

Pediatric Celiac Center

(847) 723-7176

www.advocatechildrenshospital.com



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Quick Start Gluten-Free Diet

The Gluten-Free diet is the only medical treatment for Celiac Disease.

Celiac disease is an autoimmune disease, which is triggered by gluten. The autoimmune response causes damage to the small intestine and food is not properly absorbed. Some people have symptoms such as stomach aches and diarrhea. Other people have no symptoms at all.

Labels must be read carefully.

Avoid these words on food labels:

Wheat

Barley

Rye

Malt (malt flavoring, malt extract, malt vinegar)

Oats (unless labeled gluten free)

Contains Gluten

Regular: breads, pasta, pretzels, crackers, cookies, brownies, pies

White or wheat tortillas

Breaded meats such as chicken nuggets

Soy sauce

Most meat loaf, meatballs (contain breadcrumbs)

Malt vinegar

Most veggie burgers

Ice cream cones

Most restaurant French fries (cooked in same fryer with breaded items)

Licorice

Gluten-free foods must be prepared separately from gluten containing foods. A separate toaster for gluten-free bread is needed as well as separate butter, peanut butter, and jelly containers.

Gluten-Free

- Potatoes
- Rice
- Corn
- Corn tortillas
- Corn chips
- Plain potato chips
- Quinoa
- Nuts
- Beans
- Fruits
- Vegetables
- Plain fresh or frozen meats, fish and poultry
- Milk
- Most yogurt
- Most lunch meats
- Cheese
- Juice
- Most soft drinks
- Most ice cream
- Popcorn
- Lemonade
- Ketchup
- Most mustard
- Most spices
- Soy
- Peanut butter
- Corn meal
- Coffee
- Tea
- Tapioca
- Millet
- Arrowroot
- Plain chocolate

Gluten-Free Diet



What is Celiac Disease?

Celiac disease is an autoimmune, digestive disease that damages the small intestine and interferes with the absorption of nutrients.

It is one of the most common inherited autoimmune diseases. It is estimated that 1% or 1: 133 people have celiac disease. All first and second degree relatives should also be tested.

The gluten-free diet is designed to decrease symptoms such as: abdominal distension, diarrhea, steatorrhea and weight loss often associated with ingestion of foods containing gluten, a protein found in *wheat, rye and, barley*. Also, to interrupt the autoimmune process triggered by gluten. There are many, many different symptoms for celiac disease.

Many people have “silent celiac disease”, with no obvious symptoms; however, there is still damage to the small intestine.

A strict gluten-free diet is a very effective treatment for celiac disease. It helps to relieve symptoms and prevent future complications.

The Gluten-Free Diet

The gluten-free diet is the only treatment for celiac disease and dermatitis herpetiformis (DH). There are no medicines or other medical treatments for celiac disease available at this point in time, though some possible treatments are being researched.

The consequences of continuing to eat gluten containing foods include increased risk of lymphoma, infertility, nutrition deficiencies, osteoporosis and triggering other autoimmune diseases.

Nutrition management includes the gluten-free diet along with a gluten-free multivitamin and iron supplement, if needed.

Life-long elimination of gluten-containing products is required, even when symptoms have subsided.

Medications

Some use gluten as the filler for tablets and capsules. Ask your pharmacist and/or contact manufacturers. This includes over the counter as well as prescription medicines and vitamins.

The website www.glutenfreedrugs.com is a helpful resource. Food labeling laws do NOT apply to medicines.

August 2014: Gluten-Free Food Labeling Final Rule:

Food may be labeled gluten-free if it is

- 1) inherently gluten-free or does not contain any of the prohibited grains : **wheat, rye or barley**
- 2) The final food product meets the standard of <20ppm of gluten. This is considered a safe threshold of unavoidable gluten through cross contact.
- 3) Ingredients derived from a gluten-containing grain that has been processed to remove gluten and final product contains <20ppm

The gluten-free food label regulation applies to FDA regulated foods only and is VOLUNTARY.

Allowed legal terms:

gluten-free
No gluten
Free of gluten
Without gluten

(other terms such as “made without gluten containing ingredients” are not regulated.)

*processed to allow this food to meet FDA gluten-free requirements”
(This is for hydrolyzed, fermented or distilled foods)

Certified



Gluten-Free This symbol is helpful to look for on packages. This represents certification by the Gluten Intolerance Group of North America. These items are tested at < 10ppm of gluten.

Food Allergen Labeling and Consumer Protection Act (FAL CPA) January 1, 2006.
Per this law wheat (not barley or rye) must be labeled in plain terms, such as “contains WHEAT”.

*Wheat can be listed in ingredient list **OR** lower on package as “contains wheat”*

Foods under USDA regulation are not required to list allergens. This includes meats, broth, poultry and eggs. However, unprocessed all are gluten free. Processed meats, such as deli meats, hot dogs, sausage may contain gluten. However, most companies choose to label allergens. These symbols identify USDA foods:



This is a general list for your information and does not replace the need to read food labels.

Always remember to read the full ingredient list when purchasing any product. If in doubt, contact the manufacturer about ingredients used in packaging or processing.

