

Growing up healthy with celiac disease

You may be feeling overwhelmed with your child's diagnosis of celiac disease. On the other hand, you may be relieved knowing that celiac disease can be treated with some changes to your child's diet.

This handout will help you and your family to start and manage a gluten-free diet and lifestyle.

Do not start a gluten-free diet until you know that your child has celiac disease. Having an intestinal biopsy is the only way to find out for sure.

What is a gluten-free diet?

To treat celiac disease you must avoid all foods that contain gluten.

Food that contains gluten will damage the lining of your child's small intestine. When this happens, your child's body cannot absorb the nutrients that he or she needs for good health. As a result, your child could develop poor nutrition that can cause other health concerns.

In order to stay healthy, your child will need to eat a gluten-free diet for the rest of his or her life. Even small amounts of gluten can be harmful. You cannot outgrow celiac disease.

There are many gluten-free food choices available. With a little planning, a gluten-free diet can be both healthy and enjoyable.

What is gluten?

Gluten is a protein found in grains such as wheat, rye, and barley and their by-products. See Table 1 for a list of grains to avoid.

Table 1

- Avoid - Grains that contain gluten		
Atta	Fu	Kamut
Barley	Gluten Flour	Triticale
Barley malt/extract	Graham Flour	Rye
Bulgar	Hydrolyzed wheat protein	Wheat
Dinkel	Malt/Malt Vinegar/Malted Milk	Wheat based semolina
Durum Flour	Matzoh	Wheat bran
Einkern	Modified wheat starch	Wheat germ
Farina	Seitan	Wheat starch
Farro	Spelt	Couscous

Are oats safe to eat?

You can eat oats only if they are **pure and uncontaminated oats**. This means that they have not been cross-contaminated with gluten, and are certified gluten-free. Cross-contamination is explained on page 8.

The Canadian Celiac Association states that it is safe to have pure uncontaminated oats in these amounts:

- Adults with celiac disease – ½ to ¾ cup a day
- Children with celiac disease – ¼ cup a day

Most oats are cross-contaminated with wheat during milling and processing. There are a few brands of pure gluten-free oats in Canada. They can be found in grocery stores and specialty food stores carrying gluten-free products.

If you choose to include oats in your diet, you must make sure that the oats are free from gluten contamination. When you are unsure if the oat product is safe, contact the food company.

“Gluten-free” defined

In Canada, when a product is gluten-free, it means:

- The food is made with ingredients that do not contain gluten.
- Good practices have been used to reduce the risk of cross-contamination. Gluten levels must be less than 20 parts per million (ppm).

Label reading for sources of gluten

In 2012 new labelling regulations came into effect in Canada. The ingredient list on prepackaged products must list gluten containing ingredients in clear language. Gluten can no longer be hidden in ingredients like “seasoning”, or “modified starch”. When you read labels, look for these words:

- wheat
- barley
- rye
- oats
- triticale
- gluten

These words can be found on the label, either in the warning (such as the CONTAINS, or MAY CONTAIN statements), or in the ingredient list. Any product that has one or more of these ingredients is not safe to eat for someone with celiac disease. Watch for ingredients that have one of these words included, such as “hydrolyzed wheat protein” or “barley malt extract”.

Be careful when buying international products. These products may not follow the Canadian regulations for food labelling. Gluten may not be clearly identified on the food label. When you are unsure if a product contains gluten, contact the food company.

Check the ingredients in prescriptions and over-the-counter medications to make sure they are gluten-free such as:

- toothpaste
- mouthwash
- cough and cold medications
- nutrition supplements

Ask your pharmacist if you are not sure.

