

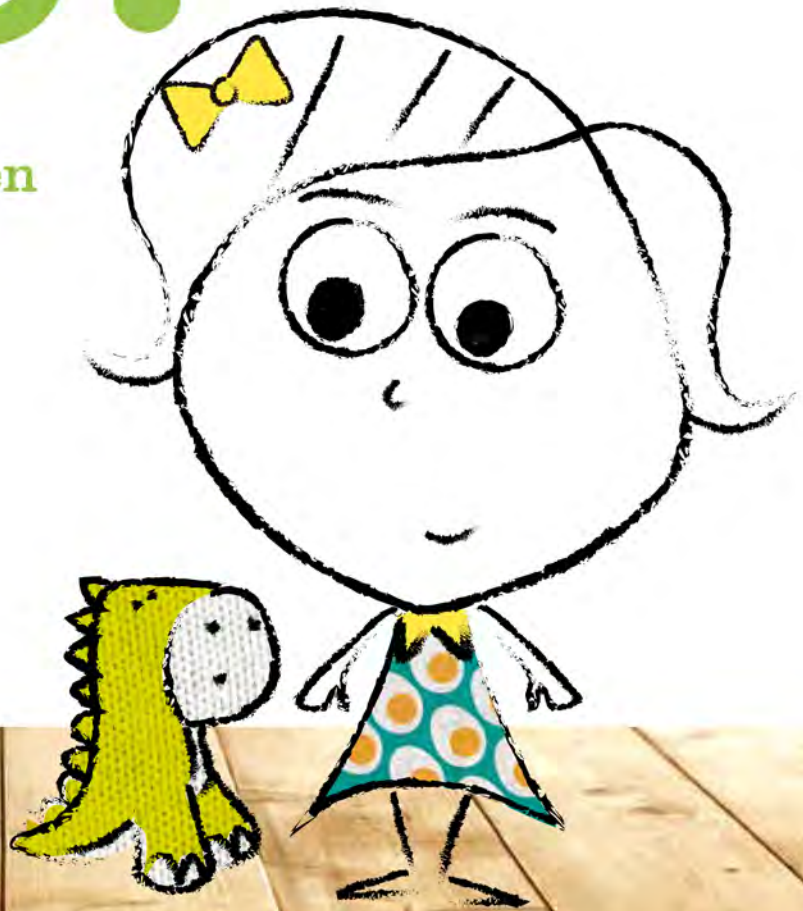
Glutafin

GLUTEN FREE

Coeliac disease and

me!

A guide for children
and their parents



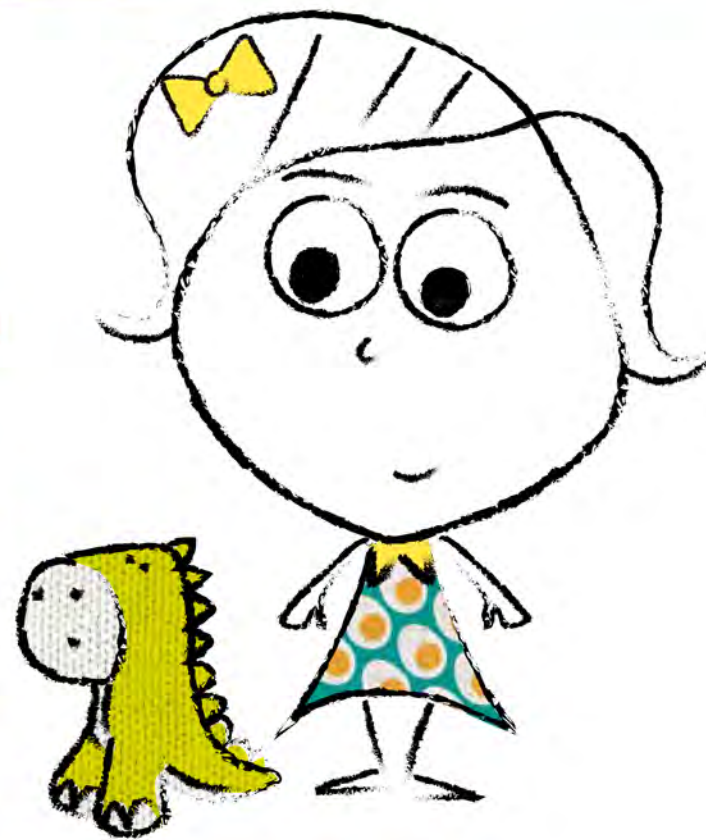
What is Coeliac Disease?