LABEL READING GUIDELINES

Avoid: Wheat

Barley

Malt (malt vinegar, malt extract, malt flavor)

Rye

Oats (unless labeled gluten free)

Gluten-free

Ascorbic acid
Carmel color
Corn starch
Dextrin
Dextrose
Fructose
Guar gum
Hydrolyzed soy protein
Lactic acid
Lactose
Mannitol
Maltose
Maltodextrin
Mono and diglycerides
Monosodium glutamate (MSG) (made in USA)
Natural color and flavor
Sodium benzoate
Starch (always from corn in USA)
Stearic acid
Vinegar (NOT malt vinegar)
Vegetable oil
Whey

Contains Gluten

Barley
Barley malt
Bran
Brewer's yeast
Couscous
Durum
Graham
Malt
Malt extract
Malt flavoring
Malt syrup
Malt vinegar
Miso
Oats, unless labeled gluten-free (due to cross contact)
Rice malt
Rye
Semolina
Soy sauce (wheat fermented)
Wheat
Wheat Flour, white and wheat
Brewer's yeast

Many foods are naturally gluten-free even if they are not labeled "gluten-free"

GRAINS

GLUTEN-FREE

Amaranth
Arrowroot
Bean
Buckwheat (pure)
Carob
Corn(bran, meal, starch)
Corn tortillas
Chick pea (garbanzo)
Flax
Garfava
Hominy
Job's tears
Mesquite
Millett
Montina (indian rice grass)
Nuts
Pea flour
Potato
Quinoa
Ragi
Rice
Rice bran
Sago
Sorghum (milo)
Soy
Sweet potato
Tapioca (cassava, manioc)
Taro
Teff
Wild rice
Oats (*only if labeled gluten-free and after stabilized on a GF diet*)

FOODS TO QUESTION

Rice or Potato mixes

CONTAINS GLUTEN

Atta
Barley
Bulgar
Cake flour
Couscous
Einkorn
Emmer
Farina
Farro
Graham
Kamut
Gluten
Low gluten flour
Matzo/matzah
Pumpernickel
Rye
Semolina
Spelt
Triticale
Wheat
Wheat starch
Wheat bran
Wheat germ
Wheat tortillas
White tortillas
Most oats (*most contain wheat from cross-contamination*)

CEREALS

GLUTEN-FREE

Cornmeal
Cream of rice (brown
or white)
Hominy grits
Quinoa flakes
Polenta
Puffed Amaranth
Puffed corn
Puffed rice
Rice flakes

Chex® select flavors;
rice, corn, honey nut,
chocolate, cinnamon,
vanilla, apple cinnamon

Cream of buckwheat
Specialty gluten-free
cereals
GF Rice Krispies®

FOODS TO QUESTION

Corn flakes
Rice crispies

GLUTEN CONTAINING

All cereals containing
Wheat, rye, barley or malt

PROTEIN FOODS

GLUTEN-FREE

Beans and legumes
Eggs
Nuts
Most peanut butter
Plain tofu
Plain fresh or frozen
meats, fish and poultry

FOODS TO QUESTION

Dried meats
Baked beans
Canned pork and beans
Marinated meats
Processed meats;
deli meats, ham,
hot dogs, sausage, pate
Imitation meat or fish
Meat loaf
Meat balls
Basted turkey/meats
Tempeh
Miso
Sushi
Glazed ham
Surimi (imitation crab)

GLUTEN CONTAINING

Breaded meats
Gravy Packets
Turkey with stuffing
Fu
Seitan
Most veggie burgers

Many vegetarian meat
substitutes (most contain
soy sauce)

DAIRY FOODS

GLUTEN-FREE

Milk; fresh, dry, evaporated, condensed
Buttermilk
Lactaid milk®
Butter
Cheese
Cream cheese
Cream
Sour cream
Most ice cream
Most yogurts

FOODS TO QUESTION

Flavored yogurt
Flavored milk drinks
Frozen yogurt
Cheese sauce
Cheese spread

GLUTEN CONTAINING

Malted milk
Yogurt toppings
Ice cream *containing cookies or malt*

BEVERAGES

GLUTEN-FREE

Most soft drinks
Most root beer
Juice
Most Tea
Coffee
Milk
Most non-dairy Beverages (such as rice, soy, nut milks)

FOODS TO QUESTION

Flavored coffee
Hot chocolate mixes

GLUTEN CONTAINING

Malted beverages
Ovaltine®
Postum®
Oat milk
Barley Tea

SOUPS

GLUTEN-FREE

Homemade broth or stocks

Stocks/*soups made with gluten-free ingredients*

Gluten-free bouillon cubes

Gluten-free broth

FOODS TO QUESTION

Bouillon cubes

Dried soup mixes

Canned soups

Restaurant soups

GLUTEN CONTAINING

Most canned soups

Ramen noodle soups

Soups *made with wheat, rye or barley*

Udon noodle soup

FRUITS

GLUTEN-FREE

All fruits; fresh, frozen or canned

FOODS TO QUESTION

Dried fruits

Fruit pie fillings

GLUTEN CONTAINING

Fruits *topped with streusel or granola*

VEGETABLES

GLUTEN-FREE

All vegetables; fresh, frozen and canned

Dried vegetables

French fries *cooked in a dedicated gluten-free fryer*

FOODS TO QUESTION

Au gratin/scalloped potatoes

Creamed vegetables

French fries

GLUTEN CONTAINING

Vegetables; breaded or batter dipped

Most restaurant/fast food

French fries (cooked in same fryer as gluten containing foods)