The Gluten-free diet by food groups

Grain products

Foods to include	Foods to question	Foods to avoid
<p>Breads, crackers, pasta and baked products made from gluten-free grains:</p> <ul style="list-style-type: none"> • Amaranth • Buckwheat • Corn • Millet • Quinoa • Rice • Sorghum • Teff • Wild Rice <p>Hot cereals:</p> <ul style="list-style-type: none"> • Cornmeal • Cream of rice • Hominy grits • Cream of buckwheat • Amaranth flakes • Rice flakes • Quinoa flakes • Soy flakes and soy grits <p>Cold cereals (without malt flavouring):</p> <ul style="list-style-type: none"> • Puffed corn • Puffed rice • Puffed millet • Rice flakes • Soy cereals <p>Other:</p> <ul style="list-style-type: none"> • Corn tacos or tortillas • Plain rice cakes • Popcorn 	<p>Buckwheat:</p> <ul style="list-style-type: none"> • Buckwheat flour • Buckwheat pasta (pure buckwheat is gluten-free but it sometimes get mixed with wheat flour) <p>Oats:</p> <ul style="list-style-type: none"> • Oats (some may be contaminated with gluten) <p>Cereals:</p> <ul style="list-style-type: none"> • Rice and corn cereals and pabulum (may contain barley malt extract or oat syrup) <p>Other:</p> <ul style="list-style-type: none"> • Rice cakes, corn cakes and rice crackers (multigrain often contains barley and/or oats. Some contain soy sauce which contains wheat.) 	<p>Breads, crackers, pasta and baked products made with grains that contain gluten – See Table 1</p> <p>Cereals:</p> <ul style="list-style-type: none"> • Cereals made from grains in Table 1 including wheat, rye, triticale, barley and oats. • Cereals with added malt extract or malt flavouring <p>Other:</p> <ul style="list-style-type: none"> • Ice cream cones • Wafers • Waffles • Communion wafers • Wheat flour tacos and tortillas • Imported foods labeled “gluten-free”. These may still contain ingredients with gluten.

Fruits and vegetables

Foods to include	Foods to question	Foods to avoid
<p>Fresh, frozen and canned fruit and fruit juices</p> <p>Fresh, frozen, dried and canned vegetables.</p>	<p>Dried fruits (often dusted with flour to prevent sticking)</p> <p>Fruit pie filling</p> <p>Creamed canned vegetables and french-fries (often contain wheat)</p> <p>French fries (may be cooked in oil used for other foods that contain gluten)</p>	<p>Fruits or vegetables with creamy sauces (may contain wheat)</p> <p>Scalloped potatoes with wheat flour</p> <p>Battered vegetables including french fries</p>

Milk and alternatives

Foods to include	Foods to question	Foods to avoid
<p>Milk, cream, buttermilk</p> <p>Plain yogurt</p> <p>Cheeses, cream cheese, processed cheese, cottage cheese</p> <p>Most ice cream</p> <p>Some soy and rice beverages</p>	<p>Milk drinks and milk puddings (chocolate milk, flavoured drinks and puddings may contain wheat starch or barley malt)</p> <p>Flavoured yogurt and frozen yogurt (may be thickened with a gluten source or contain granola or cookie crumbs)</p> <p>Cheese spreads and sauces (may be thickened with wheat, flavourings and seasonings may contain wheat)</p> <p>Sour cream (low fat/ fat free may contain oat gum)</p> <p>Rice and soy drinks (may contain barley, barley malt extract or oats)</p>	<p>Malted milk</p> <p>Ice cream made from ingredients not allowed</p>

Meats and alternatives

Foods to include	Foods to question	Foods to avoid
<p>Meat, fish, shellfish, and poultry that is fresh, frozen, canned salted or smoked</p> <p>Eggs, dried eggs</p> <p>Lentils, chickpeas, peas, beans, nuts, seeds and plain tofu</p>	<p>Prepared or processed meats, luncheon meats, wieners, bologna, bacon, meat spreads, meat patties, sausages, imitation meat or fish products (may contain fillers or flavourings made from wheat)</p> <p>Egg substitutes, flavoured egg products</p> <p>Flavoured tofu, tempeh, or miso</p> <p>Baked beans, soy nuts, dry roasted nuts, peanut and nut butters (may contain wheat flour)</p>	<p>Fish canned in vegetable broth containing hydrolyzed wheat protein</p> <p>Turkey basted or injected with hydrolyzed wheat protein</p> <p>Breaded meat, poultry or fish (with breading that included ingredients not allowed)</p> <p>Fu, Seitan (wheat based protein used in Asian cuisine)</p>

Fats

Foods to include	Foods to question	Foods to avoid
<p>Butter, margarine, lard, vegetable oil, cream, shortening</p> <p>Homemade salad dressings with allowed ingredients</p>	<p>Some mayonnaise, baking cooking spray, suet</p> <p>Salad dressings (seasonings may contain flour)</p>	