“

I'm Molly and I have coeliac disease, like you. I can tell you everything I know! And this is Rex, he knows lots too! Rex 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!



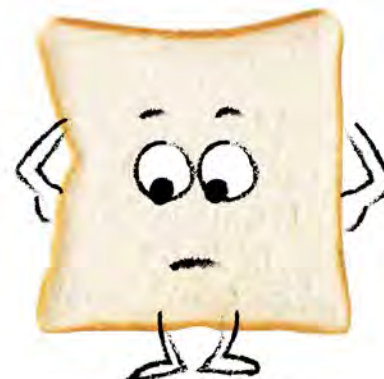
**When we eat
gluten we feel
horrible...**

What is Gluten?

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

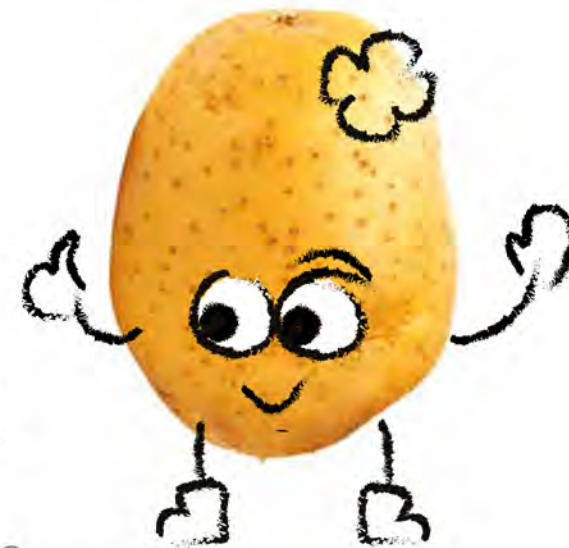
These grains are used to make flour and the flour is used to make lots of different foods, like **bread, pasta, cakes and biscuits**.

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!**



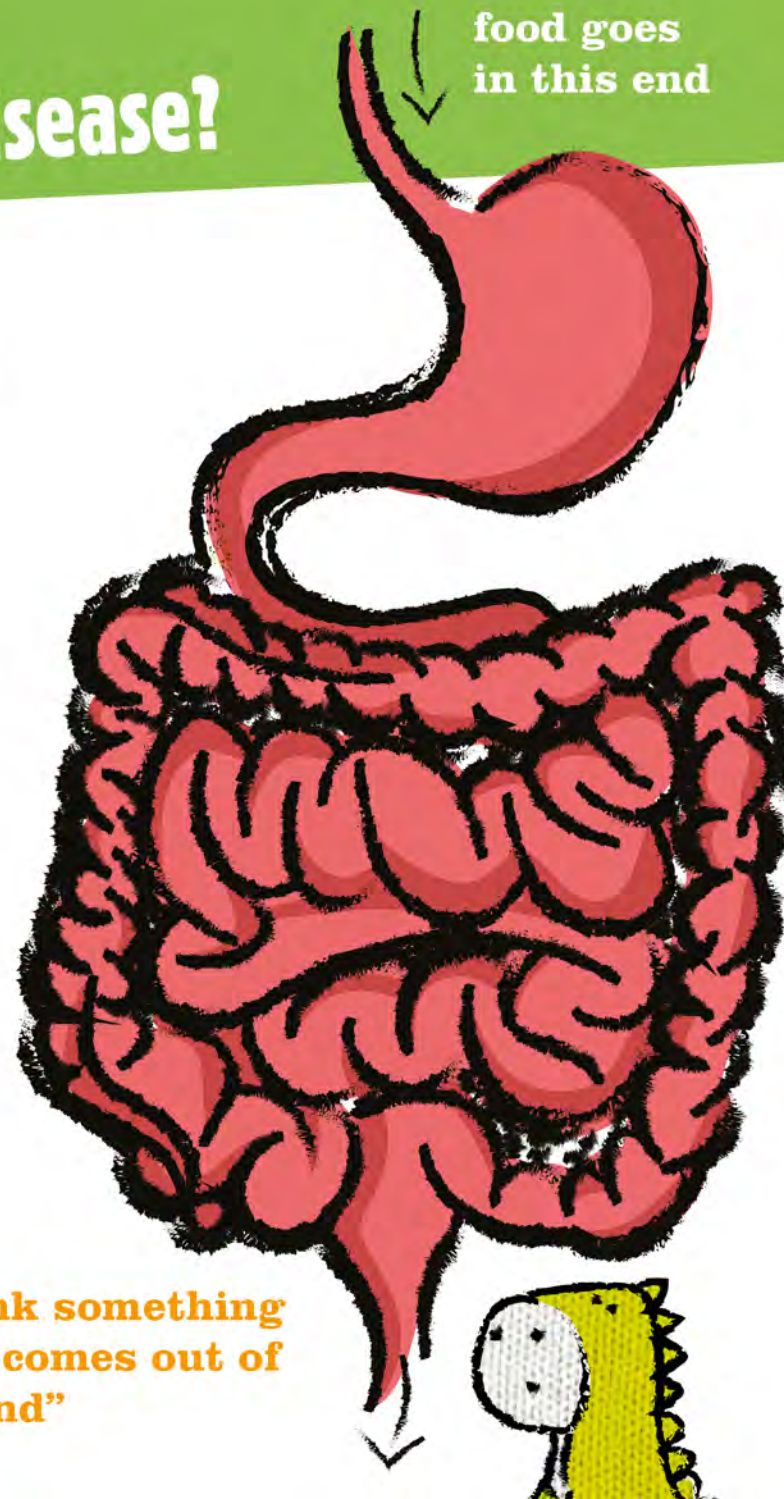
What is Coeliac Disease?