SWEETS AND DESSERTS

GLUTEN-FREE

Fruit ice
Gelatin
Gummy candy
Honey
Jam/jelly/marmalade
Corn syrup
Maple syrup
Molasses
Sugar (brown and white)
Pure chocolate
Sherbet
Whipped topping
Marshmallows
Specialty gluten-free
desserts

FOODS TO QUESTION

Candy
Chocolate bars
Caramel
Nougat candy
Chewing gum
Icing/frosting
Lemon curd
Custards

GLUTEN CONTAINING

Regular cookies, pies and
cakes
Candy *with malt or crispy
rice*
Ice cream cones
Licorice

SNACK FOODS

GLUTEN-FREE

Most rice or popcorn
cakes
Most nuts
Popcorn
Most potato chips
Most seeds
Most tortilla/corn chips
Specialty gluten-free
crackers or pretzels

FOODS TO QUESTION

Flavored/seasoned chips
Soy nuts

GLUTEN CONTAINING

Chex mix®
Pretzels
Pringles®
Crackers
Nuts and seeds made with
wheat starch coating

FATS

GLUTEN-FREE

Butter
Margarine
Vegetable oil
Shortening
Lard

FOODS TO QUESTION

Mayonnaise
Salad dressing
Nonstick spray (may
contain flour)

GLUTEN CONTAINING

Salad dressing *made with
wheat, rye or barley*
Wheat germ oil

CONDIMENTS

GLUTEN-FREE

Ketchup
Most mustard
Most spices
Olives
Plain pickles
Pure herbs and spices
Distilled vinegar
Red wine/cider vinegar
Relish
MSG (monosodium
Glutamate, made in USA)
Specialty gluten-free soy
or teriyaki sauce

FOODS TO QUESTION

Marinades
Worcestershire sauce
Mustard pickles
Steak sauce
Teriyaki sauce
Spice mixes
Curry paste
Barbeque sauce

GLUTEN CONTAINING

Malt vinegar
Regular soy sauce
Yeast malt

MISCELLANEOUS FOODS

GLUTEN-FREE

Baking soda
Chocolate chips
Coconut
Cream of tartar
Carob chips and powder
Sauces and gravies *made with gluten-free ingredients*
Gluten-free communion wafers
Vanilla extract
Most yeast
Most tooth paste and dental products

FOODS TO QUESTION

Baking powder

Low gluten communion wafers
To order:
Benedictine Sister Altar
Bread Department
31970 State Hwy P
Clyde, MO 64432

GLUTEN CONTAINING

Regular communion wafers

Sauces/gravies *made from wheat, rye or barley*

Brewer's yeast

Cross-Contact

Cross-contact occurs when a gluten-free food comes into contact with a gluten containing food and causes the food to contain gluten. This usually occurs unintentionally. A very small amount of gluten (less than a bread crumb) can cause a reaction in a person with celiac disease.

Cross-contact can occur:

- In the field during growing, harvesting, milling or transporting of some grains
- During food manufacturing or storing
- At home while preparing and serving gluten-free foods
- At a restaurant during food preparation or serving

Many people choose to buy grains from manufacturers who have dedicated facilities (only manufacture gluten-free grains/foods.) This eliminates the risk of cross-contact during manufacturing.

Most oats, especially from major manufacturers have been tested and found to contain significant amounts of gluten. Oats should be labeled gluten-free.

The risk of cross-contact has been difficult to determine when purchasing foods. The food labeling law for Gluten-free foods by the FDA in effect August 2014 takes into account cross-contact and by law foods labeled gluten-free will need to be tested <20ppm, which is a safe level for person with celiac disease. *Gluten-Free labeling is voluntary.*

Tips to avoid cross-contact at the grocery store:

- Always read labels thoroughly and every time a food is purchased as ingredients can change.
- Contact manufacturers of products that use contains statements such as “processed in a plant that also processes wheat or uses shared equipment”. This is a voluntary statement and may or may not be reflective of cross contact. Ask about “good manufacturing practices”, these include cleaning and staggering production times of products.
- Avoid bulk bins, especially when gluten containing foods are nearby.
- Ask for deli slicer to be cleaned before slicing your meats or cheese.