Other foods

Foods to include	Foods to question	Foods to avoid
<p>Soups:</p> <p>Homemade broth, gluten-free bouillon cubes</p> <p>Cream soups and stocks made from allowed ingredients</p>	<p>Canned soups, dried soup mixes (may contain noodles or barley or may be thickened with flour)</p> <p>Soup bases or bouillon cubes (may contain wheat)</p>	<p>Soups made from ingredients not allowed or use bouillon containing hydrolyzed wheat protein</p>

Other foods (continued)

Foods to include	Foods to question	Foods to avoid
<p>Beverages: Cider, cocoa powder, instant or ground coffee, soft drinks, tea</p> <p>Distilled alcoholic beverages</p>	<p>Instant tea, flavoured and herbal teas and coffee substitutes (may contain grain additives)</p> <p>Fruit-flavoured drinks, chocolate drinks and chocolate mixes (may contain wheat starch or barley malt)</p>	<p>Cereal and malted beverages</p> <p>Beer, ale and lager</p>
<p>Desserts: Ice cream, sherbet, egg custards, whipped toppings, gelatin desserts made with allowed ingredients</p>	<p>Milk puddings and pudding mixes (may contain a gluten source)</p>	<p>Desserts made with ingredients not allowed</p>
<p>Sweets: Corn syrup, honey, jam, jelly, marmalade, maple syrup, molasses, sugar (brown and white) sweeteners</p>	<p>Icing sugar, confectioner's sugar (may contain wheat starch)</p> <p>Spreads, candies, chocolate bars, chewing gum, marshmallows</p> <p>Lemon curd (may be thickened with flour)</p>	<p>Licorice, chocolate and candies made with ingredients not allowed</p>
<p>Condiments and Seasonings: Ketchup, gluten-free soy sauce, mustard, olives, plain pickles, pure black pepper, pure herbs and spices, relish, tomato paste and vinegar Monosodium Glutamate (MSG)</p>	<p>Seasonings mixes, imitation pepper (may contain wheat)</p> <p>Worcestershire sauce (may contain malt vinegar), salsa, curry paste</p>	<p>Soy sauce (some brands made with wheat), mustard pickles (made with wheat flour), malt vinegar</p>
<p>Baking Ingredients: Baking soda, baking yeast, xanthan gum, guar gum, nutritional yeast, carob chips and powder, pure baking chocolate, chocolate chips, pure cocoa, coconut, cream of tartar, sauces and gravies made with allowed ingredients</p>	<p>Baking powder (may contain wheat starch)</p> <p>Wasabi peas</p>	<p>Oat gum, sauces and gravies made from ingredients not allowed, hydrolyzed wheat protein, brewer's yeast</p>

Where do I find gluten-free products?

There are a number of gluten-free products available. Many of the big grocery store chains carry a wide-selection of gluten-free products and making a trip to a larger store may be well worth it.



Many of the food companies or manufacturers who produce gluten-free products often sell their products on site to the public.

Some manufacturers also provide mail order services. Buying products in bulk and freezing for later use will help save you money.

Other tips to help you find out if a food contains gluten:

- The Canadian Celiac Association's "**Pocket Dictionary**" can be helpful when reading labels. Refer to the resource section on page 11 for more information.
- Do not assume that your favourite foods will remain gluten-free. Read the label every time you use a product as food products change all of the time. Manufacturer ingredient lists available online are not always accurate as they can become outdated.



What is cross-contamination?

Cross-contamination happens when bits such as crumbs, from foods that contain gluten by accident, contaminate gluten-free foods.

Cross-contamination can happen in restaurants, bulk food bins, and in food manufacturing plants where there are both gluten-containing and gluten-free products.

To avoid cross-contamination:

- Have a separate toaster, peanut butter, margarine and jam containers for the child with celiac disease.
- Clean all meal preparation surfaces, cutting boards, utensils and pots and pans to make them free from gluten before you prepare a gluten-free meal.
- For younger children, make a gluten-free cupboard that your child can choose from anytime. Everything in the cupboard will be gluten-free, so they will not have to worry about contamination. Keep their toaster and cutting board in the gluten-free cupboard. This way other family members are not tempted to use them.
- Keep one drawer in the fridge for your child's peanut butter, jam, cheese spreads and margarine.

