



COELIAC DISEASE AND ME!



TEAR OUT
FACT SHEETS
INSIDE

WHAT IS COELIAC DISEASE?

"I'M MOLLY AND I HAVE COELIAC DISEASE, LIKE YOU. I CAN TELL YOU EVERYTHING I KNOW! AND THIS IS RASCAL, HE KNOWS LOTS TOO! RASCAL COMES WITH ME EVERY TIME I VISIT THE HOSPITAL."

Coeliac disease means that you can't eat foods that have **gluten** in them. If you do eat gluten then you will feel really unwell. You might get a sore tummy, feel sick and tired, have runny, smelly poo, or maybe all of these!

WHEN WE EAT GLUTEN WE FEEL HORRIBLE...



WHAT IS GLUTEN?

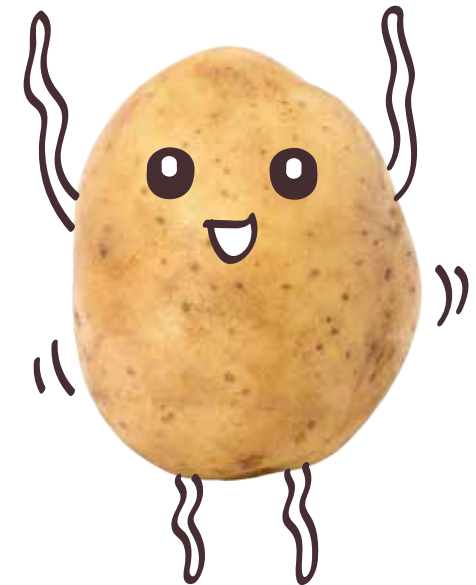
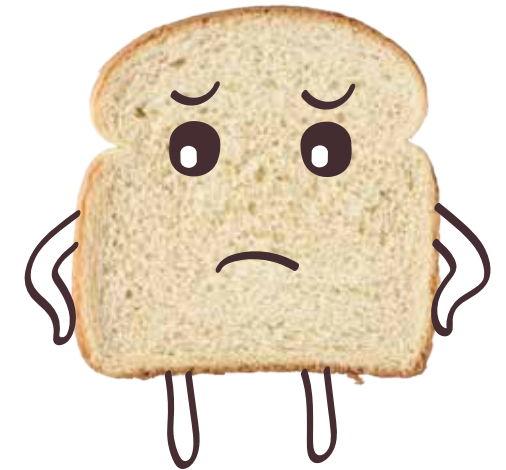
Gluten is found in wheat, rye and barley. These are known as '**cereal grains**'.

These grains are used to make flour and the flour is used to make lots of different foods, like **bread, pasta, cakes** and **biscuits**.

The good news is that lots of foods don't have gluten in them and will be safe for you to eat!

You can still have lots of the foods you like, but you or your grown-up will need to check that they are '**gluten-free**' before you eat them.

...AND WHEN WE DON'T, WE FEEL GREAT!

