

I have Coeliac Disease

A guide for children with gluten intolerance

Produced in association with  Coeliac UK



including kids favourite gluten-free recipes
and information for grown-ups

juvela[®]



Hello my name is Gemma,
I am 6 and I have been a coeliac since
I was 3 years old.

I eat a gluten-free diet.

my story

When I was 3 I was poorly.

I had a big tummy and I was very skinny.

I was very tired and I couldn't walk very far.

I had to go everywhere in a pushchair.

I had to have lots of blood tests and I had to go to hospital for something called a biopsy.

After the biopsy I went onto a gluten free diet and I got a lot better.

Gemma

What is Coeliac Disease?

Coeliac disease is an illness.

When you have coeliac disease, if you eat any food with **gluten** in it, you will feel very poorly.

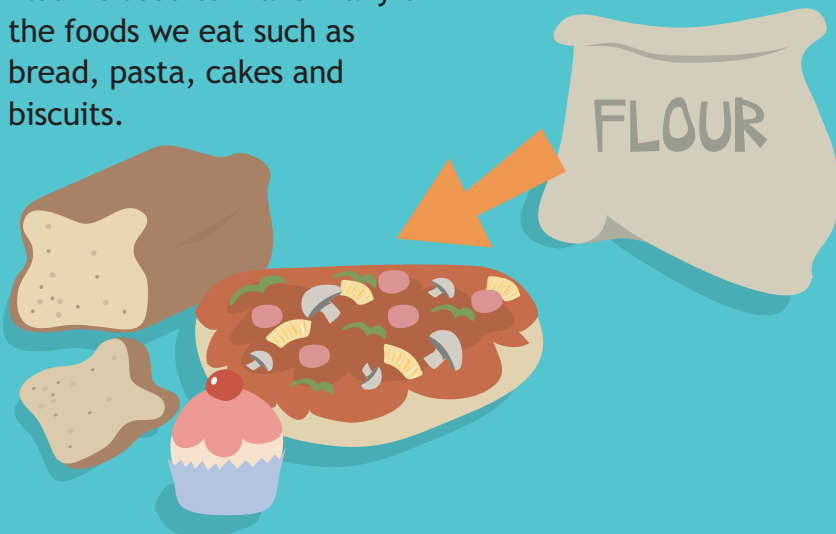
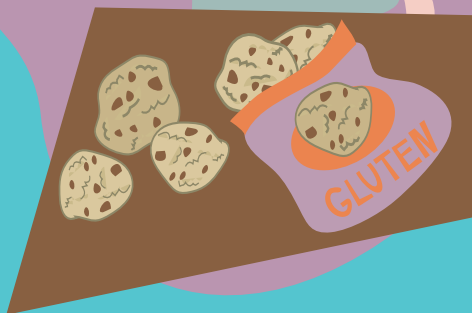


What is gluten?

Gluten is found in lots of the grains or cereals we eat. These grains are called **wheat**, **rye** and **barley**.

Grains are ground down to make flour.

Flour is used to make many of the foods we eat such as bread, pasta, cakes and biscuits.



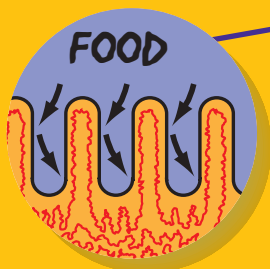
What happens when coeliacs eat gluten?

When you eat foods with gluten in you may feel funny on the outside...

My tummy aches

...and funny on the inside

Small intestine



These little fingers cover the inside of your small intestine and are called villi.

They work like a sponge sucking up all the goodness from the food we eat.



When you have coeliac disease the fingers flatten, like this, and food cannot be sucked up properly.

Have you felt like this?



**I FEEL
POORLY**



**Fatty floaty
smelly poo**

Sleepy and tired

THIN AND WEAK

pot belly

Upset

What will happen to me when I go and see the doctor?

The doctor will first arrange for you to have a blood test.

