

## WHAT IS LEFT TO EAT?

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This question is probably one of the most commonly asked questions post diagnosis. Indeed it may seem like everything has gluten, or derivatives of gluten in it, but that really isn't the case. However, in order to prevent your child from inadvertently getting "glutened," reading labels may become your new hobby (along with baking).

Quite obviously all things containing flour must be avoided, but here are some sneaky places gluten likes to hide that you might not expect:

- Soy sauce, dressings, BBQ sauces, non dairy creamer substitutes, and many seasoning blends
- Self basting chickens, turkeys, and meats which have been injected
- Sausages (due to the use of seasonings and bread crumb binders)
- Malt coloring, flavoring, and vinegar
- Cream sauces, cream soups, and gravies
- Broths and bullion cubes
- Most processed foods

Just so you know not everything is off limits, here are some things that you may already have around the house:

- Meat and protein that hasn't been marinated or injected such as chicken, pork, beef, fish, and eggs.
- Rice
- Corn Tortillas
- Fresh Fruits and fresh vegetables
- Sweet snacks such as Jellybellies, most fruit snacks, Starburst, Hershey's Hugs & Kisses, Spree, and Flintstone Push pops
- Drinks like Snapple, Swiss Miss, Coke, Pepsi and Capri sun
- Fritos, Oreida French Fries, HORMEL pepperoni, Oscar Myer Beef Hot dogs

No Wheat, No Barley,  
No Rye,  
**OH MY!**

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## *A Guide for Parents with newly diagnosed celiac children*



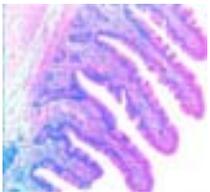
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# WHAT DOES CELIAC MEAN?

Celiac Disease is a lifelong gastrointestinal disease, which is characterized by an intolerance to a protein constituent of gluten. This protein is found in wheat, barley, rye, and all products that contain derivatives of those substances. Truthfully, however, unfortunately, gluten by-products are in a lot of foods.

## What is happening inside your child?

In the normal human digestive track there are tiny fingerlike projections called villi, which increase the surface area of the intestine and therefore increase the capacity for absorption of nutrients into the blood stream (which happens mostly in the small intestine).



Normal villi

However, celiac disease causes the body to react to the protein in gluten by attacking itself. It causes the villi in the intestine to become flat (villous atrophy). The atrophy, in turn leads to mal-absorption, nutrient deficiencies, and the common celiac symptoms nausea, vomiting, diarrhea, abdominal pain, and abdominal distention.



Partial



Total

## By any other name:

The disease is also commonly referred to as Coeliac Disease (British spelling) celiac sprune, nontropical sprune, gluten sensitive entropathy (GSE). The disease can also manifest itself as Dermatitis Herpetiformis (DH), a skin disease.

## GLUTEN-FREE BAKING

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The world of gluten free baking can be daunting and frustrating. Just remember that you have the rest of your child's life to experiment, and eventually they will even get to help! Bear in mind that you don't have to bake. There are plenty of GF products on the market, and there are GF bakeries in most cities. To be honest, until you get the hang of it, products from bakeries will taste more 'natural' than yours. The only downside is that the products can be expensive. So take some time to experiment, and have fun!

## Notes:

1. Flour blends work best in most cases, find a mixture which you think tastes best, and always keep that on hand.
2. Xanthan gum- it sounds like it comes from outer space, but it really just provides structure for baked products in lieu of gluten.
3. Expect different textures and flavors.
4. Expect some disasters.
5. Buy a bread maker and be willing to experiment with it, or set aside one day a week to bake gluten-free bread.
6. Don't be afraid to cheat a little bit (NOT by using gluten!) by adding extra naturally GF enhancements such as chocolate chips, nuts, frosting, jam, nut butters, or other extra toppings to mask off flavors or textures of the products you create.

## Books to Check Out:

*The Gluten Free Gourmet* A Series by Bette Hagman

*The Wheat Free, Gluten Free, Cookbook for Kids and Busy Adults* by Connie Sarros

*Gluten Free Baking* by Rebecca Reiley

## Denver Bakeries to Check Out:

Watercourse Foods

214 E. 13<sup>th</sup> Av, 303-318-9843

Deby's Gluten Free

2369 S Trenton Way #M, 303-283-4060

## Website and Celiac Organizations

[www.celiachealth.org](http://www.celiachealth.org)

[www.glutenfree.com](http://www.glutenfree.com)

[www.celiac.com](http://www.celiac.com)

[www.celiac.org](http://www.celiac.org)

[www.csaceliacs.org](http://www.csaceliacs.org)

[www.glutenfreemall.com](http://www.glutenfreemall.com)

## Adventures in Celiac Cooking

While you may feel lost and alone, keep in mind that others are struggling with the disease too. Here are a few sites which document the trials and tribulations of cooking celiac. The sites are full of great menu ideas and successful recipe suggestions.

- [Glutenfreegirl.blogspot.com](http://Glutenfreegirl.blogspot.com)
- [Gluten-free-blog.blogspot.com](http://Gluten-free-blog.blogspot.com)
- [Glutenfreemom.typepad.com](http://Glutenfreemom.typepad.com)
- [Elanaspantry.com](http://Elanaspantry.com)
- [Dr. Rima's Celiac Blog](http://Dr.Rima'sCeliacBlog)  
[www.celiacsyndrome.com](http://www.celiacsyndrome.com)