Tips to avoid cross-contact at home:

- Keep all gluten-free foods separate from gluten-containing foods at all stages of food preparation. Gluten-free (GF) foods must be kept on a separate plate/dish.
- Do not use the same spoon to stir gluten containing food and a gluten-free food.
- Use separate pots and utensils, including serving utensils. It may be helpful to have separate colors.
- Thoroughly wash all utensils, pots, pans, bake wear and grills that were previously used for gluten containing foods. It may be helpful to have a separate colander, though it can be washed.
- Make sure all counter tops and any other areas foods are placed, such as the bottom of the microwave are clean and free of crumbs. Always put food on a clean plate.
- If you are preparing gluten-free and gluten containing foods at the same time prepare the gluten-free food first.
- Do not eat any food that was prepared or served with gluten containing foods, such as stuffing in a turkey, a bun that was removed or croutons taken off a salad. Gluten cannot be removed from these foods.
- Use a separate toaster and flour sifter for GF foods and flours. A toaster is impossible to clean, so a separate GF toaster should be used only for GF breads. Toaster bags (www.toastitbags.com) are an option.
- Use a separate GF bread machine.
- Keep separate butter, margarine, mayonnaise, peanut butter containers. These should be labeled GF and used only on GF foods. “Double dipping” with gluten-containing breads puts gluten into the container. Squeeze bottles are a good option for ketchup and mustard.
- Wash hands
- Place GF items above gluten-containing items in the pantry and refrigerator, so gluten particles do not fall into GF foods.

For small children:

- Small children tend to put everything in their mouth. Some suggestions for keeping them safe:
- Avoid gluten containing play clay as they may eat it. Use GF clay that may be purchased at a school supply store.
- Be sure the child does not eat gluten-containing crumbs from the floor.
- Be sure the child does not eat any pet food that may contain gluten.

Gluten-Free Dining Tips

First and most helpful is to know the gluten-free diet well. It is much easier to manage a menu when you know what foods are likely to contain gluten.

- Choose a restaurant that has a gluten-free menu, has many naturally gluten-free foods or is accommodating. Do your homework visit the website first.
- Identify yourself or your child as having a food allergy. This is better understood and taken more seriously.
- Ask to speak with manager or chef if necessary.
- Be prepared to leave if your needs are not taken seriously.
- Do not hesitate to send food back. Do not just take a bun off of a hamburger. A fresh hamburger must be prepared.
- Bring some GF foods along, especially for young children, such as GF crackers to have while waiting.
- Remind the server and the chef that your food must be prepared on a clean cooking surface, with clean utensils.
- Ask questions:
 - What items are gluten-free?
 - What items can be modified to be gluten-free?
 - Could you please ask the chef what would be safe?
 - Is flour or soy sauce used?
 - Is the fryer used for gluten-containing foods, such as chicken nuggets?
 - Are there croutons in the salad?
 - Is the food dusted with flour?
 - Is there a separate preparation area for gluten-free foods?
 - What is in the BBQ sauce?
 - Is the meat marinated? (may contain soy sauce)?
 - Are the pans/cooking surfaces cleaned before GF food preparation?
- It may be helpful to dine early or late, during less busy times for the staff.
- Order simple dishes that are naturally gluten-free, such as meat, potato and a vegetable or tacos with a corn tortilla and rice.
- Avoid salad bars or buffets. There is a high risk of cross-contact, especially from mixed utensils.
- Use one of the many GF dining apps
- GF dining cards can be very helpful: www.glutenfreepassport.com



English	Spanish Translations
I cannot eat the smallest amount of gluten which is wheat, rye or barley.	No puedo comer ni la más mínima cantidad de gluten que provenga del trigo, el centeno o la cebada.
I am allergic/intolerant/hypersensitive to:	Soy alérgico o hipersensible:
gluten	al gluten
wheat	al trigo
wheat flour	harina de trigo
bread	pan
breadding	empanizado
bread crumbs	miga de pan
pasta	pastas
soy sauce	salsa de soya
I cannot eat these foods because I will become ill.	No puedo comer estos alimentos, porque me enfermaré.
Is this food dusted with wheat flour prior to cooking?	¿Se espolvorean estos alimentos con harina de trigo, antes de cocinarlos?
Is this food fried in the same fryer as items fried with breadding?	¿Se fríe esta comida en la misma sartén que los platos apanados fritos?
I have a condition called celiac / coeliac disease.	Tengo un a problema, llamado "la enfermedad celíaca".
Thank you for your help.	Gracias por su ayuda.

Excerpted from the award-winning *Multi-Lingual Phrase Passport*
For more information please visit: www.GlutenFreePassport.com

Gluten Free Pantry

Recipes and Pantry list By: Chef Denise SanFilippo

Denise is a professional chef and someone living with Celiac Disease.

Denise is a member of our Council of Advisors; Pediatric Celiac Center; Advocate Children's Hospital and teaches gluten-free cooking classes for our patient community at the hospital.

www.denisesanfilippo.com

chefdenisesanfilippo@gmail.com

Everyday Staples: Vegetables and Fruits (Eat the rainbow and Cook with the seasons)

Proteins: Eggs, Beans, Fresh Meat, Poultry and Fish (not injected, not marinated, no added spices or additives)

Lunch Ideas: Gluten Free Deli Meats, Chicken or Turkey Salad, Left-overs (GF Noodle Soup, Veggie Soup, GF Mac & Cheese, GF Spaghetti and GF Meatballs, GF Lasagna, GF Tacos), Nut Butter and Jam sandwiches, Black Bean Salsa and GF Tortilla Chips, Smoothies, GF Protein Bars, Apple and Nuts, Cheese Slices, fruit, veggies with hummus or yogurt dip, Veggie wraps with rice paper or lettuce, chicken tenders with GF dressing, dehydrated fruit, sushi with tamari or GF soy sauce