Can we dine out?

If your family wants to go to a restaurant, try to pick one that offers gluten-free choices. It is no fun for your child to watch everyone else eat pizza, while he or she eats a sandwich from home.



Tips for dining out:

- Some restaurants offer gluten free meals, and some have an entire gluten free menu. If they do not have specific gluten free options, tell your server that you are allergic to anything with flour or barley in it. You can also show the chef a “Gluten-free Diet Information Card”. You can order these from the Canadian Celiac Association.
- Ask your server to have foods cooked or baked in separate pans or dishes. This will reduce the risk of cross-contamination.
- Before eating french fries, ask if they are coated with a batter or are to be fried in the same oil as other battered foods.
- Ask for freshly ground pepper. Many pepper packages contain wheat germ.
- Avoid salad bars, buffets and fondues since other people eating at these places can contaminate the gluten-free foods.



Printed restaurant guides can also become outdated so always look for the most recent restaurant guide when making choices while dining out.

Baking and cooking

When cooking or baking at home, keep your foods gluten-free. Even a crumb from bread that contains gluten can affect your intestine. **Keep baking and cooking surfaces clean and gluten-free.** Have separate baking pans, utensils and storage containers for gluten-free foods.



Bake gluten-free bread, cakes and cookies with your child. Try new recipes together and teach him or her how to read labels.

Other cooking and baking tips:

- Bake or cook gluten-free foods in bulk and freeze. Precook rice and store in freezer for use at a later meal.
- Consider buying a bread machine. Homemade gluten-free breads are much fresher and less expensive than ready-made breads. Gluten-free breads can become dry and crumbly so freeze right away. Place waxed paper between the slices so you can remove one at a time.
- Toasting bread improves the flavour and keeps it from crumbling. Make a sandwich on lightly toasted bread and refrigerate it for lunch the next day. Try open-face sandwiches and put them under a broiler.



How can I help my child follow a gluten-free diet?

It is important to teach your child about their celiac disease. Help them follow the gluten-free diet all of the time in order to stay healthy:

- place coloured stickers on the gluten-free foods in your cupboard or fridge so your child knows without label reading if a food is safe to eat
- focus on making the diet more exciting, rather than on the foods your child cannot have

Tell anyone who may offer your child food that your child has celiac disease. A person who does not have celiac disease will have trouble identifying suitable foods for your child. Give this person a list of foods your child can eat or prepare food for your child to take with him or her.



Other tips:

- Be prepared for birthdays or holidays by baking gluten-free cupcakes in advance and freezing them. You can take out a cupcake and frost it when one is needed.
- Arrange a meeting with your child's teacher(s) to give them information about celiac disease at the beginning of the school year.



The Canadian Celiac Association prints a brochure for teachers. Make sure that all of your child's teachers understand that your child **cannot share food with other classmates** at school.



- Prepare gluten-free snacks or treats that can be kept at the school. That way if there is an unexpected party or event, your child will have a special treat and not feel "left out". Whenever possible ask the teacher to notify you of upcoming parties or events at school.
- If your child attends a school with a cafeteria, ask the school for a copy of the cafeteria menu to highlight days that a gluten-free entrée is served. Review cross-contamination with your child and talk about label reading so that he or she can buy safe foods alone.



Talk about these situations with your child and respect his or her wishes. Some children may be more comfortable than others in telling people about their celiac disease.

Other resources



- Stay informed through The Canadian Celiac Association by becoming a member and/or attending local chapter events. There are local chapters in Hamilton, St. Catharines and Kitchener/Waterloo. Their website is: www.celiac.ca

- The Canadian Celiac Association's "**Pocket Dictionary**" will give you information to help decide if a food is gluten-free.

You can order this book from their website at www.celiac.ca



- There are many cookbooks available offering gluten-free recipes. The Canadian Celiac Association has published several cookbooks and recipes can also be found online.
- "Gluten-Free Diet, A Comprehensive Resource Guide" (2010) by Shelley Case.

You can buy this book from any major bookstore or on-line, such as www.amazon.ca