

**juvela**

# I have coeliac disease

A guide for children with coeliac disease including  
tasty recipes and information for adults



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**KNEAD  
TO KNOW**



**We are the Gluten Heroes, we're here to tell you everything you need to know about coeliac disease with the help of the Glooten Monsters.**

You may be worried that you wouldn't be able to eat all your favourite foods, but there are still lots of foods you can have, so you don't need to miss out!



## What is coeliac disease?



Coeliac disease means **you cannot eat foods with gluten in**; if you do eat gluten you will feel poorly.

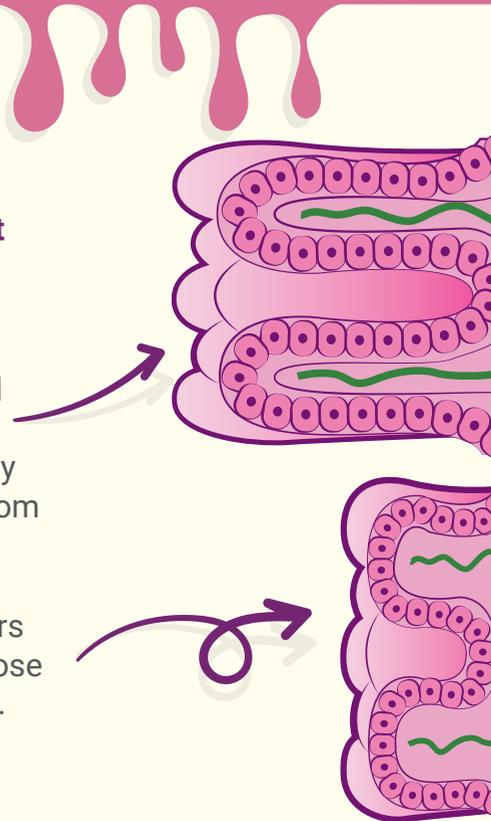
You might feel sick or tired, or have a sore tummy or smelly and runny poos – or maybe all of these things at the same time.

## What happens on the inside if I eat gluten?

You know how you feel when you eat gluten – and this is what is happening inside our bodies...

These little fingers are called villi and there are lots and lots of them in our small intestine. They are great as they absorb all the good stuff you need from food.

If you have coeliac disease, the fingers flatten and so you can't absorb all those good vitamins and minerals we need.





## What is gluten?

Gluten is found in lots of the grains we eat. These grains are called wheat, rye and barley. These grains are ground down to make flour and flour is used to make lots of foods such as bread, pasta, pizza, cakes and biscuits.

## How do I know if I have coeliac disease?

The doctor will arrange for you to have a blood test, and if this is positive, you will see a specialist for a second blood test.

Sometimes, the specialist will arrange for you to have a biopsy – this is so that they can check if your gut has been damaged by coeliac disease.

## When will I feel better?

You should start to feel better as soon as you start your gluten free diet. **And there are lots of foods you can still eat so don't worry.**



# How will I know what foods are gluten free?

You will get an appointment to see a dietitian, who is an expert on the food you can and cannot eat.

They will tell you and your grown up all you need to know about a gluten free diet. This will help you choose the right foods to make you feel better.

## What is a gluten free diet?

### What can I eat?

The great news is that there are lots of foods that you can eat:

- ✓ Potatoes, rice and corn
- ✓ Breakfast cereals made from rice and corn\*
- ✓ Chicken, meat and fish
- ✓ Milk and cheese
- ✓ Fruit and vegetables
- ✓ Pulses like beans, peas and lentils

\*Please refer to Coeliac UK's Food & Drink Guide for suitable brands.



And...you can eat bread, pizza, pasta, cakes, cereals, biscuits and crackers...**if they are made from special gluten free flour.**

## What can't I eat?

You must not eat any foods made from wheat, rye or barley.

This means **no bread, tortilla wraps, pizza, pasta, cakes, cereals, biscuits or crackers made from wheat, rye or barley.**

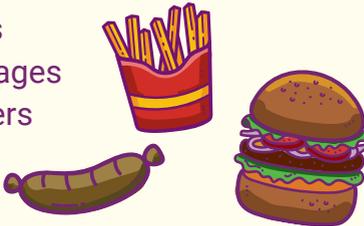
There are lots of lovely gluten free versions of all of these foods so you will not miss out!