Pantry Staples: Rice (White, Jasmine, Brown, Red, Black, Arborio), Quinoa, Millet, Buckwheat

GF Pasta – Quinoa, Rice, Buckwheat, Blends or Veggie noodles (ex. Zucchini Noodles, Spaghetti Squash)

Legumes - Kidney, pinto, black, cannellini, mung beans, lentils

Dried peas and seeds (chia, flax, pumpkin, sunflower)

Nuts (walnuts, cashews, almonds, pecans) *Nuts.com

Raisins, dried cranberries, dates, dried cherries

Vinegar (Balsamic, Apple cider, brown rice)

GF Chicken, Vegetable and Beef Stocks/Broth

GF Vanilla

Kosher/ sea salt

Peppercorns

Fresh/ dried herbs

Spices (1 ingredient)

Candied ginger

Chocolate Chips (Enjoy Life)

GF Cereal, Pretzels, Crackers

Popcorn, GF Tortilla Chips

GF Peanut Butter/ Sunflower Butter

Oils and other fats: Coconut oil, Butter, Ghee (Clarified Butter), Olive oil, EVOO, Canola oil, Vegetable Oil, Grape seed oil, Peanut Oil

Sweeteners: Organic maple syrup, Agave syrup, Stevia, Coconut palm sugar, Cane sugar, and pure fruit jams, Applesauce, Molasses

Condiments:

(Huy Fong) Sriracha, (Hellmann's) Real Mayo, (Grey Poupon) Dijon Mustard, (Heinz) Ketchup and Mustard, Tamari, SanJ Asian sauces, Bragg's Liquid Aminos (Soy Sauce replacement)

Freezer:

Fruit, Berries,
Gluten Free Corn Tortillas, GF Pizza Crusts, GF Bread
Nuts (Nuts.com)
Sautéed Mirepoix (onions, celery and carrots)
Homemade Stock - frozen in ice cube trays
Homemade Soups
GF Bacon

Flours: Brown or White Rice, GF Oat, Sorghum, Coconut, Quinoa, Millet, Chickpea (Garbanzo), Potato, Banana, Almond, Teff, Buckwheat, Tapioca, Amaranth, Millet, Arrowroot

*If purchasing a pre-mixed Gluten Free All Purpose Flour: Note whether or not the mix already includes Xanthan Gum.

Thickeners: Arrowroot, Corn Starch, Potato Starch, Tapioca Starch

Binding Agents: Eggs, Chia Seed Slurry, Flax Seed Meal, Xanthan Gum/ Guar Gum, Applesauce, Powdered Egg Replacer (EnerG)

Other dry ingredients: Cornmeal, Almond meal, GF Oats, Baking Yeast, Nutritional yeast, GF Baking Powder, Baking Soda, Cocoa powder

Gluten-Free Breakfast Enchiladas

Ingredients:

- 4 to 6 Gluten Free Tortilla shells (Udi's)
- 2 Tb Olive Oil
- ½ cup diced green onion
- ½ cup diced red pepper
- 2 cup Gluten Free diced ham (can use GF deli ham)
- 3 cup Cheddar Cheese – shredded (GF)
- 3 large eggs
- 1/3 cup half & half
- 2 tsp GF cornstarch
- ¼ tsp salt
- ¼ tsp black pepper

*Garnish with Gluten-Free Salsa, Sour Cream and fresh chopped Cilantro

Directions:

Preheat oven to 375F. Spray 9 x 13 inch baking dishes with GF non-stick spray. In skillet, heat oil, then sauté green onion, red pepper and ham for 7 to 10 minutes. Wrap tortilla shells in foil and bake for 5 minutes, until soft and warm. Lay tortilla shell flat. Add some ham, green onion, red pepper, cheddar cheese, roll tortilla. Repeat until all tortilla shells are filled. Lay side by side flat in baking dish. In a bowl whisk eggs, half & half, cornstarch, salt and pepper then pour over stuffed tortillas. Cover with foil and refrigerate for 1 hour then, bake covered for 40 minutes. Uncover with add remainder of cheddar cheese over Enchiladas, continue baking for 10 minutes more or until cheese has melted. Serves 4 to 6 servings

*Serve with Salsa, Sour cream and Cilantro.

Recipe by: Chef Denise SanFilippo

Gluten-Free Chocolate Chip Buckwheat Pancakes

Ingredients:

- 1 cup Buckwheat Flour
- 1 cup All-Purpose Gluten-Free Flour (with xanthan gum)
- 2 TB sugar
- 2 tsp Gluten Free baking soda
- 2 tsp baking powder
- ½ tsp salt
- 2 large eggs
- 2 ½ cup buttermilk
- 1 tsp pure GF vanilla extract
- 1/2 cup Chocolate Chips (Enjoy Life Semi-Sweet)
- *Serve with Pure Maple Syrup, Butter and fresh berries

Directions:

In a large bowl whisk flours, sugar, baking soda, baking powder and salt. In separate medium bowl beat buttermilk, eggs and vanilla. Add wet ingredients to dry ingredients. Whisk briefly to combine, may have small lumps left in batter. Fold in Chocolate Chips. Heat a non-stick griddle to medium-low heat. *Test with small drop of batter for correct temperature. (it should be golden in color when flipped) Pour ¼ cup batter into warm skillet. Repeat. Cook for 2 to 3 minutes or until small bubbles form on surface of pancake and edges look dry. Flip and cook for 1 to 2 minutes more, until light golden brown. Transfer to a covered plate and repeat. Makes 8 to 10 pancakes.