Next, the doctor will arrange for you to go to the hospital for a test called a biopsy.

A biopsy doesn't hurt and your Mum, Dad or another grown-up will be able to stay with you.

So how do I get better?

To get better you must not eat any food with gluten in it. That is why the food or diet you eat is called a gluten-free diet.

But don't worry, following a gluten-free diet is easier than you think!

Who will teach me about a gluten-free diet?

When the doctor is sure that you have coeliac disease they will ask you to see a dietitian.

A **dietitian** is a person who knows all about the food you can and cannot eat.

The **dietitian** will explain about a gluten-free diet to you and your Mum, Dad or another grown-up. They will help you choose the best foods to keep you feeling better.



What is a gluten-free diet?

A gluten-free diet means that you must not eat any foods with gluten in them.

What can I eat?



The GOOD NEWS is that you **can** eat all these naturally gluten-free foods:

- potatoes, rice and corn (also called maize)
- breakfast cereals made from rice and corn*
- meat, fish and chicken
- pulses, like beans, peas and lentils
- milk and cheese
- fruit and juices
- vegetables



AND...

you can eat bread, pizza, cakes, biscuits, crackers and pasta, if they are made from special gluten-free flour[†]

* Please refer to The Gluten-Free Food & Drink Directory from Coeliac UK for suitable brands.

† Please refer to the grown-ups section for more information on how to obtain these products.

What can't I eat?

You must not eat any foods made from the following:

wheat, rye, barley



this means no bread, pizza, cakes, biscuits, crackers, pasta or breakfast cereals made from wheat, rye and barley

What about my favourite foods?

You can eat these favourite foods if you check carefully to see that they do not have any **hidden** gluten in them.

- **chips**
- **sausages**
- **beef burgers**
- **baked beans**
- **ice-cream**
- **chocolate**



You will need to ask your Mum, Dad or another grown-up to look at the ingredients and check in *The Gluten-Free Food & Drink Directory* from *Coeliac UK* to see which types and brands of food are safe for you to eat*.

* There's more information on hidden gluten in the grown-ups section.

Why do I still have to see the doctor and dietitian even though I'm not poorly?

Once you start eating a gluten-free diet you will soon feel a lot better.

To make sure that both your insides and outsides are keeping healthy it is important that you see a doctor and dietitian for check-ups.

The dietitian will be able to tell you about any new food or products that you can eat.

Why did my brother and sister have to be checked too?

Sometimes more than one person in a family has coeliac disease.

So the doctor might want to check to see if anyone else in your family may be coeliac too.



Top tips for Kids

tip Ask your Mum, Dad or another grown-up to tell your **school** about your special diet. They can then arrange for you to have special gluten-free school dinners, or you may like to take in your own gluten-free packed lunch

tip Let your **friends** know about your diet and explain to them how you cannot eat gluten. Don't be embarrassed, they are sure to be understanding

tip Going to **parties** is lots of fun. Why not ask your Mum, Dad or another grown-up to make some gluten-free sandwiches or pizzas, and bake your favourite gluten-free cakes to take with you to the party. There are some yummy recipes included in this book

But remember...

tip If you're **not sure** about something being gluten-free, **don't eat it**, no matter who has given it to you. Always check with your Mum, Dad or another grown-up first

tip **Don't share** food with friends! As you grow up you will learn to only choose safe foods

Finally...

tip Why not **check up** on your Mum, Dad or a grown-up to see that they remember to take **The Gluten-Free Food & Drink Directory** with them when they go shopping!



What the grown-

Where can I get more advice?

Coeliac are the leading charity working for people with coeliac disease and dermatitis herpiformis. They provide a range of excellent support and it is well worth joining once your child has been diagnosed.

Planning a healthy, well balanced, gluten-free diet

It's important that your child eats a healthy, well balanced gluten-free diet that incorporates a variety of foods from all the five food groups. The diet need not be restrictive if you carefully investigate the full variety of foods available to your child.