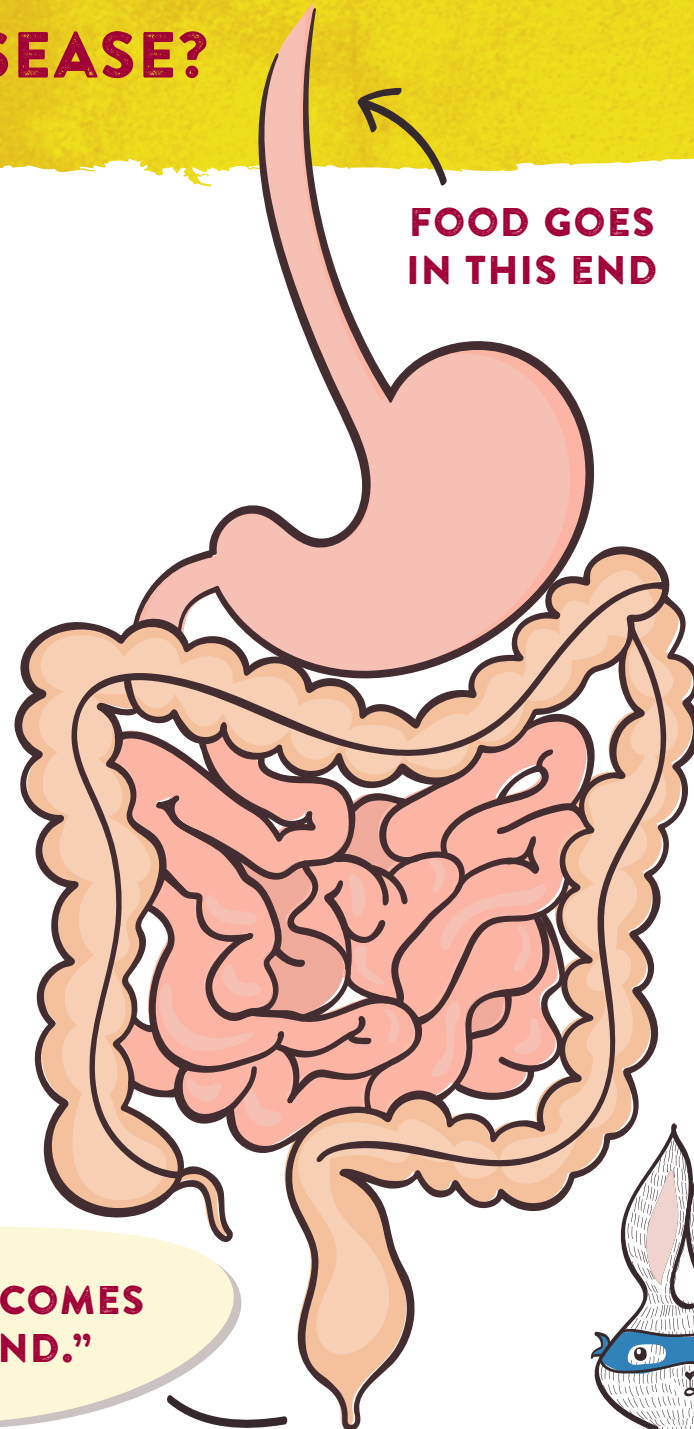


WHAT IS COELIAC DISEASE?

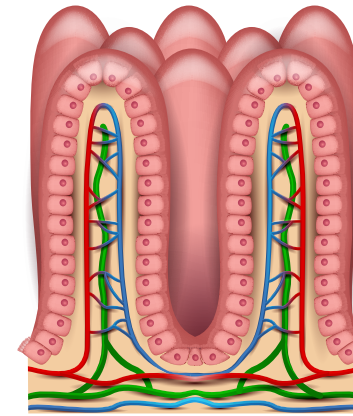
When you eat, food begins a journey from your mouth to your bottom!

Food is mushed up in your tummy and then pushed into your intestines to be made even smaller so that all the important stuff, like the vitamins and minerals, can be taken out and carried around your body in your blood.

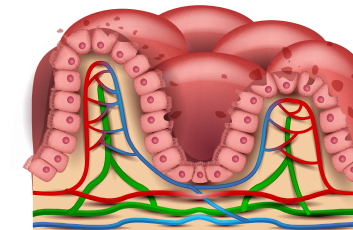
Anything that your body doesn't need comes out in your poo!



LET'S TAKE A CLOSER LOOK



Normal villi



Coeliac villi

There are lots of tiny bumps all along your intestine, these are called '**villi**'. Villi help to suck up all the important stuff from food.

When people with coeliac disease eat gluten, the villi are damaged and they get smaller. The villi aren't able to do their job, which is why you feel sick or tired.

"IT'S ALL TO DO WITH OUR VILLI - APPARENTLY!"