*Serve with Pure Maple Syrup, butter and fresh berries

Recipe by: Chef Denise SanFilippo

Very Berry Smoothie

By Chef Denise SanFilippo

denisesanfilippo.com

Ingredients:

- 1 cup bananas
- 1 cup mangos
- 1 cup blueberries
- 1 cup of apples
- 1 cup GF Greek yogurt
- 1 1/2 cups almond milk
- 2 Tbs. honey
- 1 tsp. GF vanilla

Directions:

In a blender, combine the bananas, mangos, blueberries, apples, yogurt, almond milk, honey, vanilla and puree until smooth. Pour into glasses and serve.

*Note: You may use fresh or frozen fruit.

Makes about 6 cups.

Antioxidant Berry Yogurt Smoothie

Ingredients:

- 1 cup bananas
- 1 cup mangos
- 1 cup blueberries
- 1 cup of apples
- 1 cup Greek yogurt
- 1 1/2 cups almond milk
- 2 Tbs. honey
- 1 tsp. vanilla
- 2 Tbs. Antioxidant smoothie mixer (or ground flax seeds)

Directions: In a blender, combine the bananas, mangos, blueberries, apples, yogurt, almond milk, honey, vanilla and smoothie mixer and puree until smooth. Pour into glasses and serve. Makes about 6 cups.

Dreamsicle Green Smoothie

Ingredients:

- 2 cups of ice
- 4 frozen bananas
- 2 cup milk
- 1 ½ cup orange juice
- 1 teaspoon orange zest
- ½ teaspoon vanilla
- 1 cup spinach
- 2 teaspoon honey
- *Add Whip Cream and orange zest for garnish

Directions: In a blender, combine the ice, bananas, milk, orange juice, orange zest, vanilla, spinach and honey. Then puree until smooth. Pour into glasses and serve. Makes about 6 cups.

Banana – Peanut Butter Smoothie

Ingredients:

- 4 ripe bananas
- 3/4 cup creamy peanut butter
- 2 cups milk
- 2 Tbs. honey
- 2 cups ice

Directions: In a blender, combine the bananas, peanut butter, milk, honey and ice. Blend until creamy and smooth. Makes about 5 cups

Recipes by: Chef Denise SanFilippo

Gluten-Free Breaded Chicken Tenders

By: Chef Denise SanFilippo
denisesanfilippo.com

Ingredients:

2TB of Olive Oil
1 ½ cup Gluten-Free Breadcrumbs
Dash of salt and pepper (to taste)
½ tsp red pepper flakes
½ tsp garlic powder
½tsp parsley
½ tsp oregano
1 Pound GF Chicken Tenders *Can substitute with whole boneless skinless chicken breasts (sliced in half lengthwise)
3 large eggs (beaten)

Directions:

Preheat oven to 375F

Brush baking pan with oil, set aside. Whisk all dry ingredients in a shallow dish. Dip Chicken tenders into eggs, then coat both sides of chicken with breadcrumb mixture. Lay on baking sheet, repeat until all chicken pieces are coated. Put baking sheet in oven and bake for 25-35 minutes, or until internal temperature reaches 165 degrees.

Serve with Gluten Free Barbeque Sauce (Sweet Baby Ray's) or Homemade Honey Mustard Dip

Honey Mustard Dip Recipe

1/2 cup honey
2 Tb Gluten-Free Mayonnaise (Hellmann's Real Mayonnaise)
1/2 cup Gluten-Free Dijon Mustard (Grey Poupon)
1 Tb. Lemon Juice
A dash of Salt & pepper (to taste)

Mix in bowl and serve. Store in airtight contain for up to 7 days.

Cheesy-Quinoa Bites

By Chef Denise SanFilippo
denisesanfilippo.com

Make Ahead Quinoa

3 ½ cups Water

2 Cups of Quinoa (Rinsed & Drained)

Bring water to a boil. Add Quinoa, reduce to a simmer and cover for 12-15 minutes. Turn heat off and let sit for an additional 5 to 10 minutes, leaving cover on. Fluff with a fork and cool.

*Quinoa will double/triple in size. Reserve extra for future use.

*Note: To check doneness, texture will be similar to cooked rice and tails of the Quinoa will curl out.

Ingredients:

2 Cups of cooled cooked Quinoa

1 TB Parsley

2 TB Shallots (diced small)

½ Cup Carrots (Peeled and diced small)

2 Eggs (Beaten)

2 TB Gluten-Free Flour

1/2 Cup Cheddar Cheese (May replace with Mozzarella, Fontina or Gruyere Cheese)

½ Tsp Salt (to taste)

¼ tsp Pepper (to taste)

Directions:

Preheat oven to 375 degrees. Spray parchment lined baking pans with GF cooking spray.

