

What is gluten?

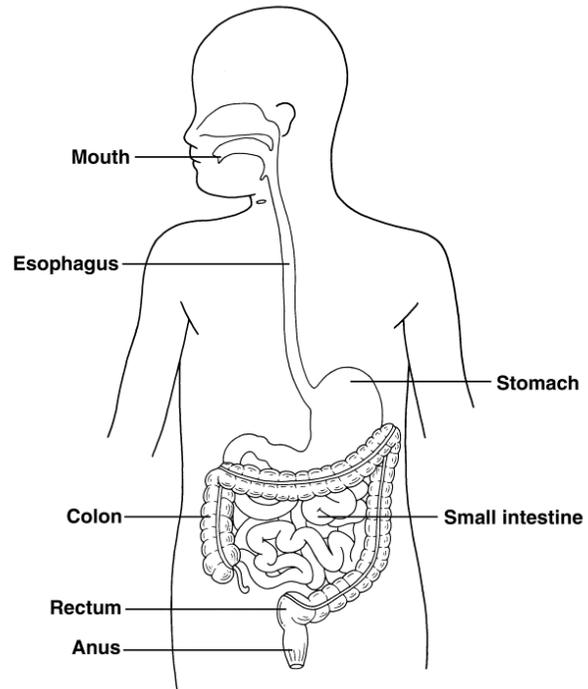
Gluten is a protein found in wheat, rye, oats and barley products.

- Common sources of gluten include breads, pancakes, cereals, pastas, pastries and cookies.
- Gluten may also be "hidden" in many processed foods.

Why does my child need to follow a gluten-free diet?

Your child either has celiac disease or is sensitive to gluten.

- This means their body reacts to gluten, which may damage the small intestine.
 - The small intestine is part of the digestive tract.
 - It is between the stomach and the large intestines (also called the colon).
- A gluten-free diet allows the small intestine to heal and begin to absorb nutrients better.



What is celiac disease?

Celiac disease is a disease of the intestines. Celiac disease:

- Causes malnutrition if it is not treated.
- Happens when the body reacts to gluten and damages the small intestine.
- Is a type of autoimmune disease. Autoimmune diseases happen when certain cells inside the body (called antibodies) attack other cells or tissues.

Are there other names for celiac disease?

Celiac disease may also be called:

- Gluten sensitive enteropathy
- Gluten intolerance
- Nontropical sprue
- Celiac sprue

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Gluten-free diet, continued

What grains and starches should my child **NOT** eat?

The list below shows foods that may be harmful to your child. Read food labels carefully.

Your child **should NOT eat** these foods:

- Barley of all kinds, including malt, malt vinegar, malt extract, malt syrup and malt flavoring
- Breads not labeled gluten-free. This includes croutons, breadcrumbs and breading.
- Oats not labeled gluten-free
- Wheat of all kinds, including:
 - Bulgur
 - Couscous
 - Durum
 - Einkorn
 - Emmer
 - Farina
 - Faro
 - Graham flour
 - Kamut
 - Orzo
 - Semolina
 - Spelt
 - Triticale
 - Udon
 - Wheat germ
 - Cracked wheat
 - Matzo flour
 - Tabbouleh
- Brewer's yeast
- Miso
- Rye
- Seitan
- Soy sauce (except certain brands known to be gluten-free)

What grains, flours and starches **CAN** my child eat?

Your child **CAN eat** these foods:

- Amaranth
- Arrowroot
- Beans
- Cassava
- Chia seeds and chia flour
- Chickpeas (also known as garbanzo beans)
- Coconut flour
- Corn, including corn bran, corn grits, hominy, masa harina, cornmeal, corn flour, corn starch and corn tortillas
- Flax
- Indian rice grass (montina)
- Lentils
- Millet
- Nut flours
- Oats labeled gluten-free
- Plain popcorn
- Potatoes and sweet potatoes, including potato starch and potato flour
- Quinoa
- Rice
- Sesame
- Sorghum
- Soy
- Sunflower
- Tapioca
- Taro
- Teff
- Wild rice
- Yucca

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Gluten-free diet, continued

What foods **MAY** contain gluten that my child should avoid?

The list below shows foods that your child **should avoid** (unless gluten-free is on the label or you know that all ingredients in the item are gluten-free). There are gluten-free forms of many of these foods. Read food labels carefully.