FOOD WE CAN EAT

Great news! These foods don't have gluten in them:

- ✓ Fruits and vegetables
- ✓ Rice
- ✓ Potatoes
- ✓ Polenta
- ✓ Meat & fish (without batter or breadcrumbs)
- ✓ Eggs
- ✓ Tofu
- ✓ Milk and cheese
- ✓ Jelly
- ✓ Foods labelled as 'gluten-free'
- ✓ Fruit juices, squash, water



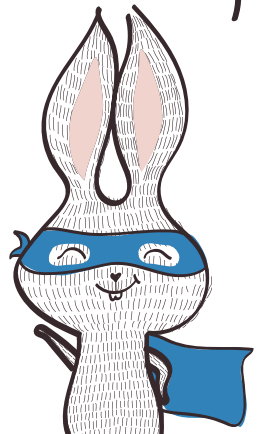
FOOD WE CAN'T EAT

These foods are made from wheat, rye or barley so they have gluten in them:

- ✗ Breads*
- ✗ Rolls*
- ✗ Pizza bases*
- ✗ Tortilla wraps*
- ✗ Cakes & biscuits*
- ✗ Pancakes*
- ✗ Breakfast cereals made with wheat, rye, barley or ordinary oats
- ✗ Pastry*
- ✗ Pasta & Noodles*
- ✗ Cous-cous
- ✗ Barley water



*** "LOTS OF THESE FOODS ARE AVAILABLE IN GLUTEN-FREE VERSIONS OR CAN BE MADE WITH GLUTEN-FREE FLOURS. SO DON'T WORRY, YOU WON'T MISS OUT ON YOUR FAVOURITES!"**



HIDDEN GLUTEN

Sometimes gluten is added to foods you might not expect! Ask your grown-up to help you check the labels on these foods:

- Sausages and burgers
- Tinned meat and meat pastes
- Gravies and sauces
- Oven chips and potato waffles
- Breakfast cereals made from rice and corn
- Puddings and desserts
- Chocolate
- Crisps
- Cloudy fizzy drinks and hot chocolate



"SNEAKY!"



WHAT HAPPENS NOW?

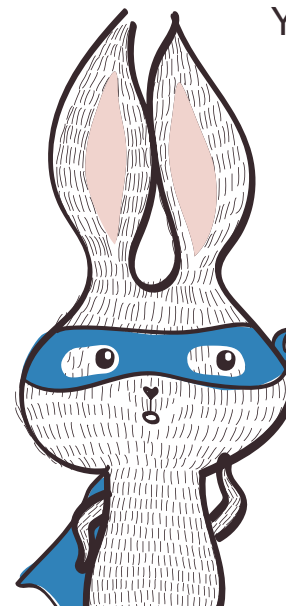
When you begin your gluten-free diet you will start to feel better very quickly, which means you'll have lots more energy to do all the things you want to do! You'll need to stick to your gluten-free diet to make sure that your body stays healthy. Your doctor will ask you to come back for check-ups now and again to make sure that your tummy is getting better.

What's a dietitian?

You and your family will also get to meet a dietitian – a special food expert.

Your dietitian will be able to help you to change your diet to make sure it's completely gluten-free but still super tasty!

Dietitians know all about which foods contain gluten and which ones don't. Your dietitian will make sure that you are getting all the vitamins and minerals you need to keep your body healthy and help you to grow and stay strong.



MY BEST IDEAS!



Don't share food with your friends unless you are sure it is gluten-free. Even a little bit of gluten can make you feel sick.



Talk to your friends and teachers about your gluten-free diet. Maybe you could show them this leaflet so they understand how they can help you.



If you are eating away from home, make sure that you ask a grown-up who knows about your diet to check that any food you choose is definitely gluten-free. You could also take your own gluten-free sandwiches, snacks and treats with you, to make sure there is always something safe for you to eat.