(*Note: May use mini muffin tins instead)

Combine all remaining ingredients in a large bowl. Form small balls and place on parchment lined sheet pan. Repeat until all mixture is used. Place baking pan in oven and bake for 20 minutes. Serve with Honey Mustard Dip.

Makes 25-40 (depending on size)

Variation:

Quinoa and Veggie Stuffed Red Peppers: Fill Red Peppers with this filling and bake at 350 degree for 30-45 minutes, until centers are hot.

Honey Mustard Dip Recipe

1/2 cup honey

2 Tb Gluten-Free Mayonnaise (Hellmann's Real Mayonnaise)

1/2 cup Gluten-Free Dijon Mustard (Grey Poupon)

1 Tb. Lemon Juice

A dash of Salt & pepper (to taste)

Mix in bowl and serve. Store in airtight contain for up to 7 days.

Gluten-Free Resources

Organizations

Advocate Children's Hospital-Park Ridge, Pediatric Celiac Center

Pediatric celiac center dedicated to treating children and families with celiac disease and to well as to raise awareness and partner with the community.

(847) 723-7176

www.advocatechildrenshospital.com/ceciac_center

Celiac Disease Foundation

Celiac Disease Foundation is a non-profit organization providing services and support through programs of awareness, education, advocacy and research.

(818) 990-2354

www.celiac.org

Celiac Sprue Association/United States of America

The Celiac Sprue Association® is the major non-profit celiac support group in America with chapters, resource units and members across the country.

The CSA Gluten-Free Product Listing, a 400 page spiral- bound book or CD can be purchased here. This guide is updated yearly and highly recommended. Purchase online or call (877) 272-4272

www.csaceliacs.org

Gluten Intolerance Group of North America (GIG)

GIG is a nonprofit organization with many local branches in Illinois. Their website contains information on their many outreach programs and services.

(253) 833-6655

www.gluten.net

Generation GF Chicago

GIG: Gluten Intolerance Group

Support group for kids, teens, and young adults living gluten-free.

Ilene Harris (847) 222-9950

Aleksandra DeLeon (630) 745-7429

generationGF.chicago@gluten.org

American Celiac Disease Alliance

ACDA is a collaboration of professionals and individuals with celiac disease.

www.americanceeliac.org

The Gluten Detectives

The celiac center of Minnesota

www.celiaccenterofminnesota.org

Provides support and advocacy and runs the Gluten Detectives Day Camp.

National Foundation for Celiac Awareness

NFCA strives to improve quality of life of those on a gluten free diet.

www.celiaccentral.org

Gastro Kids

Help and hope for children with digestive disorders.

www.gastrokids.org

Websites**Celiac.com**

Find hundreds of gluten free recipes, safe and unsafe food lists, reviews of gluten free products and a forum for discussions.

www.celiac.com

The Gluten Free Mall

Founded in 1997, this is the original “one-stop shop” on the Internet for gluten-free food. They carry more than 1,000 products, and over 130 leading brands.

<http://www.celiac.com/glutenfreemall/>

Gluten Free Drugs

This website contains lists of gluten free medications as well as over the counter medications.

www.glutenfreedrugs.com

Gluten Free Groceries.com

Look for a list by state of grocery stores that carry gluten free products.

<http://gfgroceries.com/>

Gluten Free Restaurants.com

Look for a list by state of gluten free restaurant menus.

<http://gfreestaurants.com/>

The Gluten-Free Dietitian

www.glutenfreedietitian.com

Gluten-Free Watch Dog

www.gltuenfreewatchdog.org

Gluten-Free Travel

www.celiactravel.com

Gluten-Free Allergy Free

www.glutenfreepassport.com

Carol Fenster Cooks

www.carolfenstercooks.com

Jules Shepard, gluten-free living and products

<http://www.gfjules.com/>

www.julesglutenfree.com

Mobile Apps

Find me GF

Is that gluten-free? For groceries

Is that gluten-free? For eating out

Gluten-free lifestyle

My Grocery Master

The Gluten Detective

I can eat fast food gluten-free and allergy free by AllergyFree Passport

I eat out gluten-free & Allergy Free by AllergyFree Passport

GF Dining Out Cards

These small, plastic cards can be handed out to waiters at restaurants. These can be especially helpful for people who have difficulty verbalizing their dietary restrictions.

<http://glutenfreepassport.com/airlines-tips/translation-cards/>

Books

Gluten Freedom: The Nation's Leading Expert offers the Essential Guide to a Healthy, Gluten-Free Lifestyle, 2014

By Alessio Fasano

The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles, 2006

Joan Guthrie Medlen, R.D., L.D.

Joan Medlen combines her training as a registered dietitian and her experience as a mother of a son with Down syndrome and celiac disease in this comprehensive handbook.

Gluten-Free Diet, revised and expanded edition, 2010

Shelley Case, R.D.

A comprehensive gluten free reference book which includes meal plans, nutrition information and practical strategies for healthy gluten-free living.

<http://www.glutenfreediet.ca/>

Gluten-Free Grocery Shopping Guide, 2011-2012 Edition

By Matison and Matison

Listing thousands of brand name foods, and 2000 over the counter pharmacy products, this portable guide can be taken with you to make shopping easier.