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

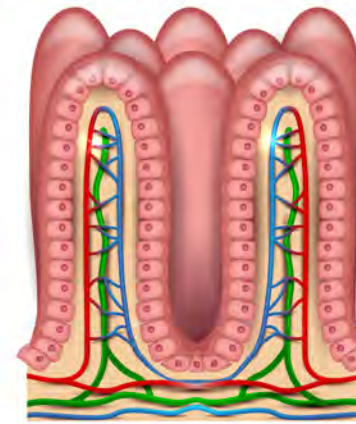
Food is mushed up in your tummy and then pushed in to your intestines to be made even smaller so that all the important stuff, like the vitamins and minerals, can be taken out and carried around your body in your blood.

Anything that your body does not need comes out in your poo!

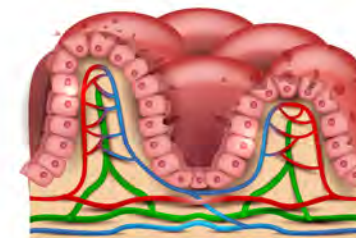
"I think something nasty comes out of this end"



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

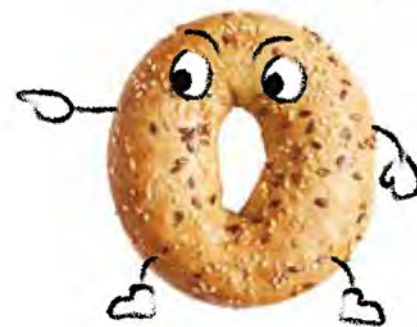
Yes please!



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

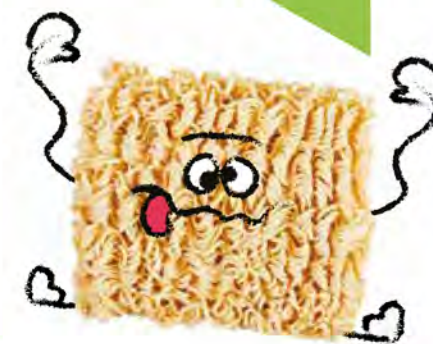
- ✗ Breads*
- ✗ Rolls*
- ✗ Pizza bases*
- ✗ Tortilla wraps*
- ✗ Cakes & biscuits*
- ✗ Pancakes*
- ✗ Breakfast cereals made from wheat, rye or barley
- ✗ Pastry*
- ✗ Pasta & Noodles*
- ✗ Cous-cous
- ✗ Barley water

No thanks!