Have fun in the kitchen! There's some great gluten-free recipes in this book that you can have fun making. Just because you need a gluten-free diet doesn't mean you can't enjoy baking delicious treats!



YOU CAN FIND GLUTEN-FREE RECIPES ONLINE. FOR LOADS OF YUMMY IDEAS JUST VISIT:
WWW.SCHAR.CO.UK
WWW.COELIAC.IE

GLUTEN-FREE FISH FINGERS



Preparation time: 10 minutes



Cooking time: 15 minutes



Makes: 4 servings

An easy tea-time classic that the kids will love!

Ingredients:

- 120g (3-4 slices) Gluten-free bread (e.g. Schär Wholesome White Loaf)
- 220g cod or haddock fillet
- 1 egg
- 2 tbsp olive oil
- Pinch of salt and pepper (optional)

Method:

1. Preheat the oven to 200°C /180°C Fan/Gas Mark 6.
2. Whizz the bread in a food processor until it resembles fine breadcrumbs. Alternatively, cut the bread into 2cm slices and toast in the pre-heated oven for 15 minutes until golden brown. Remove from the oven and let the bread cool. Place the bread in a plastic bag and use a rolling pin to crush it to make bread crumbs.
3. Beat the egg and add seasoning if required.
4. Slice the fish fillet in to thick chunks, to resemble fish fingers.
5. Dip the fish pieces into the egg, ensuring they are well covered and then coat in the breadcrumbs, turning several times and pressing down the crumbs onto each piece.
6. Place the fish on a greased baking sheet, drizzle with olive oil and bake for 15 minutes, turning halfway through cooking.

Tip! These can be prepared and frozen as long as the fish hasn't been previously frozen.

GLUTEN-FREE HERBY CHICKEN BURGERS

Ingredients:

- 35g/ approx. 1 slice of gluten-free breadcrumbs* (e.g. Schär Wholesome White Loaf)
- 4 gluten free bread rolls (e.g. Schär White or Brown Ciabattas)
- 500g chicken or turkey mince
- 2 spring onions, finely chopped
- 2 garlic cloves, crushed
- 1 tbsp parsley, finely chopped
- 1 tbsp tarragon, finely chopped
- 2 tsp lemon juice
- 1 egg
- 2 tbsp olive oil
- Pinch of salt and pepper (optional)

Method:

1. In a large bowl mix together the chicken mince, breadcrumbs, spring onions, garlic and herbs and seasoning, until all the ingredients are blended together.
2. Mix in the egg and lemon juice.
3. Shape into 4 thick burgers, either in a burger press or by pressing firmly into balls and flattening with the hands.
4. Heat the oil in a frying pan and cook the burgers for 10-12 minutes per side. Ensure the burger is cooked through before serving in a sliced roll with your choice of gluten-free sauces and toppings.

Tip: Warm your gluten-free rolls in the oven for a few minutes before adding the burgers, to give a soft centre and crisp crust!

*see fish finger recipe for how to make your own breadcrumbs.

This simple recipe will also work well on the BBQ! Use a brown gluten-free roll to add extra fibre.



Preparation time: 20 minutes



Cooking time: 10 minutes



Makes: 4 servings



VEGGIE PIZZA

Looking for a quick and easy lunch idea?
Try our veggie pizza and let the little
ones choose their own toppings!



Preparation time: 5 minutes



Cooking time: 8 minutes



Makes: 2 mini pizzas

Ingredients:

- 1 Gluten-free roll/ ciabatta (e.g Schär White Ciabatta)
- 2 tbsp tomato ketchup
- 40 g cheddar cheese, grated
- 2 sliced mushrooms
- 1/4 thinly sliced red onion
- 1/4 diced red bell pepper
- Rocket leaves to serve

Method:

1. Preheat the oven to 200°C/180°C Fan/Gas Mark 6.
2. Slice the ciabatta lengthways and spread tomato ketchup across both halves.
3. Sprinkle the grated cheese over the tomato ketchup.
4. Top with the sliced mushrooms, onions, peppers and rocket, or your favourite toppings.
5. Place the rolls in the oven for 8 minutes or until the cheese has melted.