## What if I am unsure if one of my favourite foods contains gluten?

Some of our favourite foods have hidden gluten in them, such as:

- ✗ Chips
- ✗ Sausages
- ✗ Burgers



- ✗ Ice cream
- ✗ Chocolate
- ✗ Crisps



You can check the ingredients with the help of your grown up to make sure a food is safe for you to eat. If the food contains gluten, it will be **highlighted in bold** in the ingredients list.

### INGREDIENTS

Water, Carrots, onions, Red Lentils (1.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflower, **Wheat**flour, Cream (**milk**), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, **Celery** Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley

## What happens next?

You will get regular check-ups with your doctor and dietitian to make sure you are keeping healthy and feeling better.

You will also need to let a few people know that you are on a gluten free diet...here are our top tips:

- ✓ Ask your grown up to let your school know about your special diet. They can arrange gluten free school meals, or you may like to take your own packed lunch.
- ✓ Tell your friends about your diet and why you cannot eat gluten – they are sure to be understanding and can help you if you're unsure about foods
- ✓ You don't need to miss out on food at parties – ask your grown up to make some gluten free sandwiches or pizzas and bake some fairy cakes to take with you.
- ✓ If you are ever unsure if something is gluten free, check with an adult before you eat it.
- ✓ It's nice to share food with friends, but always double check the food is safe for you.
- ✓ Maybe you can ask your grown up if you can help with preparing and cooking your gluten free food. This will help you to be confident about your gluten free diet and learn more about safe foods. And you can have lots of fun baking your very own gluten free cakes and cookies!



## Where can I get gluten free foods?

As well as buying gluten free foods in supermarkets, you might be entitled to gluten free food on prescription. Here's some information for your grown up so you can ask them to read this and find out about prescriptions...



**What do I need to know as a parent or adult caring for a child with coeliac disease?**

### Gluten free foods on prescription:

Gluten free prescribing policies vary across England, depending on where you live. In areas that still provide gluten free food on prescription, a range of loaves, rolls and flour mixes are available.

If you live in Scotland, Wales or Northern Ireland, a wider range of staple gluten free foods are available on prescription; local prescribing policies may still vary on the type and amount of foods offered.

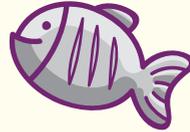
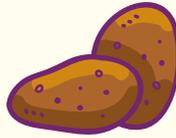
Your GP will set up a repeat prescription of the foods you would like and your local pharmacy will order these for you. If you live in Scotland, you will access your prescription via your pharmacist through the Gluten Free Food Service.

If you are not entitled to gluten free food on prescription, Juvela has an online shop where you can order all of our products – visit: [shop.juvela.co.uk](http://shop.juvela.co.uk)

## Planning a healthy balanced gluten free diet.

It is important that your child eats a healthy, well balanced gluten free diet that incorporates a variety of foods from all the five food groups.

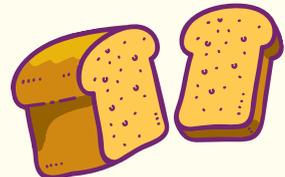
A gluten free diet doesn't need to be restrictive and there are lots of gluten free alternatives, so there is no need to miss out!



## Checking that foods are safe to eat.

Hidden gluten can be found in many manufactured and processed foods. Allergen labelling means you can clearly tell from the ingredients list whether a packaged food contains gluten. To ensure you make safe choices, always check the ingredients lists – allergens are usually highlighted in bold.

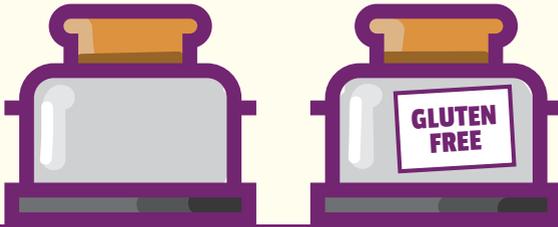
It's also a good idea to join Coeliac UK – they produce a Food & Drink Guide which lists all branded and own label foods that are gluten free. They also provide lots of support and information which will be helpful at this early stage.



