

## Gluten Free Diet for Children

### What is coeliac disease?

Coeliac disease is a condition in which the body's immune system reacts to gluten. Gluten is a protein found in foods made with wheat, barley, rye or oats. Eating foods containing gluten damages the lining of the small bowel. This makes it harder to absorb nutrients from food.

### How is it managed?

The only treatment is to follow a strict gluten free diet for life. Eating even small amounts of gluten will cause damage to the bowel lining even though you may not feel unwell. Eating a gluten free diet allows the bowel wall to heal and digestion to return to normal.

### What are the risks of not following a strict gluten free diet with coeliac disease?

Consequences of small bowel damage and poor absorption of nutrients include:

- iron deficiency anaemia
- osteoporosis
- weight loss
- growth problems
- delayed puberty
- other vitamin and mineral deficiencies.

Other complications which can be related to untreated coeliac disease include:

- infertility
- gastrointestinal cancers
- altered mental state.

### Gluten free diet

- Choose foods which are naturally gluten free and change to gluten free products where required. For example:
  - fresh fruit and vegetables
  - fresh/unprocessed meat/fish/chicken/eggs
  - legumes and nuts
  - naturally gluten free grains - rice, quinoa (see the table on page 3 for more)
  - gluten free breads and cereals
  - plain dairy (plain milk, natural pot-set yoghurts and unprocessed cheese).
- Read food labels and ingredient lists carefully (see next section). Be aware that *wheat free* and *gluten free* are not the same: *Wheat free* may still include other gluten-containing ingredients, such as oats in muesli.

- Be aware of cross-contamination risks – crumbs from gluten-containing breads in butter and spreads, toasters and food preparation areas. This applies both at home and when eating out.
- It is important that your child eats a balanced diet which is high in fibre. Choose high fibre gluten free grains such as wholemeal or seeded gluten free breads or brown rice.
- See an Accredited Practising Dietitian to assist you and your child with both eating gluten free and keeping a healthy balanced diet.

### Reading labels

- “Gluten free” clearly labelled on the product - you can be confident that, by law, products labelled “gluten free” contain no detectable gluten.
- Read the ingredients list - if there is wheat, rye, oats, barley or gluten in the ingredients or in an allergen warning statement then the product is NOT gluten free. This includes wheat starch, cornflour (wheat), thickeners 1400-1450 (wheat derived) or wheat maltodextrin. Starches and thickeners not specified as made from wheat are gluten free. Note that “wheat glucose

syrup” and “caramel colour from wheat” are the exceptions to this rule as the gluten component has been removed in processing.

- Products with statements such as “may contain traces of wheat/gluten” are NOT gluten free even if the listed ingredients are suitable (this is to avoid cross contamination).

For further information on reading labels, please contact Coeliac Queensland (see page 6).

### Tips for eating out

- Always alert staff and ask them for their gluten free options.
- Avoid foods which may be cross contaminated due to preparation on the same board, for example.
- Choose foods which are labelled gluten free on the menu.
- Avoid fried foods which have been fried in the same oils as batter which contains wheat.
- Check salad dressings and sauces used in cooking is gluten free.

Log in to the Coeliac Queensland member website and check the list of restaurants/cafes that members have rated as ‘being gluten free aware’.

	<b>Foods which are naturally gluten free</b>	<b>Foods to be cautious about (READ LABEL) – any gluten present will be declared</b>	<b>Foods to avoid</b>
<b>Grains &amp; flours</b>	Almond meal Amaranth Arrowroot Buckwheat Corn/maize Glutinous rice flour Gram/besan Lentil and soy flours Lupin Millet Polenta Potato starch/flour Quinoa Rice Sago/tapioca Sorghum Teff	Baking powder Wheaten cornflour	All varieties of wheat (including spelt, kamut, couscous, durum) Barley Oats Products using malt (from a gluten grain, usually barley) Rye Semolina Triticale (a hybrid of wheat and rye)
<b>Cereal products</b>	Gluten free corn tortillas Gluten free muesli Gluten free pasta & lasagne sheets Plain rice & corn cereals (no malt) Rice noodles Rice porridge	Corn & rice tortillas/wraps Infant rice cereal (check ingredients, take particular care with those for over 6-month-olds which may contain gluten) Soba noodles Vermicelli noodles	Egg noodles Infant cereals (except rice) Lasagne Muesli Noodles/spaghetti Oat porridge Pasta/macaroni Ravioli/tortellini Udon noodles Wheat-based & mixed grain breakfast foods
<b>Breads, biscuits, cakes etc.</b>	Breads/biscuits/cakes labelled as gluten free Plain rice crackers <i>There are many gluten free breads, biscuits, cakes and pizza bases, etc. now available</i>	Flavoured rice cakes and crackers Plain rice and corn cakes	Barley bread Crispbreads Croissants Ice cream cones or wafers Pizza bases Pumpnickel bread Regular biscuits/cakes Regular bread & rolls (including multigrain) Rusks Rye bread Sourdough breads Waffles/pancakes