BLUEBERRY AND LEMON FRENCH TOAST

A simple and delicious alternative to a breakfast waffle or pancake.

Ingredients:

- 6 slices of white gluten-free bread (e.g Schär Wholesome White Loaf)
- 200 ml milk
- 2 eggs
- 75 g icing sugar
- Grated zest of 1 lemon
- Juice of a half a lemon
- 6 tbsp maple syrup

For the topping:

- 100 g blueberries
- juice of half a lemon
- 100 g icing sugar
- 2 tbsp Natural yogurt
- Handful of raspberries

Method:

1. Beat the milk, eggs, icing sugar, lemon zest and lemon juice together.
2. Soak the 6 slices of bread in the mixture. Make sure they are well soaked on both sides.
3. Add 1 tbsp. of maple syrup to a hot pan and frying the soaked bread 1 piece at a time for 2 minutes on either side. Add a further tbsp of maple syrup to the pan for each slice of bread. You can cook in larger batches if you have a bigger pan.
4. Heat the 100g blueberries in the microwave for 2 minutes to make a compote.
5. Mix the juice of half a lemon with 100g icing sugar to create a lemon icing and drizzle over the stack of French toast.
6. Serving with the blueberry compote, yoghurt and frozen raspberries.



Preparation time: 2 minutes



Cooking time: 12 minutes



Makes: 2 portions



THE FUN BIT!

C	B	J	N	U	F	C	N	M	N	W	O	U	T	Y
M	A	S	O	G	A	Y	A	L	S	T	A	O	A	F
K	D	A	C	I	D	V	I	E	B	D	M	D	U	X
S	E	Q	L	P	I	A	T	N	Y	M	D	R	W	L
E	V	E	W	L	L	N	I	B	K	R	I	U	S	J
U	O	G	L	A	X	H	T	Y	T	J	C	F	D	C
C	A	I	Z	E	T	V	E	S	S	B	J	E	P	E
U	B	L	W	Z	W	H	I	M	T	Y	Z	D	A	R
P	Z	O	T	Q	K	B	D	U	Y	Y	I	U	Q	E
A	Q	K	J	G	U	N	A	P	C	D	K	P	L	A
I	I	N	Q	B	O	U	G	R	A	I	Q	O	C	L
L	U	X	S	S	V	O	S	Z	L	H	R	G	F	I
N	X	W	P	C	G	R	E	Y	M	E	G	A	X	J
N	N	Q	O	Y	J	A	Y	G	L	A	Y	I	F	L
O	L	G	L	U	T	E	N	Y	V	F	C	Q	Y	A

See if you can find these words in the wordsearch:

- Barley
- Cereal
- Coeliac
- Dietitian
- Gluten
- Oats
- Rye
- Villi



STUFF FOR GROWN UPS

“OVER TO YOU GUYS.”



HELP WITH READING FOOD LABELS

The Coeliac Society produces an annually updated “Gluten Free Food List”, detailing thousands of foods available in Ireland that are safe to eat. The book is sent out to members every year and there will be an app for members to use from Summer 2021.

Getting to grips with reading food labels is a great place to start as you support your child to begin their new gluten-free lifestyle.

For packaged foods, all ingredients that are known to cause food allergies (known as ‘food allergens’) must be clearly identified on labels. By law they must be listed and clearly emphasised, for example in bold lettering.

Look out for: **Wheat**, **rye**, **barley** or **oats** within the ingredients lists.

Ingredients

Wholegrain **wheat** flour, Emmental cheese (**milk**), pumpkin seeds, olive oil, **oats**, sunflower seeds, sea salt, yeast, **barley** malt extract.

Additional information

For allergens, including cereals containing gluten, see ingredients in bold.