- Baking powder
- Broth, bouillon cubes and soup bases
- Brown rice syrup
- Brown sugar
- Buckwheat
- Candy (read all ingredients)
- Caramel color
- Catsup
- Cereals not labeled gluten-free
- Cheese spreads
- Chip and dip mixes
- Dairy substitutes
- Enriched products
- Flavored yogurt
- Flavorings
- Imitation bacon, pepper and seafood
- Licorice
- Luncheon, deli meats or processed meats
- Margarines
- Marinades
- Marshmallows
- Meat sauces
- Modified starch or modified food starch
- Mustard
- Natural and artificial flavorings
- Non-dairy creamers
- Salad dressings
- Sauces, gravies and barbecue sauce
- Self-basting poultry
- Shredded cheese

Your child should also **avoid** these foods:

- French fries (unless you know the oil they were cooked in has not been used to fry other foods)
- Honey-roasted or dry-roasted nuts
- Hot chocolate or cocoa
- Hydrolyzed plant protein (HPP)
- Hydrolyzed vegetable protein (HVP)
- Textured vegetable protein (TVP)
- Ice cream
- Instant coffee and tea
- Instant hot cereals and grits
- Soup and soup mixes
- Sour cream
- Soy sauce or soy sauce solids
- Starch, including gelatinized starch, modified starch, modified food starch and vegetable starch
- Stuffing or dressing
- Teriyaki sauce
- Thickener or roux
- Tomato sauce (read all ingredients)
- Vegetable gum (unless noted as other than wheat)
- Vegetable protein (unless noted as other than wheat)
- Wieners and sausage products

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Gluten-free diet, continued

What are some other hidden sources of gluten?

Other hidden sources may include:

- Barley malt in flavorings and teas.
- Wheat and barley in processed foods and products.
- Wheat to make foods thicker or fluffier, such as for omelets in restaurants.
- Wheat to keep dry ingredients from clumping, such as in packaged seasoning mixes or rubs for meats and poultry.
- Wheat in non-food products to hold things together or to make something look different, such as:
 - Medicines – always ask your pharmacist to make sure a medicine is gluten-free. Also check ingredients on vitamins, minerals and herbal products to make sure they do not contain gluten or wheat.
 - Personal hygiene products and make-up – they may contain gluten. Examples include lip balm, toothpaste, hand lotions, make-up and soaps that contain gluten. Your child may be OK with some of these, but if they go in your child's mouth, it could be a problem.
 - Play-Doh or finger paints – they could be a problem if your child puts their fingers in their mouth. Wash your child's hands well after arts and crafts.

Will my child get enough vitamins and minerals?

Your child's gluten-free diet may be low in some B-vitamins that are found in grain products. This may include thiamin, riboflavin and niacin.

- Make sure your child eats plenty of enriched or fortified grains, such as corn and rice products, as allowed.
- Ask your child's dietitian or doctor if your child needs to take a multivitamin.

Can my child eat out at restaurants and still follow a gluten-free diet?

Many restaurants offer a gluten-free menu if you ask for it.

- It is best to call a restaurant ahead of time.
 - Ask if they have a gluten-free menu.
 - If not, ask if you can talk to the chef or head cook. They may be able to prepare a gluten-free meal, but be sure to find out before you go.
- At the restaurant, ask your server to make sure your child's food does not come in contact with gluten from other foods.

What is cross-contamination?

This is when a food that is gluten-free comes in contact with foods that have gluten.

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Gluten-free diet, continued

Ways this can happen include:

- Your child's food touches a surface that still has crumbs or residue on it from gluten foods. This can happen with cooking utensils, a cutting board or a grill.
- French fries are often fried in oil that was also used to fry foods with gluten.
- Pills or tablets from a pharmacy may come in contact with other medicines that contain gluten or wheat in the pill counting tray.

Ways to help avoid cross-contamination include:

- In your home, have a safe gluten-free area to prepare your child's food.
- Do not use the same toasters, colanders or cutting boards used for foods with gluten.
- Use dinnerware and cookware with smooth surfaces. Wash them well between use for gluten and gluten-free foods. When you eat out, ask the server and cook staff to do the same.
- Scour your grills or put clean foil on the grill to cook your child's food.
- Do not use knives and spoons from condiments that contain gluten. This may include mayonnaise, peanut butter or jam.

Where can I buy gluten-free foods?

- Use fresh, unprocessed foods for your child whenever you can. The more processed a food is, the more likely it has gluten added.
- Use fresh fruits, vegetables, meat, poultry and fish. They are naturally gluten-free.
- Your grocery store's customer service may be able to provide you with a list of their gluten-free foods.
- Check with your local library for gluten-free cookbooks.

Where can I learn more about gluten-free eating and products?

- Celiac Sprue Association (CSA) – csaceliacs.org
- Celiac Disease Foundation – celiac.org
- Celiac Disease and Gluten-Free Support Center – celiac.com
- Gluten Intolerance Group (GIG) – gluten.net
- Allergy Eats – allergyeats.com
- Gluten Free Drugs – glutenfreedrugs.com

Children's Healthcare of Atlanta has not reviewed all of the sites listed as resources and does not make any representations regarding their content or accuracy. Children's Healthcare of Atlanta does not recommend or endorse any particular products, services or the content or use of any third party websites, or make any determination that such products, services or websites are necessary or appropriate for you or for the use in rendering care to patients. Children's Healthcare of Atlanta is not responsible for the content of any of the above-referenced sites or any sites linked to these Sites. Use of the links provided on this or other sites is at your sole risk.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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