



Gluten-Free Diet

Patient and Family Education

This teaching sheet contains general information only. Your child's doctor or a member of your child's health care team will talk with you about specific care for your child.

What is gluten?

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

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

Your child either has Celiac Disease or an allergy to gluten. This means his body reacts to gluten and this can damage the small intestine. A gluten-free diet allows the small intestine to heal and begin to absorb nutrients again.

What is Celiac Disease?

Celiac Disease is a digestive disease (disease of the intestines) that causes malnutrition if it is not treated. Celiac Disease occurs when the body reacts to the intake of gluten and damages the small intestine. This is a type of autoimmune response. Autoimmune diseases occur when certain cells inside the body (called antibodies) attack other cells or tissues.

Are there any other names for Celiac disease?

Celiac disease is also called gluten sensitive enteropathy, gluten intolerance, nontropical sprue, celiac sprue or celiac disease.

What grains and starches does my child need to AVOID (not eat)?

This is a list of foods to avoid. Read the food labels on products carefully:

- Barley
- Barley malt
- Beer
- Bread crumbs
- Bulgar
- Cereal extract
- Couscous
- Cracker meal
- Durum (type of wheat)
- Farina
- Flour (unless labeled gluten-free)
- Graham
- Kamut
- Malt (contains barley)
- Matzoh
- Oats (unless labeled gluten-free)
- Rye
- Semolina
- Spelt
- Triticale
- Wheat (durum, semolina)
- Wheat bran
- Wheat germ
- Wheat starch

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 CAN my child eat?

Your child may have these foods:

- Amaranth
- Arrowroot
- Bean
- Corn and corn bran
- Cornmeal
- Cornstarch
- Grits
- Hominy
- Maize
- Nut flours
- Potato
- Potato starch
- Quinoa
- Rice and rice bran
- Rice Flour
- Flax
- Sesame
- Sorghum
- Soy
- Sunflower
- Sweet potato
- Tapioca
- Tef

What foods MAY contain gluten?

Avoid these foods unless gluten-free is written on the label or you know that all ingredients in the item are gluten-free:

- Bouillon cubes
- Brown rice syrup
- Brown sugar
- Buckwheat
- Caramel color
- Catsup
- Cheese spreads
- Chip and dip mixes
- Dextrin
- Enriched products
- Flavorings
- French fries
- Honey-roasted or dry-roasted nuts
- Hot chocolate or cocoa
- Hydrolyzed plant protein (HPP),
- Hydrolyzed vegetable protein (HVP)
- Textured vegetable protein (TVP)
- Ice cream
- Imitation seafood
- Imitation bacon
- Imitation pepper
- Instant coffee
- Instant tea
- Licorice
- Luncheon or processed meats
- Margarines
- Marshmallows
- Millet
- Meat sauces
- Modified starch or modified food starch
- Mono- and di-glycerides
- Mustard
- Natural and artificial flavorings
- Non-dairy creamers
- Salad dressings
- Soup and soup mixes
- Sour cream
- Soy sauce
- Soy sauce solids
- Starch
- Tomato sauce
- Vinegar (if malt-based)
- Vegetable gum
- Vegetable protein
- Wieners and sausage products
- Yogurt with fruit

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Gluten-Free Diet, continued

How can I know for sure if a food or product has gluten?

Some foods may be labeled gluten-free. If they are not labeled, read the ingredients list on the food label. If you don't know about a food or product, contact the company and ask if it is gluten-free.

Will my child get enough vitamins and minerals on a gluten-free diet?

Your child's diet may be low in some of the B-vitamins that are found in grain products (mainly thiamin, riboflavin and niacin). Make sure your child eats plenty of enriched or fortified grains that are allowed, such as corn and rice products. Ask your dietitian or child's doctor if your child needs to take a multi-vitamin.

Will a gluten-free diet taste different?

Many foods can be prepared from gluten-free flours. With a little practice you will learn which ones are good substitutes and taste best.

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

Yes. Ask your server or chef to explain how foods are prepared in order to make sure they are gluten-free. Take the list of the foods that your child needs to avoid with you. Foods that often contain hidden gluten in restaurants include: salad dressings, marinades, soups, sauces (including au jus), rice pilaf, french fries and hash browns.

What is cross-contamination?

This is when a food that is gluten-free comes into contact or is cooked with foods that have gluten. Be careful of fried foods (such as french fries) because the oil used to deep-fry may be used for foods that have gluten. Cross-contamination is the reason that millet, oats, and buckwheat sometimes need to be avoided.

Where can I buy gluten-free foods?

Many grocery stores and health food stores have products that are gluten-free. Most bookstores have gluten-free cookbooks. There are many web sites and organizations where you can find gluten-free products and information (see the list on the next page).

Is gluten found only in food?

No. Gluten may be used in some prescription drugs, over-the-counter drugs and vitamins.

- Use the "foods to avoid list" to check all ingredients.
- Prescription drugs come with a list of all ingredients.
- Over-the-counter medicines only need to list the active ingredients.

Call the company if you have questions.

Other products that may contain gluten are:

- Toothpaste
- Lipstick and face powder
- Shampoo, soaps and detergents
- Lotions
- Herbal and nutritional supplements, vitamins and minerals.
- Communion wafers.
- Play-doh may be a problem if your child puts his hands on or in his mouth while playing with it. Be sure to wash your child's hands well after using Play-doh.

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Gluten-Free Diet, continued

Read the labels of all products that come into contact with your child's mouth or skin.

What can I use instead of wheat flour for baking?

You can buy prepared gluten-free flour or you can make your own gluten-free flour mixture. Ask your dietitian for more information on making your own mix.

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

A few resources for you to learn more are:

- Gluten Intolerance Group (GIG) www.gluten.net
- Celiac Sprue Association (CSA) www.csaceliacs.org
- Celiac Disease Foundation www.celiac.org
- The Celiac Disease and Gluten-free Diet Support Page www.celiac.com
- Enjoy Life Foods 888-50-ENJOY www.enjoylifefoods.com
- Gluten-Free Living - a magazine resource www.glutenfreeliving.com
- *Gluten-Free Diet: A Comprehensive Resource Guide* by Shelley Case, RD. Case Nutrition Publishing. 2002. 2nd ed.
- *Wheat-Free, Worry-Free: The Art of Happy, Healthy Gluten-Free Living* by Danna Korn. Hay House. 2002.
- *Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy, Gluten-Free Children* by Danna Korn. 2001. www.celiackids.com
- *Gluten-Free Baking* by Rebecca Reilly
- *The Gluten/Wheat Free Guide to Eating Out* by Jeff Beavin. Good Health Publishing. 2002.
- *Celiac Disease Nutrition Guide* by Tricia Thompson, MS, RD and Merri Lou Dobler, MS, RD. American Dietetic Association. 2003.
- *Eating Gluten Free with Emily: A Story for Children with Celiac Disease* by Bonnie J. Kruszka

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