You may see a reference to gluten-containing cereals within allergy advice boxes on labels to remind you to look at the ingredients list or to warn you about possible contamination during manufacturing processes.

There is no legal requirement for food manufacturers to add a “may contain” statement even if there is a risk of cross contamination. This is why it is always best to check the Coeliac Society of Ireland’s Food List for safe, gluten-free foods.

CONFUSING INGREDIENTS

GLUTEN-FREE WHEAT STARCH

Some specialist gluten-free foods list ‘gluten-free wheat starch’, sometimes called ‘codex wheat starch’ within their ingredient lists. Gluten-free wheat starch is a specially manufactured wheat-derived ingredient from which the gluten has been removed. This ingredient is sometimes used to help improve the taste and texture of gluten-free foods and is safe for people with coeliac disease to eat.

BARLEY MALT EXTRACT & FLAVOURING

This ingredient is commonly used in breakfast cereals, depending on the amount that has been used, the end product may still be suitable for your child to eat. **Always** check with the manufacturer or consult the Coeliac Society of Ireland’s Food List if you are unsure.

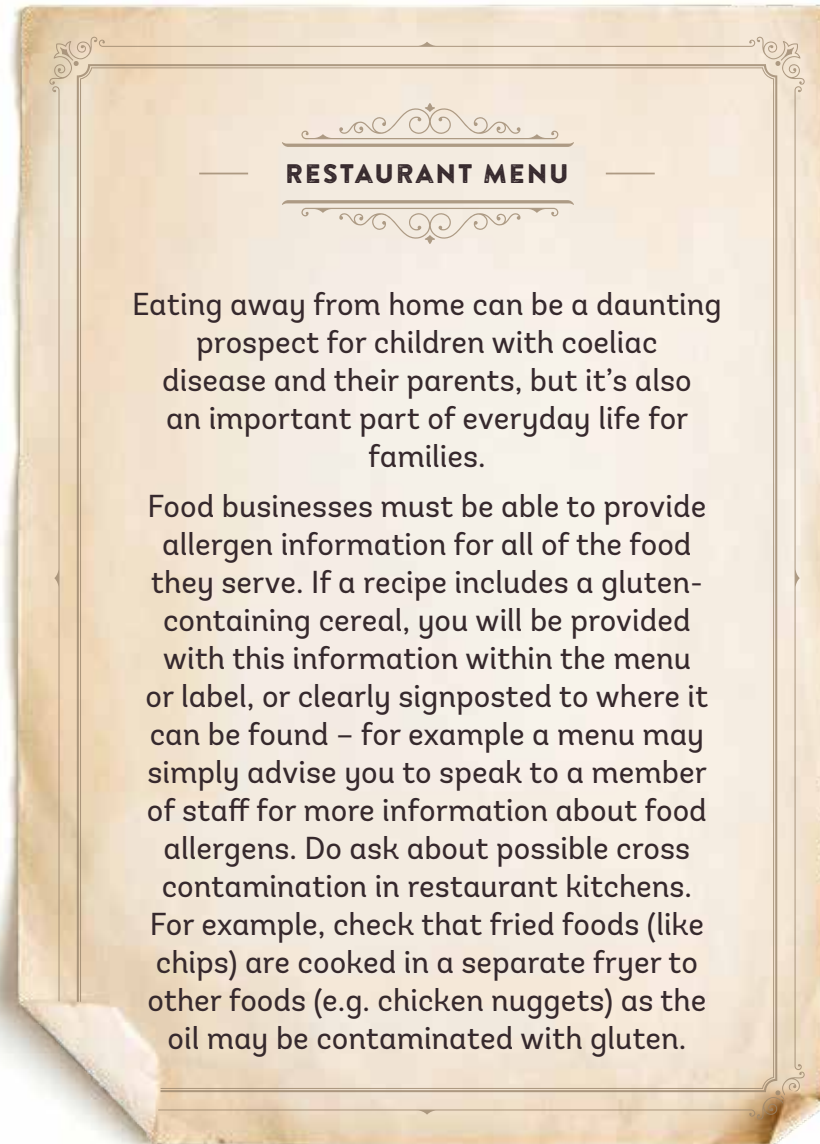
OATS

As standard oats and oat products are often contaminated with gluten during production and manufacturing processes, it’s important to make sure you only offer your child oats that are specifically labelled as ‘gluten-free’. It is recommended that children should avoid all oats (even gluten-free oats) for the first year after diagnosis. Your dietitian will advise you on when to introduce oats and what to look out for.