Food we can't eat

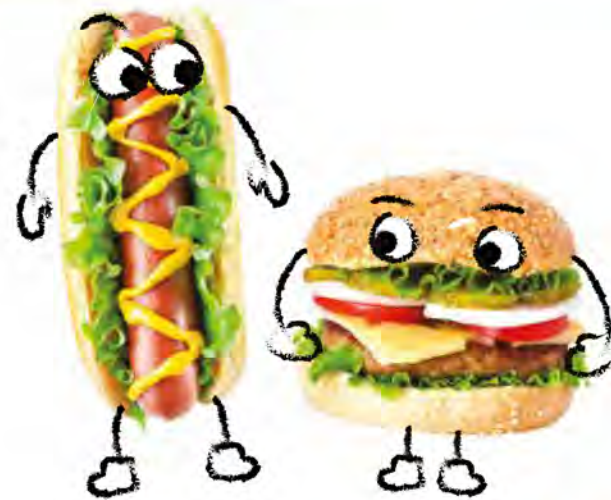
* "Lots of these foods are available in gluten free versions or can be made with gluten free flours. So don't worry, you won't miss out on your favourites!"



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 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, that 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 is 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 loads of 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!

Top tips for kids

You can find gluten free recipes online, for loads of yummy ideas just visit:

www.glutafin.co.uk/recipes



Gluten free fibre wraps



Preparation time: 5 minutes

Cooking time: 25 minutes

Makes: 6 wraps

Additional Equipment:

Baking parchment

“for more great ideas, visit glutafin.co.uk and watch our recipe videos”

Ingredients:

- 200g Glutafin Gluten Free Select Multipurpose Fibre Mix
- 175ml boiling water
- 1 tbsp vegetable oil
- 1 tsp dried yeast (from sachet in Flour Mix)
- ½ tsp xanthan gum
- ¼ tsp salt
- A small amount of Flour Mix for dusting

Method:

1. Place the mix into a medium bowl, pour over the boiling water.
2. Add the oil and mix to a paste. Leave for 2 – 3 minutes before adding the remaining ingredients. Stir with a fork and then by hand bring together to form a ball of dough.
3. Knead on a work surface lightly dusted with Flour Mix. Divide into 5 – 6 pieces depending on the size of wrap required.
4. Roll out each piece on a 20 - 23cm cut out circle of baking parchment paper. Place one at a time still resting on the baking parchment paper in a heavy based non-stick pan, dough side down. cook over a gentle heat for 2 minutes until the dough just starts to brown on the underside. Remove paper and turn over using a spatula, cook until the underside also starts to gently brown.
5. Continue until all wraps are made.

Gluten Free Select Chicken Nuggets

An essential gluten free recipe if you have any coeliac children!

Preparation time: 10 minutes

Cooking time: 6 minutes

Makes: 4 Servings



Ingredients:

- 135g Glutafin Gluten Free Select Multipurpose White Mix
- 1 tsp yeast (enclosed with mix)
- 1 tbsp vegetable oil
- 125ml sparkling water
- 2 large chicken breasts, cut into large dice shape pieces
- 2 litres sunflower oil for deep fat frying

Method:

1. Prepare the batter. Place 110g of mix and yeast in a large mixing bowl. Stir together with a fork. Add the oil and sparkling water and mix with a balloon whisk to make a smooth batter. Set aside in a warm place for 15 minutes.
2. When ready to cook the chicken preheat deep fat fryer to 170°C. Take remaining 25g of mix and use to dust diced chicken pieces before immersing in the batter. Remove with tongs and place carefully into the deep fat fryer. Do not use the basket as the batter sometimes sticks to the wire. Cook in small batches if necessary.
3. Cook for 5 – 6 minutes until the batter is puffed and golden. Remove nuggets with a slotted spoon and drain excess oil from them onto kitchen paper.



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

Additional Equipment:

18 muffin cases

Ingredients:

- 200g Glutafin Gluten Free Select Multipurpose White 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, maple syrup or fill with a savoury stuffing.

Preparation time: 10 minutes

Cooking time: 4 minutes

Makes: 6 pancakes

Additional Equipment:

Baking parchment

Ingredients:

- 110g Glutafin Gluten Free Select Multipurpose White 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!