## Cross contamination

Gluten free food that is touched by any other gluten containing foods is considered 'cross-contaminated'.

Tips for avoiding cross contamination at home:



- ✓ Have separate bread boards, bread knives and toasters (or use toaster bags or a clean grill)
- ✓ Use separate areas in the kitchen for gluten free preparation – or ensure the area is thoroughly cleaned before you start food preparation. No.1 rule: Wipe down all counter tops before and after use. Crumbs like to lurk!
- ✓ Use separate butter tubs.
- ✓ Use separate spoons for jam (rather than dipping gluteny knives into jam!)
- ✓ Cover the grill pan with clean foil for each use.
- ✓ Choose oven chips rather than frying food in oil that has been used to cook gluten-containing foods.

## Gluten free on the go!

It's important to plan ahead so that when your child is away from home, they can eat safely. Here are a few tips to help you:

**School** - Ensure that teachers and catering staff know and understand your child's gluten free diet and what coeliac disease is.

Ask if you can have a chat with the catering staff– they may already be familiar with the diet and may be catering for other children in school.

Make sure that they understand the importance of avoiding cross contamination - perhaps take some information along with you that you can leave with them.

The school can arrange special gluten free lunches, or you may prefer to send a gluten free packed lunch.

**Eating out** – lots of restaurants label gluten free dishes and some now have a gluten free menu. If you are unsure, call ahead and check that they offer some gluten free options. Many cafes also offer gluten free options but it's a good idea to take a gluten free snack with you just in case.

**Holidays** – many hotels and airlines offer gluten free meals – make sure you request this when you book. You may wish to take your own snacks so that you have plenty of safe food to cover the duration of your journey.

**Parties** – it's important that your child doesn't feel excluded from enjoying parties. A good idea is to offer to make some gluten free sandwiches or pizza to send to the party, or if you have time, you could bake their favourite gluten free cakes or muffins to take along.

# Some fun recipes for you to enjoy!

## Flatbreads

These soft and fluffy gluten free flatbreads take just a few minutes to make and are great for topping or dipping!

### Ingredients:

175g Juvela Gluten Free White Mix

½ tsp baking powder

175g natural yoghurt

### Method:

1. Place all ingredients in a large bowl and stir to combine, then using your hand, bring together to form a dough.
2. Knead lightly for a minute (until smooth) on a surface lightly dusted with Mix.
3. Divide the dough into 6 equal pieces, flatten into an oval shape with your hands, then using a rolling pin, roll out thinly (approx. 3mm thick).
4. Heat a little oil in a griddle pan, then griddle for a couple of minutes each side until golden brown.
5. Whilst still hot, rub with garlic and herb butter, slice into strips to have with dips or top with your favourite pizza toppings.



## Mini Pizzas

For a really quick and easy meal, try topping a Juvela gluten free roll with your favourite pizza toppings - add lots of colourful veggies for a healthier bite!

### Ingredients:

1 Juvela Gluten Free Fresh or Longlife White Roll

2-3 tbsp tomato & herb pizza topping

25g grated mozzarella or cheddar

Topping ideas: pepperoni, ham, tuna, chicken, sweetcorn, chopped peppers, olives, pineapple, tomatoes

### Method:

1. Slice the roll in half and pop onto a baking tray.
2. Spread the pizza topping over each half of the roll and sprinkle cheese on top.
3. Top with your favourite toppings and bake in a preheated oven (200°C/180°C Fan/Gas Mark 6) for 10-15 minutes until golden brown.



## Fab Fish Fingers

Our delicious gluten free fish fingers are a perfect mid-week meal - make a big batch and freeze ahead!