Inform hotels
and airlines
before you book

All food
businesses must
provide allergen
information



Phone ahead
to check

Carry gluten-
free snacks
just in case

Here's some simple tips to help make eating away from home easier:

EATING OUT

If you are planning to eat out, always ring ahead to check what gluten-free dishes are available and don't be afraid to ask for more information when you arrive. Remember - food outlets must be able to provide this information by law.

Always keep a supply of gluten-free snacks in your bag or car so there's always something available if you find there is nothing suitable whilst you are out.

GOING AWAY

Many hotels and airlines are happy to provide a gluten-free menu if you let them know in advance – remember to mention this when you book your holidays.

PARTIES

If your child is invited to a party or play-date, offer to send some suitable gluten-free snacks, sandwiches or cakes. Talk to your child about which foods might be best to avoid whilst they are out and encourage them to check with a responsible adult if they are unsure.

SCHOOL

It's important to discuss your child's diagnosis with his/ her school, nursery or childminder, and particularly anyone who will be responsible for making and preparing food for your child. Offer to share one of the helpful factsheets included at the back of this booklet to explain how others can help to keep your child safe.

AVOIDING CROSS-CONTAMINATION AT HOME

Even a small amount of gluten can be harmful to people with coeliac disease. It's important to be mindful of the risks of cross-contamination when you are preparing, cooking and storing food for your child. Below are some tips to help you to reduce the risks:

- Wash all utensils and work surfaces thoroughly with hot soapy water before preparing gluten-free foods
- Use separate spreads, jams, marmalades etc. so crumbs are not transferred from ordinary bread to gluten-free bread.
- Use separate chopping boards, bread knives and toasters for gluten-free foods. Toaster bags can help to avoid gluten contamination if you don't have a second toaster.
- Cover grill pans with foil before cooking gluten-free foods on them
 - Don't use the same cooking water to cook gluten-free and gluten-containing pasta
 - Don't fry gluten-free foods in oil that has previously been used to cook gluten-containing foods



Be careful, crumbs can be transferred in spreads and jam

Double up on chopping boards and toasters

Wash all utensils and work surfaces

Cover grill pans

SPECIALIST GLUTEN-FREE FOODS

Whilst naturally gluten-free foods are likely to make up the largest part of your child's new diet. It's likely that they'll miss the many gluten-containing staples and treats that they used to enjoy. Fortunately there is an increasing range of great tasting specialist gluten-free products available in supermarkets, health food shops and even local convenience stores. Most supermarkets place their gluten-free products in a dedicated 'free from' aisle, but some gluten-free foods are found in the main aisles too, for example in the frozen and chilled sections.

It's now possible to find a gluten-free alternative for almost everything - from breads, wraps and rolls to waffles, pizzas and croissants! As for all foods, the nutritional content of gluten-free products will vary between brands, so it's a good idea to compare the back-of-pack ingredient list and nutritional information from a couple of different products to help you make the best choice.



MAKING THE CHANGE

BREAKFAST

Instead of toast and toppings

You could try...

- Toast made with gluten-free bread. Butter, marmalades and jams are naturally gluten-free (make sure you don't contaminate with toast crumbs from gluten-containing bread!).
- Try scrambled eggs or baked beans for a more filling option.

Instead of wheat-based breakfast cereals

You could try...