C	B	J	N	U	F	C	N	M	N	W	O	U	T	Y
M	A	S	O	G	A	Y	A	L	S	T	A	O	A	F
K	D	A	C	I	D	V	I	E	B	D	M	D	U	X
S	E	Q	L	P	I	A	T	N	Y	M	D	R	W	L
E	V	E	W	L	L	N	I	B	K	R	I	U	S	J
U	O	G	L	A	X	H	T	Y	T	J	C	F	D	C
C	A	I	Z	E	T	V	E	S	S	B	J	E	P	E
U	B	L	W	Z	W	H	I	M	T	Y	Z	D	A	R
P	Z	O	T	Q	K	B	D	U	Y	Y	I	U	Q	E
A	Q	K	J	G	U	N	A	P	C	D	K	P	L	A
I	I	N	Q	B	O	U	G	R	A	I	Q	O	C	L
L	U	X	S	S	V	O	S	Z	L	H	R	G	F	I
N	X	W	P	C	G	R	E	Y	M	E	G	A	X	J
N	N	Q	O	Y	J	A	Y	G	L	A	Y	I	F	L
O	L	G	L	U	T	E	N	Y	V	F	C	Q	Y	A

See if you can find these words in the wordsearch:

Barley
Cereal
Coeliac
Dietitian
Gluten
Oats
Rye
Villi

Hmm, tricky!



Stuff for grown ups



Over to you guys.

Coeliac UK produce an annually updated 'Gluten free Food and Drink Directory' listing thousands of foods available in the UK that are safe to eat. You can also access this information using the Coeliac UK 'Food Checker' and 'Gluten free on the move' apps.

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 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.

GLUTEN FREE WHEAT STARCH

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

Barley malt extract and 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.

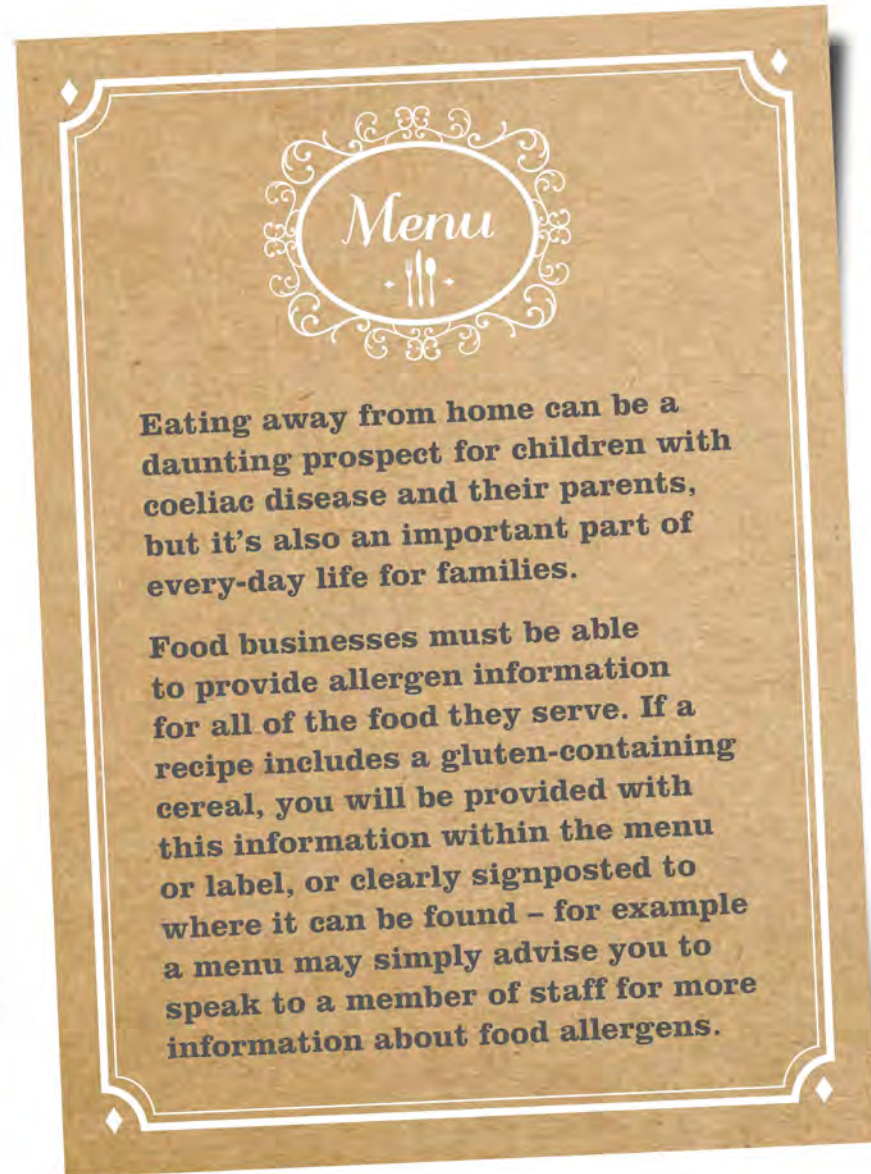
OATS

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 specifically 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.