### Ingredients:

5 slices Juvela Fresh or Longlife Loaf  
45g Parmesan cheese  
½tsp garlic granules  
Salt and freshly ground black pepper  
2 boneless white fish fillets (cod, haddock, pollock)  
2 medium eggs



### Method:

1. Tear the bread into small pieces and toast in the toaster, oven or airfryer for approx. 10 minutes or until crisp.
2. Once the bread is toasted, pop into a blender and blend into crumbs (you can run the breadcrumbs through a sieve after blending for extra fine breadcrumbs)
3. Transfer the breadcrumbs into a bowl and add the parmesan, garlic granules, salt and pepper, and mix well.
4. Whisk the eggs in a separate bowl.
5. Using kitchen roll, blot out some of the water from the fish, then cut into strips.
6. Place each fish strip into the egg wash and then immediately into the breadcrumbs, and coat until fully covered. Repeat with the rest of the fish strips.
7. Place on a baking tray and bake in a preheated oven for 20 minutes at 180°C/160°C Fan/Gas Mark 4 or until crispy on the outside.



# Triple Chocolate Brownies

Rich gooey chocolatey brownies - warm or cold, these gorgeous squares are the ultimate chocolate fix!

## Ingredients:

200g dark chocolate*	50g white chocolate*, cut into chunks
200g butter	50g pecans, roughly chopped
90g Juvela Gluten Free White Mix	3 medium eggs, lightly beaten
50g cocoa	275g golden caster sugar
50g milk chocolate*, cut into chunks	

## Method:

1. You will need an 8 inch (20cm) square cake tin, greased and base lined
2. In a large bowl, melt the dark chocolate and butter in a microwave (or over a pan of simmering water). Allow to cool slightly.
3. Whisk the eggs and sugar together for 5 minutes until thick, creamy and doubled in volume.
4. Add the cooled chocolate mixture to the whisked eggs and sugar, and fold in with a plastic or rubber spatula until well combined.
5. Combine the Mix and cocoa together and add this to the mixture; again stirring with a spatula to fully combine.
6. Stir in the chocolate chunks and then transfer the mixture into the prepared tin.
7. Pop in a preheated oven (180°C/160°C Fan/Gas Mark 4) for approx 30 minutes until a light crust is forming but the middle is still quite squidgy.
8. Remove from the oven and allow to cool completely in the tin. Cut into squares to serve.



# Fruity Cookies

Tasty crunchy gluten free cookies packed with juicy sultanas – replace with chocolate chips for a special treat!

## Ingredients:

- 100g soft margarine (min. 70% fat content) or butter
- 100g demerara sugar
- 100g sultanas
- 1 medium egg, beaten
- 1tsp vanilla extract
- 200g Juvela Gluten-Free White/Fibre Mix

# Baked Doughnuts

Makes 12 doughnuts

## Ingredients:

250g Juvela Gluten Free White Mix

250g caster sugar

½ tsp salt

½ tsp baking powder

200ml whole milk

1 medium egg

1tsp vanilla extract

50g natural yoghurt

## For the icing:

150g caster sugar

Water (as much as needed  
for desired consistency)

Pink food colouring  
(optional)

Sprinkles (optional)



## Method:

1. Add all dry ingredients to a bowl and mix together well.
2. Add the wet ingredients and mix well until a batter forms with no lumps.
3. Pour the batter into the doughnut mould and bake in a preheated oven at 180°C for 20 minutes.
4. Remove the doughnuts from the mould and let them cool completely on a wire rack before icing.
5. To make the icing pour the sugar into a bowl and pour a small amount of water over it whilst mixing. You can keep adding small amounts of water until you are happy with the consistency. Mix in a dash of food colouring (optional)
6. Once the doughnuts have cooled, place them into the icing until fully coated and then leave to set on the wire rack (you can also add sprinkles straight after icing)

## Method:

1. Cream together the butter and sugar until light and fluffy.
2. Using a spatula or wooden spoon, fold in the egg, vanilla, sultanas and Mix and bring mixture together to form a dough.
3. Using your hands, roll the dough into walnut-sized balls, flatten into rounds and place well apart on a greased baking tray. Bake in a preheated oven (190°C/170°C Fan/Gas Mark 5) for 15-20 minutes until golden brown.
4. Allow to cool slightly before moving.





## Get in Touch

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We are here to support you every step of the way on your gluten free journey, so please call our Customer Support Team if you have any queries about our products or gluten free prescriptions.

 [www.juvela.co.uk](http://www.juvela.co.uk)

 **0800 783 1992**

 [info@juvela.co.uk](mailto:info@juvela.co.uk)

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