What gluten-free foods are available for children?

Although wheat, rye and barley have to be avoided, there are other naturally occurring starchy foods that are gluten-free which can be included in your child's diet, such as potatoes, all types of rice and corn or maize products. Specially manufactured gluten-free foods are also available to increase the variety of foods on offer to people with coeliac disease. These include bread, bread rolls, flour mixes, pasta, pizza bases, biscuits and breakfast cereals.

Are children entitled to gluten-free foods on prescription?

Many of the staple gluten-free foods are available free to coeliac children on prescription. Your GP will set up a prescription of suitable products and your local pharmacist or dietitian will advise on amending this as and when necessary. Some pharmacists will even be able to deliver your gluten-free products direct to you.

How to check what foods are safe to eat

Hidden gluten can be found in many manufactured and processed foods. New allergen labelling means that you can tell from the ingredient list whether a packaged food contains gluten. Allergy boxes are helpful too but are not compulsory, so always check the ingredient list. To help make safe choices, always refer to [The Gluten-Free Food & Drink Directory](#) from Coeliac UK.

ups need to know

Foods to check carefully include: sausages, burgers, processed cheese and meat, instant mashed potato, yogurt, ice-cream, ready meals (particularly meals with sauces and gravies), milkshakes, carbonated drinks, confectionery and snack foods. Please be aware of *play-doh* and poster paints too.

Are oats safe for coeliac children?

Most people with coeliac disease, including children, can eat oats. When your child is diagnosed with coeliac disease they may be advised to avoid oats initially. Once established on a gluten-free diet and making good progress, oats can be introduced and monitored. What is important is to make sure you choose 'pure' oats. This means oats that have not been cross contaminated during the manufacturing process. Always check with your dietitian as some children will be too sensitive even for oats. For a list of suitable uncontaminated oats, please refer to [The Gluten-Free Food & Drink Directory](#) from Coeliac UK.


Is wheat-free the same as gluten-free?

No, wheat-free is not the same as gluten-free. Many foods labelled as "wheat-free" will contain other gluten-containing grains such as rye and barley. Make sure that any foods labelled as "wheat-free" are also "gluten-free."

What medicines are safe for coeliac children?

Always check with the pharmacist first before giving any medicines or vitamins to your child.

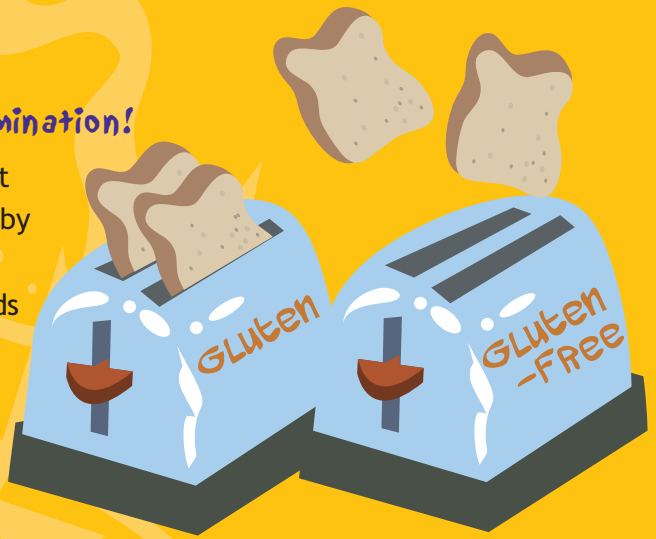
Where can I buy gluten-free foods?

Special gluten-free foods are now available from most supermarkets, health foods shops and via mail order. Look out for labels such as "gluten-free" or [Coeliac UK's Crossed Grain Symbol](#)  Beware of labels that just say "wheat-free" as the product may still not be gluten-free.



Beware of Contamination!

Gluten-free food must not be contaminated by touching any other gluten-containing foods during preparation, cooking and serving.