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



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.

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 in this resource 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



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. Your dietitian will be able to tell you what is available and help you to set up a prescription with your GP or pharmacist.

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, allowing them to try different foods before ordering their prescription.



Contact us to get your FREE Glutafin Gluten Free samples to try

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

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 Directory 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 – substitute wheat flour for gluten free flour mix. 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 (you could try making your own using the recipe on page 12 of this booklet).
- Plain meat fillings (no breaded hams), fish, cheese, egg and salad veg.
- Gluten free crackers with cheese.

Instead of pizza slices

You could try...

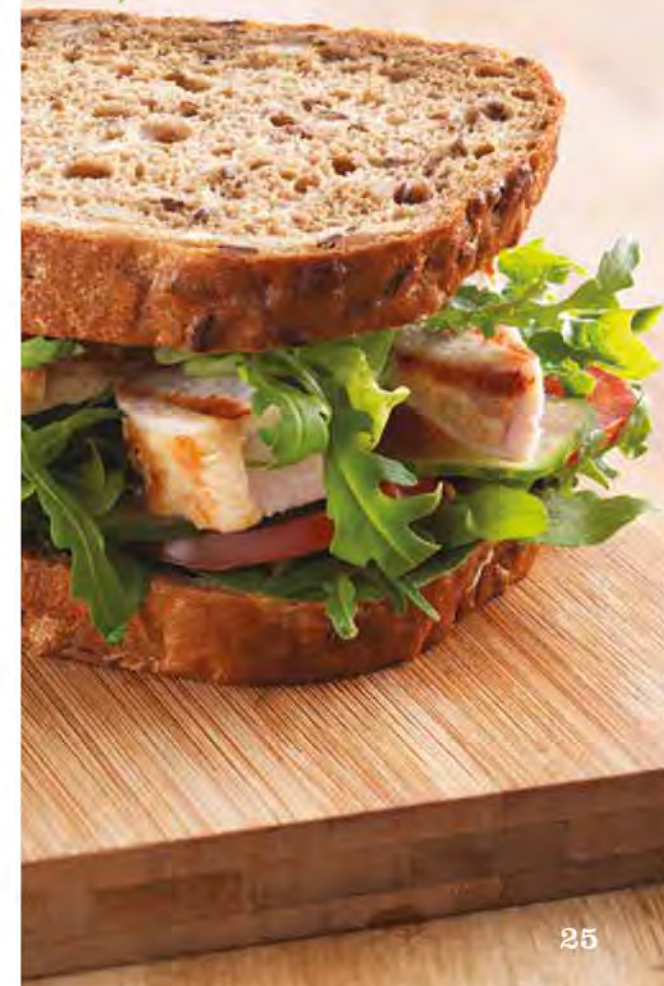
- Gluten free pizza bases – have fun by adding your own favourite toppings!
- Jacket potatoes with cheese, tuna or beans.

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 beads and rolls available



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 corn flour or gluten free four 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 (made from left over gluten free bread) and oven-baked or shallow fried. 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...

Use plain, unprocessed meat/ poultry. Check sauce jars, spice mixes, stocks and gravies for gluten-containing ingredients. Use meat juices 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
- Pop-corn
- Plain fruit yoghurts or fromage frais (avoid those with added biscuit pieces)
- Chunks of cheese



Yum!



Glutafin

GLUTEN FREE

These guys
really
know their stuff



Support

Glutafin

Glutafin produce the UK's largest range of high quality, delicious gluten free prescription foods. Their dedicated customer careline 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

 Glutafin, 401 Faraday Street,
Birchwood Park,
Warrington, WA3 6AE



Coeliac UK

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

 Visit www.coeliac.org.uk

 Call 0333 332 2033

Gluten free Roads

The Gluten free Roads website provides the largest online selection of worldwide shops and restaurants that are able to cater for a gluten free diet.

 Visit www.glutenfreeroads.com