- Rice or corn-based cereals (check ingredients list for gluten-containing ingredients or the Coeliac Society of Ireland's Gluten Free Food List for suitable options).
- Porridge made with gluten-free oats, after 1 year.
- Cereals labelled specifically as 'gluten free'.

Instead of breakfast muffins, croissants and pancakes

You could try...

- Pancakes made with gluten-free flour - see the recipe on page 15 for a similar alternative. Add some fruit and plain fruit yogurt for extra vitamins!

EATING GLUTEN-FREE DOESN'T HAVE TO BE HARD WORK. IF YOU'RE STRUGGLING FOR IDEAS ON HOW TO GET STARTED, HERE ARE SOME SIMPLE SUGGESTIONS TO HELP YOU ADAPT WHAT YOUR CHILD CURRENTLY EATS OR INTRODUCE SOME NEW, SAFE FOODS.

LUNCH

Instead of sandwiches or toasties

You could try...

- Sandwiches and toasties made with gluten-free bread or rolls.
- Gluten-free wraps
- Plain meat fillings (no breaded hams), fish, cheese, egg and salad veg.
- Gluten-free crackers with cheese.

Instead of pizza slices

You could try...

- Gluten-free pizza bases – have fun by adding your own favourite toppings! See our mini veggie pizza recipe on page 14.
- Jacket potatoes with cheese, tuna or beans.

Instead of macaroni cheese

You could try...

- Gluten-free pasta with melted soft cheese spread or cheese sauce thickened with gluten-free cornflour or an alternative gluten-free flour instead of wheat flour.

There are lots of gluten-free breads and rolls available



MAKING THE CHANGE

DINNER

Instead of spaghetti bolognese and pasta bake

You could try...

Spaghetti bolognese and pasta bake made using gluten-free pasta. Ensure all added sauces are gluten-free or make a simple tomato-based sauce using plain passata (sieved tomatoes), dried herbs, garlic, onion and finely chopped/ grated veg. Thicken white sauces with gluten-free cornflour or an alternative gluten-free flour rather than wheat flour.

Instead of fish fingers/ chicken nuggets and potato waffles/ oven chips

You could try...

Plain chicken breast pieces or cod chunks coated in gluten-free bread crumbs (see recipe on page 12). Check labels of processed potato products for gluten-containing ingredients or serve with home-made mashed potato or jacket potato wedges.

Instead of roast dinner, casseroles and stews

You could try...

Plain, unprocessed meat/ poultry. Check sauce jars, spice mixes, stocks and gravies for gluten-containing ingredients. Use meat juices or gluten-free stock cubes to make gravy, thicken with gluten-free cornflour or an alternative gluten-free flour instead of wheat flour.

Gluten-free pasta is readily available and tastes great!



SNACKS

- Fresh or dried fruit
- Vegetable sticks
- Fruit smoothies & milkshakes
- Rice cakes
- Gluten-free bread sticks
- Gluten-free oat cakes or crackers
- Gluten-free biscuits
- Plain fruit yoghurts or fromage frais (avoid those with added biscuit pieces)
- Chunks of cheese



THESE GUYS REALLY KNOW THEIR STUFF



THE COELIAC SOCIETY OF IRELAND

The Coeliac Society of Ireland is a national charity for people who need to live without gluten in their diet due to coeliac disease or other medical conditions. We also offer support to families of people living gluten free. We provide a range of services to our members to help manage their health including a dedicated dietitian clinic where members can get expert advice on managing a gluten free diet.

Our Mission is to make Ireland the best place to live gluten free.

 **Visit: www.coeliac.ie**
 **email: info@coeliac.ie**



SCHÄR

Schär is a leading European manufacturer of gluten-free foods. With decades of experience and a team of expert food technologists and health professionals, the Schär range offers a wide selection of tasty and high-quality ambient and frozen products and is available in leading retailers.

 **Visit: www.schar.co.uk**
 **Call: 0800 161 5838**