Tips for avoiding contamination at home:

- tip** Have separate bread boards, bread knives and toasters for gluten and gluten-free
- tip** Use separate areas in the kitchen for gluten and gluten-free food preparation
- tip** Use separate butter or margarine tubs
- tip** Use separate spoons for jam
- tip** Cover the grill pan with foil
- tip** Cook oven chips rather than frying in oil used to cook gluten-containing foods

A helping hand

Encourage your child to become involved in helping you prepare and cook their gluten-free food. This will help them gain confidence and independence in looking after their condition.

Gluten-free on the go

It's important to plan ahead so that when your coeliac child is away from home they can eat safely. Below are just a few suggestions to help get you started.

tip

Eating out - many restaurant chains now label gluten-free dishes. If unsure, call in advance and check the menu

tip

Holidays - many hotels and airlines now offer gluten-free meals. Make sure you request at the time of booking

tip

Parties - it's important that your child does not feel excluded from enjoying parties. Why not offer to make some gluten-free cakes (nobody will notice the difference!) or provide some gluten-free sandwiches

tip

School - it's important to make sure that teachers and anybody involved in caring for your child knows and understands about your child's special diet. Why not contact your dietitian who may be able to help

tip

Planning ahead - always make sure your child takes a suitable gluten-free snack if they are likely to be away from home for any length of time. For example, fruit, gluten-free pots of rice pudding, or gluten-free biscuits or crackers

Some fun recipes

Now for the fun part - get cooking!

Roll up your sleeves and give Mum, Dad or another grown-up a hand to prepare these tasty gluten-free dishes. For all ingredients marked with an asterisk(*) check in *The Gluten-Free Food & Drink Directory* for a suitable brand.

Fab Fish Fingers *Makes 6*

A gluten-free version of this all-time favourite food. For chicken dippers, follow the same recipe replacing fish with uncooked chicken breast strips.

Serve with oven chips* and peas.

Ingredients 200g (8oz) thick cod/haddock fillets, cut into strips 2cm wide
25g (1oz) JUELA Gluten-Free White Mix
1 tsp paprika
1 medium egg, beaten
50g (2oz) JUELA Gluten-Free Loaf, made into breadcrumbs

Oven temperature: 200°C/400°F/Gas Mark 6

Method Add the paprika to the Gluten-Free Mix. Dip each strip of fish in the Mix, then into the egg, and then coat evenly with the breadcrumbs. Place on a baking tray and bake in a pre-heated oven for 15 minutes, turning frequently until golden.

Potato Croquettes *Makes 8*

These croquettes are great hot or cold as a quick snack or as part of a main meal. Serve with baked beans* or just dunk into tomato ketchup*.

Ingredients 200g (8oz) mashed potato
½ tsp cayenne pepper
1 medium egg, beaten
2 tbsp milk
50g (2oz) JUELA Gluten-Free Loaf, made into breadcrumbs

Oven temperature: 200°C/400°F/Gas Mark 6

Method Combine together the mashed potato and cayenne pepper. Divide into 8 equal pieces and roll each into a thick sausage shape. Beat together the egg and milk. Dip into the egg mixture, then coat evenly with the breadcrumbs. Place on a baking tray and bake in a pre-heated oven for 15 minutes, turning frequently until golden.

Flavoured Variations: *Tuna & Sweetcorn:* add 50g (2oz) tinned tuna and 25g (1oz) sweetcorn to mashed potato. *Cheese & Ham:* Add 50g (2oz) chopped cooked ham* and 50g (2oz) grated cheddar cheese to mashed potato.

for you to enjoy!

Simple Sausage Pasta Serves 2

A quick and easy pasta made with chunky sausages. Serve with a crisp green salad or cooked vegetables.

Ingredients *100g (4oz) JUVELA Gluten-Free Macaroni (dry weight)*

1 tbsp olive oil

1 small onion, peeled and chopped

1 garlic clove, peeled and crushed

150g (6oz) sausages, thickly sliced*

400g tin chopped tomatoes

50g (2oz) mushrooms, sliced

Method

Cook the Macaroni as per instructions on pack. Drain and rinse thoroughly with hot water.

