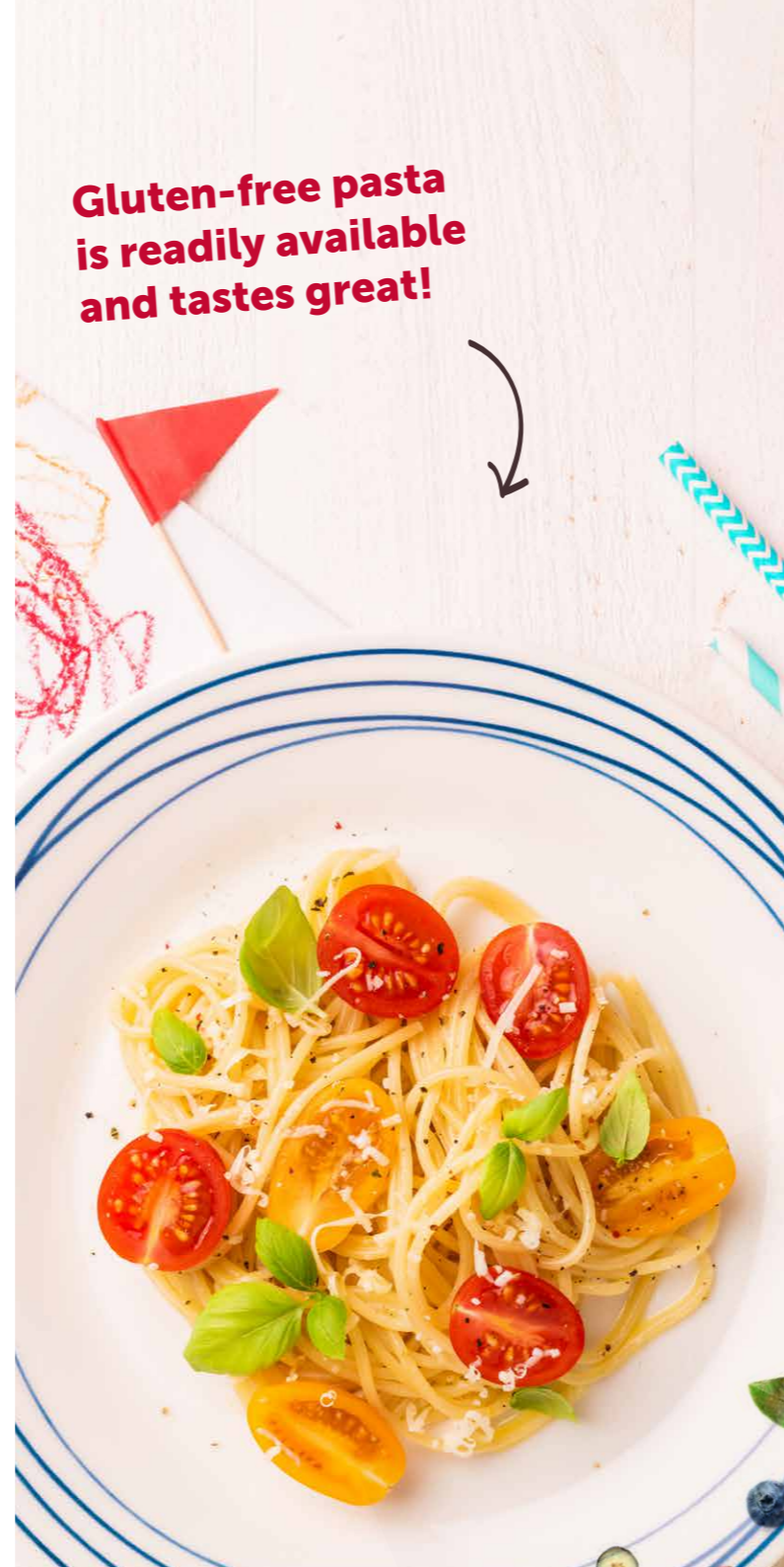
Instead of fish fingers/ chicken nuggets and potato waffles/ oven chips You could try...

Plain chicken breast pieces or cod chunks coated in gluten-free bread crumbs (see recipe on page 14). Check labels of processed potato products for gluten-containing ingredients or serve with home-made mashed potato or jacket potato wedges.

Instead of roast dinner, casseroles and stews You could try...

Plain, unprocessed meat/ poultry. Check sauce jars, spice mixes, stocks and gravies for gluten-containing ingredients. Use meat juices or gluten-free stock cubes to make gravy, thicken with cornflour or gluten-free flour mix instead of wheat flour.

Gluten-free pasta
is readily available
and tastes great!

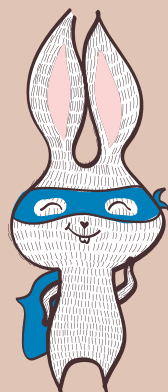


snacks

- Fresh or dried fruit
- Vegetable sticks
- Fruit smoothies & milkshakes
- Rice cakes
- Gluten-free bread sticks
- Gluten-free oat cakes or crackers
- Gluten-free biscuits
- Plain fruit yoghurts or fromage frais (avoid those with added biscuit pieces)
- Chunks of cheese



these
guys
really
know their stuff



Glutafin

Glutafin produce a wide range of high quality, delicious gluten-free prescription foods. Their dedicated customer care line team is supported by experienced dietitians and home-economists, on hand to support you with all aspects of gluten-free living.

 **Visit: www.glutafin.co.uk**
 **Call: 0800 988 2470**



Schär

Schär is a leading European manufacturer of gluten-free foods. With decades of experience and a team of expert food technologists and health professionals, the Schär range offers a wide selection of tasty and high-quality ambient and frozen products and is available in leading retailers.

 **Visit: www.schar.co.uk**
 **Call: 0800 161 5838**



Coeliac UK

Coeliac UK is the largest UK charity supporting patients with coeliac disease. The charity provides a free helpline and a range of member services via its local network of support groups.

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

**coeliac uk**
live well **gluten free**