Gluten-Free Kids: Raising Happy, Healthy Children with Celiac Disease, Autism and other conditions, 2010

By Danna Korn

ADA's Easy Gluten Free: Expert Nutrition Advice with More Than 100 Recipes, 2010

By, Tricia Thompson MS, RD and Marlisa Brown, MS, RD, CDE, CDN

www.glutenfreedietitian.com/catalog

Gluten-Free Recipes for People with Diabetes

By Nancy S. Hughes and Lara Rondinelli-Hamilton, RD, LDN, CDE

Gluten-Free Friends: An activity book for Kids

By, Nancy Patin-Falini

Celiac disease Nutrition Guide, 3rd edition 2014

By Tricia Thompson

ADA Pocket Guide to Celiac Disease

By Tricia Thompson, 2011

Magazines

Gluten-Free Living

The first national, full-color magazine devoted to gluten-free living.

www.glutenfreeliving.com

Living Without

This magazine offers food suggestions, recipes, and support.

www.livingwithout.com

Delight Gluten-Free

www.delightgfmagazine.com

Providers of Gluten-Free Foods

The good news is that most grocery stores now have a section or an aisle devoted to gluten free food. Also look in the regular shelves and the frozen food aisle for items such as gluten free pasta, baking mixes and frozen or fresh bread.

Local Stores:

Trader Joes

Whole Foods

Fruitful Yield Food Store

Jewel

Dominicks

Meijers

Mariano's

Woodman's

Sunset Foods

Gluten-Free Brands (to look for in your local stores):

Udis, Glutino and Rudi's for bread and bagels

Pamela's for baking mixes

Bisquick for gluten free mixes

Betty Crocker Gluten Free for cake and cookie mixes.

Chex for gluten free cereal

Online Stores

www.gluten-free.net

www.glutenfreeplace.com

www.gfgrocery.com

www.amazon.com

Celiac Disease and the School Setting

Talk with your school nurse and teacher as soon as possible. Your child needs to continue to eat a gluten-free diet during school. Some schools are very accommodating. It may be helpful to request a [504 Accommodation Plan](#). This is a legal document that outlines reasonable accommodations for the child in the classroom such as:

- Objectives and goals of the plan
- Meals and snacks
- Bathroom access
- Classroom activities (art projects)
- Field Trips / extracurricular activities
- Communication
- Emergency evacuations / shelter-in-place
- Parental notification
- Emergency contacts

School Lunch

Your child's school may provide gluten-free foods. More schools are providing access to gluten-free options. Parents still need to ask questions and ensure foods are "safe" just as when eating in a restaurant. The choices will vary depending on the school system.

The laws surrounding the school's requirement to provide gluten-free foods are still unclear. Some students may abide by the Americans with Disabilities Act.

Diabetes and Celiac Disease

Many people have celiac disease and diabetes in combination, especially type 1 diabetes (insulin requiring or child onset). Celiac and diabetes are both auto-immune diseases. Before people know they have celiac disease they can have unpredictable blood sugars and unintentional weight loss or poor growth in children. This is due to the body's difficulty absorbing nutrients and carbohydrates normally. Diabetes management should improve when established on a gluten-free diet.

It can be very challenging to navigate a gluten-free diet while carbohydrate counting to control blood sugars. Carbohydrate content of many gluten-free foods varies greatly, unlike the gluten-containing foods, such as breads. All carbohydrate containing gluten-free foods must be counted in total carbohydrate intake.

Gluten-Free foods will not have the same amount of carbohydrate as the gluten-containing foods.

The goals are to: 1) Maintain good blood sugar control
2) Eliminate gluten from the diet

One slice of GF bread can contain 10-35gms carbohydrate.

A medium GF bagel can contain 45-72gms carbohydrate.

Gluten-free pasta: ½ cup can contain 35-50gms carbohydrate.

READ LABELS VERY CAREFULLY

After the Celiac Diagnosis

The gluten-free diet is the only medical treatment for celiac disease. Once families have learned the gluten-free diet and are comfortable with reading labels, cooking and eating in restaurants many do not realize they still need follow-up medical care.

After diagnosis people with celiac disease should have their blood antibody (tTg) levels retested in 3-6 months and at one year. Patients should see the doctor and have blood tests yearly. It may be necessary to have more frequent follow-up appointments, especially if the child is growth delayed.

The tTg levels should be decreasing and should normalize in time. It takes some time for the small intestine to heal. The goal is a negative antibody test. If the blood levels remain high it is a sign that gluten is still being ingested somehow. It sometimes is difficult to determine the source.

Parents often worry that they are doing a good job in providing a gluten-free diet for their child. A negative blood test can be very reassuring that gluten containing foods are not in the diet.

It is recommended that all patients also follow-up with the nutritionist yearly to review the gluten-free diet. The gluten-free diet is always changing as our food supply and food labeling changes over time.

The Celiac Center of Advocate Children's Hospital includes:



Dr. Esperanza Garcia-Alvarez
Medical Director
Pediatric Gastroenterologist
847.723.7700



Carrie Ek, RD, LDN
Registered Dietitian/Nutritionist
Coordinator, Pediatric Celiac Center
847.723.7176
carrie.ek@advocatehealth.com

Your care team may also include a nurse, social worker or other health professionals as needed.