Heat the oil in a large pan and fry the onion and garlic until browned. Add the sausages, then stir in the tomatoes and mushrooms and cook over a medium heat for about 15 minutes. Stir in the freshly cooked Macaroni and heat through to serve.

Mini Meatballs Serves 2

Miniature meatballs cooked in a tangy tomato sauce. The meatballs can also be made into mini burgers served on JUVELA Gluten-Free Rolls - simply pat into rounds and grill for about 10-15 minutes, turning halfway through cooking. Serve with a crisp green salad.

Ingredients

Meatballs: *150g (6oz) lean minced beef*

25g (1oz) JUVELA Gluten-Free Loaf, made into breadcrumbs

1 garlic clove, peeled and crushed

Sauce: *1tbsp olive oil*

1 medium onion, chopped

400g tin chopped tomatoes

*3tbsp tomato ketchup**

1tsp dried oregano

100g (4oz) JUVELA Gluten-Free Spaghetti (dry weight)

Method

In a large bowl, mix together the minced beef, breadcrumbs and garlic. Roll the mixture into 8-10 balls with your hands.

Heat the oil in a pan and fry the onion until soft. Add the meatballs and cook until lightly browned. Add tomatoes, tomato ketchup and oregano and simmer gently for about 15 minutes until meatballs are cooked. Serve with Spaghetti cooked as per instructions on pack, drained and rinsed thoroughly with hot water.

Bacon & Bean Pizza *Serves 2-4*

Combining two favourites - baked beans and pizza - this colourful combo is ideal for breakfast, lunch or tea!

Ingredients *1 JUVELA Gluten-Free Pizza Base*
*½ standard tin baked beans**
½ red onion, finely chopped
50g (2oz) back bacon, cooked and cut into strips
50g (2oz) mozzarella cheese, grated
1 tsp mixed dried herbs

Oven temperature: 200°C/400°F/Gas Mark 6

Method Spoon the beans over the pizza base. Add the onion and bacon, top with mozzarella and sprinkle with mixed herbs. Bake in a pre-heated oven for 12-15 minutes until golden.

Tortilla Triangles *Makes 8 triangles*

A great alternative to sandwiches, these triangles make a tasty lunchbox treat.

Ingredients

Tortillas: *150g (6oz) JUVELA Gluten-Free Fibre Mix, pinch of salt*
Approx. 150ml (6fl oz) water

Filling: *185g tin tuna in spring water, drained*
100g (4oz) sweetcorn
2 tomatoes, thickly sliced
75g (3oz) mozzarella cheese, sliced into 8

Oven temperature: 190°C/375°F/Gas Mark 5

Method To make the tortillas, place the Gluten-Free Fibre Mix in a bowl and add sufficient water to form a soft but not sticky dough. Knead the dough until smooth on a surface lightly dusted with Mix. Divide the dough into four equal pieces, shape each piece into a round, and roll out thinly. Dust off any excess Mix and cook in a heavy-based frying pan (without oil) for about one minute each side. Layer cooked tortillas in a polythene bag to retain softness.

To make the filling, mix together the tuna and sweetcorn. Place a slice of mozzarella in the centre of each tortilla, then a slice of tomato, then add a spoonful of tuna mixture. Fold the tortillas around the filling to make a square. Place on a baking tray and bake in a pre-heated oven for about 15 minutes. Cut in half to make triangles.

Party & teatime treats

Apple Crumble *Serves 4*

A simple and delicious fruity pudding - great served with custard* or ice cream*.

Ingredients *Crumble topping*
100g (4oz) JUVELA Gluten-Free Mix
65g (2½oz) butter
25g (1oz) golden granulated sugar
Apple filling
4 cooking apples, peeled, cored and chopped
4 tbsp water
75g (3oz) granulated sugar
20cm (8inch) oven-proof dish

Oven temperature: 190°C/350°F/Gas Mark 5

Method To make the crumble topping, place the Gluten-Free Mix in a large bowl, rub in the butter to resemble breadcrumbs and stir in the sugar.

