

I have Coeliac Disease

A guide for children with coeliac disease



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.

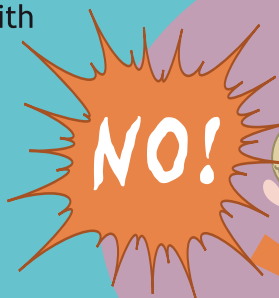
After the biopsy I went onto a gluten free diet and I got a lot better.

Gemma

What is Coeliac Disease?

Coeliac disease is a lifelong autoimmune condition caused by a reaction to gluten.

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

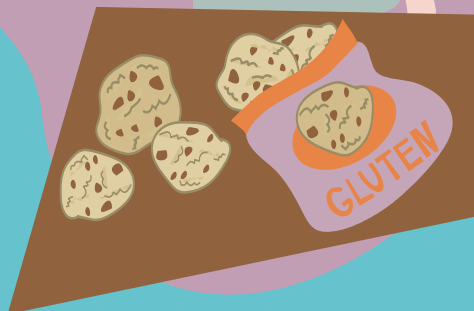


What is gluten?

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.



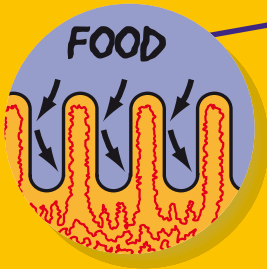
What happens when coeliacs eat gluten?

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

My tummy aches

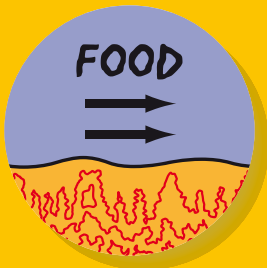
...and funny on the inside

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?

An illustration of a young boy with a sad expression, wearing a red and white baseball cap, a green t-shirt, and green shorts. He is standing in a large blue puddle. In the background, there is a grey cloud with rain falling. To his right is a large orange thought bubble.

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 Coeliac UK's Food & Drink Guide 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 *Coeliac UK's Food & Drink Guide* 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 foods 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.

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 arrange 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 why 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

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 a grown-up first

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

Finally...

tip Make sure your Mum, Dad or another grown-up sets up a repeat prescription for your favourite gluten-free foods

tip Why not **check up** on your Mum, Dad or a grown-up to see that they remember to take **Coeliac UK's Food & Drink Guide** with them when they go shopping!



What the grown-

Where can I get more advice?

Coeliac UK are the leading charity working for people with coeliac disease and dermatitis herpetiformis. 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 & rolls, flour mixes, breakfast cereals, crackers, pasta and pizza bases.

ups need to know

Are children entitled to 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 bread products and flour mixes are available.

If you live in Scotland, Wales or Northern Ireland, a wider range of staple gluten free products 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 pharmacist will order these for you. If you live in Scotland, you will get your prescription from your pharmacist through the Scottish Gluten-Free Food Service.

For more information, download an information pack from www.nhsinform.co.uk and search for Gluten-free Food Service.

How to check what foods are safe to eat

Hidden gluten can be found in many manufactured and processed foods. Allergen labelling means you can tell from the ingredient list whether a packaged food contains gluten. To ensure you make safe choices, always check the ingredient list and refer to Coeliac UK's Food & Drink Guide.



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 Coeliac UK's Food & Drink Guide

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.

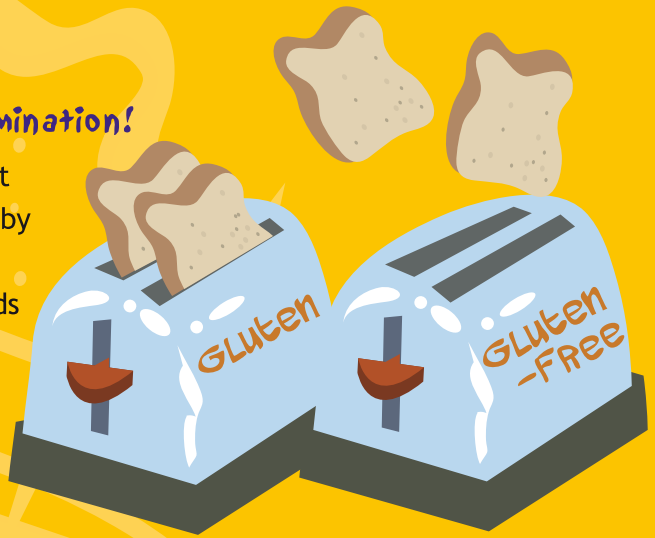
Where can I buy gluten-free foods?

You can choose to supplement the staple foods you get on prescription with naturally gluten-free foods and free-from foods purchased in supermarkets and online.



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 you are unsure, call in advance and check the menu. Some cafes offer gluten-free sandwiches and cakes but take a gluten-free snack out with you just in case

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 is important to ensure that teachers and school staff know and understand about your child's special diet. Packed lunches are probably an easier option as you can send gluten-free sandwiches or pasta salads, yoghurts, fresh fruit or vegetables. If your child has school dinners, talk to the staff and ensure they understand the diet and the importance of avoiding cross contamination.

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 for you to enjoy!

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.

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 gluten-free spaghetti or rice and 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**

1 tsp dried oregano

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 JUELA 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) JUELA 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 4

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

Method To make the tortillas, place the 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 White 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 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 White 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 fridge for half an hour to set.

Blueberry Pancakes

Ingredients *200g (8oz) Gluten-Free White Mix*
*1tsp baking powder**
1 medium egg, lightly beaten
300ml milk
Knob of butter
150g pack blueberries
Sunflower oil

Method Combine the Mix, baking powder and a pinch of salt in a large bowl. Beat the egg with the milk, make a well in the centre of the dry ingredients and whisk in the milk to make a thick smooth batter. Beat in the melted butter, and gently stir in half the blueberries. Heat a teaspoon of oil in a large non-stick frying pan. Drop a large tablespoonful of the batter per pancake into the pan to make pancakes about 7.5cm across. Make three or four pancakes at a time. Cook for about 3 minutes over a medium heat until small bubbles appear on the surface of each pancake, then turn and cook another 2-3 minutes until golden. Remove from the pan and pop onto a warm plate while you use up the rest of the batter. Serve with golden syrup and the rest of the blueberries.

Gingerbread Kids *Makes 10-12*

Crunchy biscuits that can be made into any fun shape of your choice. Using xanthan gum will help the biscuits to hold their shape.

Ingredients 200g (8oz) JUVELA Gluten-Free Fibre Mix
1 tsp xanthan gum
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 Fibre Mix, xanthan gum, 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) butter
25g (1oz) caster sugar
1 medium egg, beaten
50-75ml (2-3fl 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 butter to resemble breadcrumbs. Add the caster sugar and stir in the egg and sufficient milk to make a soft but not sticky dough (you may not need all the milk). Knead lightly for a couple of minutes on a surface lightly dusted with Mix. divide the dough into bite-size pieces and shape into balls.

Heat the oil over a medium heat for about a minute and fry a few doughnuts at a time in the oil for 2-3minutes, turning during cooking to coat evenly. Drain thoroughly and toss in caster sugar.

Coeliac Word Watch

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
Endoscopic biopsy	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
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



How to contact us

 Freephone 0800 783 1992

 info@juvela.co.uk

 www.juvela.co.uk

 19 De Havilland Drive,
Liverpool L24 8RN

 Juvela gluten-free foods

 @Juvela GF

 @juvelaglutenfree

 Juvela Gluten Free Foods