	<b>Foods which are naturally gluten free</b>	<b>Foods to be cautious about (READ LABEL) – any gluten present will be declared</b>	<b>Foods to avoid</b>
<b>Meat/meat alternatives</b>	Eggs Fresh (non-marinated) meats Fresh seafood Plain tinned fish (check for 'may contain' statements)	BBQ chicken (stuffing and seasoning) Deli meats (ham/turkey/salami etc.) Flavoured tinned fish/chicken Marinated meats/seafood Sausages Tofu	Crumbed/battered meats Hamburgers Imitation seafood e.g. seafood sticks Meat pies/sausage rolls
<b>Dairy</b>	Buttermilk Cheese (hard/soft) Condensed milk Evaporated milk Fresh cream Milk (goats/cow) Plain cream cheese	Artificial cream Custard Custard powders Dairy desserts Flavoured milk Ice cream Processed cheeses & cheese spreads Soy milk Yoghurt & Fruche (that contain thickeners)	
<b>Vegetables</b>	Dried legumes & lentils (check for 'may contain' statements) Fresh salad items Fresh vegetables Olives	Frozen & canned vegetables (check for added thickeners and 'may contain' statements) Frozen or take-away chips (watch out for beer battered and sharing of contaminated oil) Processed/canned legumes Vegetable/potato salad/coleslaw	
<b>Fruit</b>	Fresh/frozen/tinned fruit	Christmas mince Commercially thickened fruit products Fruit mince	
<b>Beverages</b>	Water Fruit & vegetable juices Mineral water Soda & tonic water Sports drinks	Chocolate dusting powder Cordials (some contain barley) Drinking chocolate Soft drinks (some contain malt/barley) Tea & coffee (some herbal tea bags and flavoured tea bags contain gluten) Tea & coffee substitutes (coffee 'sachets')	Barley drinks Milo and other malt powder beverages

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<b>Sauces, spreads &amp; herbs</b>	Golden & maple syrup Jams & honey Marmalade Molasses Peanut butter Pure herbs & spices (for packaged herbs, check if mixed with other ingredients and 'may contain' statements) Salt & pepper Tahini Treacle Vinegars ( <u>except malt</u> )	All commercial sauces (tomato, BBQ, sweet chilli etc.) Asian sauces (soy, fish, oyster etc.) Chutney Curry powder & pastes Meat & fish pastes Pickles Salad dressings & mayonnaise Stock cubes & gravy mixes Vanilla & flavouring essences	Malt vinegar Vegemite, Promite & Marmite (gluten free varieties available)
<b>Miscellaneous</b>	Butter & margarine Jelly (check for 'may contain' statements) Nuts Oils Plain dark or milk chocolate (check for "malt" in the ingredients) Popcorn Pure icing sugar Sugar	Cholesterol-lowering spreads (some contain flavours from gluten) Filled chocolates & chocolate snack foods Flavoured crisps/chips Icing mixture (gluten free varieties available) Lollies/sweets Tinned & packet soups	Liquorice (gluten free now available) Milo and other malt-containing powders Wheat germ oil

### Useful phone apps

Some phone apps can be useful in helping identify gluten free products:

- Coeliac Australia ingredient list
- Taste (for searching for gluten free recipes)
- FoodSwitch by Bupa – use the GlutenSwitch filter and scan barcodes.

### Useful websites for recipes, information and pre-prepared meals

- Gourmet Meals: [www.gourmetmeals.com.au](http://www.gourmetmeals.com.au)
- The Gluten Free Meal Company: [www.gfmeals.com.au](http://www.gfmeals.com.au)
- [www.taste.com.au](http://www.taste.com.au): search gluten free recipes
- Coeliac Australia: [www.coeliac.org.au](http://www.coeliac.org.au)

## Coeliac Queensland

Coeliac Queensland (CQ) supports people with coeliac disease and their families. There are a number of benefits of being a member. These include:

- A quarterly full colour magazine (*The Australian Coeliac*), a state newsletter (*Against the Grain*) and a monthly e-newsletter with new products, research updates, travel advice, recipes, cooking tips and other general information on coeliac disease and the gluten free diet.
  - Ingredient List booklet – specifies whether an ingredient is gluten free or not.
  - Supermarket tours.
  - Information about eating out and member recommended restaurants/cafes Australia-wide.
  - Tips on travelling overseas, including translation cards.
  - Information about new companies and restaurants providing gluten free products and foods.
  - Children's support and events.
  - Recipe books and resources that can be purchased.
- A member card entitling you to discounts on selected gluten free products at Coles supermarkets nationally.
  - Membership hotline available Monday-Friday 9am-3pm.
  - Discounts to CQ events during the year (e.g. the Gluten Free Food Expo).
  - Members only area access on the website - containing fact sheets, quick reference guides, travel advice, and more.

**Website:** [qld.coeliac.org.au](http://qld.coeliac.org.au)

**Email:** [qld@coeliac.org.au](mailto:qld@coeliac.org.au)

**Address:**

91B Wilston Rd (entry via Peel St)

NEWMARKET QLD 4051

PO Box 3455, NEWMARKET QLD 4051

Tel: (07) 3356 4446 or 1300 GLUTEN  
(1300 458 836)

Fax: (07) 3356 4474

**For any queries or concerns please  
contact your Dietitian**

**Name:** \_\_\_\_\_

**Contact:** \_\_\_\_\_

## Sample Meal Plan

### BREAKFAST

- High fibre gluten free cereal/ muesli with milk & fruit or
- Eggs and tomato on gluten free toast or
- Gluten free baked beans (check label) on gluten free toast

### MORNING TEA

- Rice cakes with cheese topped with tomato and cucumber

### LUNCH

- Wrap or sandwich (choose wholemeal or seeded gluten free bread) with salad and chicken/ham/tuna (gluten free) filling, piece of fruit

### AFTERNOON TEA

- Yoghurt (check label) or
- Nuts (avoid whole nuts for children under 5) and dried fruit mix

### DINNER

- Meat/fish/chicken with potato and vegetables (if using gravy check the label to ensure gluten free) or
- Stir-fried meat/chicken using gluten free sauces with vegetables and rice or
- Gluten free pasta with mince and vegetables and gluten free bolognaise sauce or
- Curry made with meat/chicken/vegetables, tomato and spices/chillies (check the label of any jar sauces/pastes)

### DESSERT/ SUPPER

- Custard (gluten free) or
- Gluten free ice cream or
- Gluten free cake/slice/biscuit or
- Hot chocolate (check label if using a prepared powder)