Place the apples, water and sugar in a pan and cook on a very low heat until softened. Spoon into the oven-proof dish and cover with the crumble topping. Bake in a pre-heated oven for 25-30 minutes until golden.

Monkey Muffins *Makes 12 large or 30 mini muffins*

These muffins are an ideal treat and as they're so simple to make, why not have a go yourself?

Ingredients 200g (8oz) JUVELA Gluten-Free Mix
1tsp baking powder*
100g (4oz) butter
100g (4oz) caster sugar
4 medium eggs, beaten
6tbsp peanut butter*
1 large banana, mashed

Oven temperature: 190°C/375°F/Gas Mark 5

Method Place all the ingredients in a large bowl and beat together until light and fluffy. Divide between muffin cases and bake in a pre-heated oven for 15-20 minutes until golden and firm to touch.

Ready Steady Cookies *Makes 10-12*

These colourful biscuits look great and you will have lots of fun making them.

Ingredients 100g (4oz) butter
100g (4oz) soft brown sugar
1tsp vanilla essence
1 medium egg, beaten
200g (8oz) JUVELA Gluten-Free Fibre Mix
50g (2oz) glaze icing
25g (1oz) strawberry jam
Few drops of red, yellow and green food colouring

Oven temperature: 190°C/375°F/Gas Mark 5

Method Cream together the butter, sugar and vanilla essence. Beat in the egg with the Gluten-Free Fibre Mix and bring together to form a dough. Sprinkle surface with a little Fibre Mix and knead lightly until smooth. Roll the dough into a rectangle and cut into strips (approx 3cm x 8cm). From half of the strips, cut out 3 circles with a small pastry cutter. Place all of the strips well apart on a greased baking sheet and bake in a pre-heated oven for 15-20 minutes until golden brown. Allow to cool slightly before moving. Divide the icing into 3 equal amounts and colour each with the different food colourings. Spread the whole strips with a layer of jam and place the strips with holes in on top. Fill the holes with the red, yellow and green coloured icing to make traffic lights. Place in the refrigerator for half an hour to set.

Chocolate & Apricot Fridge Cake *Makes 12 slices*

An easy to make, no need to bake, chocolatey kinda cake!

Ingredients 1 packet JUVELA Gluten-Free Tea Biscuits, broken into pieces
100g (4oz) dried apricots, chopped
50g (2oz) chopped nuts
200g (8oz) milk chocolate*, melted

Method In a large bowl, mix together the biscuits, apricots and nuts. Pour the melted chocolate over the dry ingredients and mix together well. Spoon onto greaseproof paper, wrap paper around mixture to make a sausage shape and refrigerate for about an hour. Cut into slices to serve.

Gingerbread Kids *Makes 10-12*

Crunchy biscuits that can be made into any fun shape of your choice.

Ingredients 200g (8oz) JUVELA Gluten-Free Fibre Mix
2tsp ground ginger
½ tsp bicarbonate of soda
50g (2oz) butter or margarine
75g (3oz) soft brown sugar
2tbsp golden syrup
1 medium egg, beaten
To decorate - raisins, jelly tots*, chocolate drops*, glaze icing, melted chocolate*

Oven temperature: 190°C/375°F/Gas Mark 5

Method Place the JUVELA Gluten-Free Mix, ginger and bicarbonate of soda in a large bowl. Rub the fat in to resemble breadcrumbs. Add the sugar, syrup and egg and mix together to form a soft dough. On a surface lightly dusted with Mix, roll the dough out thinly and use a pastry cutter to cut into desired shapes. Place well apart on a greased baking tray and bake in a pre-heated oven for about 10 minutes until golden.

Mini Doughnut Bites *Makes 16*

These delicious mini doughnuts make a really special treat - perfect hot or cold with jam, custard or simply on their own! (Ask an adult to cook the doughnuts for you).

Ingredients 165g (6½oz) JUVELA Gluten-Free White Mix
Pinch of salt
Pinch of mixed spice
50g (2oz) hard margarine
25g (1oz) caster sugar
1 medium egg, beaten
75ml (3fl oz) milk
Oil for frying
Extra caster sugar for dusting

Method In a large bowl, combine the Mix, salt and mixed spice. Rub in the margarine to resemble breadcrumbs. Add the caster sugar and stir in the egg and sufficient milk to make a soft but not sticky dough. Knead lightly for a couple of minutes on a surface lightly dusted with Mix. Roll out to 1cm (½inch) thickness. Cut into rounds using a 5cm (2inch) plain cutter. Remove the centres using a 2.5cm (1inch) cutter. Re-roll and cut remaining dough. Fry a few at a time in hot oil for 2-3 minutes, turning once during cooking. Drain thoroughly and toss in caster sugar.

Here are explanations of some of the important words you may hear your doctor or dietitian talk about:

Coeliac

The word coeliac (pronounced see-lee-ak) comes from the Greek word koiliakos meaning suffering in the bowels

Diet

Your diet is the foods that you normally eat. A gluten-free diet includes foods that are only gluten-free

Dietitian

A dietitian is a person who knows all about food and special diets and who can explain what food you can and cannot eat. You will normally see a dietitian at the hospital or at your doctors surgery

Endoscopic biopsy

This is a special tube with a camera at the end that the gastroenterologist will put inside your tummy to look at your villi

Gastroenterologist

A gastroenterologist is a special doctor who knows all about your tummy and insides

Gluten

Gluten is a protein found in grains such as wheat, rye and barley

Intestine

Your intestine is the long tube inside your body that carries food from your mouth to your tummy and bottom

Word Watch

Intolerance

This is a medical word used to explain why coeliacs cannot eat gluten. Coeliacs have an intolerance to gluten

Pharmacist

A pharmacist works in a pharmacy or chemist and knows all about medicines. Your gluten-free prescription goes to the pharmacist and they will arrange for you to get some special gluten-free foods, such as bread and pasta

Prescription

A prescription is a list of gluten-free foods that your doctor gives you to take to the pharmacist

Protein

Protein is found in lots of foods and is needed by your body to help it grow and repair parts that get worn out or damaged


Steathorrhoea

This is a medical word for a special type of diarrhoea - poo that is pale and smelly and won't flush away easily!

Villi

Villi are little fingers that cover your small intestine and act like a sponge soaking up the goodness from food

Useful Information

 Coeliac UK is the leading charity working for people with coeliac disease and dermatitis herpetiformis

The charity provides a free dietetic and food helpline and support for members via its network of local voluntary groups. For further information on the charity and its resources visit www.coeliac.org.uk or call the helpline on 0845 305 2060

How to contact Juvela

Juvela is the leading provider of gluten-free foods on prescription. This leaflet is one in a series produced by Juvela. For free copies and information on Juvela Gluten-Free Foods and Support Services please contact us via:

Our Advice Line: The Juvela Nutrition Centre Advice Line is open Monday to Friday from 9 a.m. to 5 p.m.
☎ Freephone: 0800 783 1992

Our Website: Visit our website for full product information and recipe ideas www.juvela.co.uk

Or write to us at: Juvela, 19 De Havilland Drive, Liverpool L24 8RN.

Or E mail us at: info@juvella.co.uk

Whilst every care has been taken to check that the dietary advice published represents current opinions, Juvela strongly recommends that anyone needing to follow a specialist diet seeks medical advice first.

Juvela would like to express their thanks to Dr Margaret Lupton, Tanya Thomas (Registered Dietitian) and Gemma for their help and advice in compiling this leaflet.



*The dietary information contained within this booklet has been checked by
The British Dietetic Association*

Juvela

supporting the coeliac community