



Stanford
MEDICINE

Children's Health

Celiac Disease Resource Guide for a Gluten-Free Diet

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Overview

Learning that your child has celiac disease can be overwhelming.

You are not alone. You have an expert team at Stanford Children's Health who can help you through this journey. All of your care team members are available to provide information about the nutritional, psychosocial, and medical aspects of this disease. This can help you and your child learn how to live and thrive on a gluten-free diet.

As you practice new skills and access resources in your community and online, it will soon become second nature to select foods that your child can eat safely. The result will be a healthier and safer life for your child.

About 3 million Americans have celiac disease. Many of them have learned how to follow a safe gluten-free diet. You and your child can too!

This brochure talks about new ways of thinking about:

- Food
- Grocery shopping
- Cooking
- Dining out with your family

About Celiac Disease

You may have heard the term celiac disease. But what exactly is it? And what can you do to help manage this disease?

- Celiac disease is an autoimmune disorder, meaning it causes the body to attack itself.
- Celiac disease is inherited or passed on within families. Not everyone in the family will inherit celiac disease, but if someone in a family has it, other family members are at risk for getting it. The ingredient that causes patients to have problems in celiac disease is **gluten**.
- If a person has celiac disease and eats food that contains gluten, the small intestine will become inflamed, and other parts of the body can be affected too.
- There is no cure for celiac disease. But it can be managed with a completely gluten-free diet.

Common symptoms of celiac disease include:

- Bloating
- Constipation
- Diarrhea
- Fatigue
- Stomach distress
- Vomiting

Some children with the disease have none of the symptoms that affect the way their body processes food. These children may have other symptoms, such as anemia, low energy, poor growth, or other less obvious symptoms, and still have celiac disease. As your child starts eating a gluten-free diet, symptoms may lessen or go away over time. Even without symptoms, it's still important to follow a gluten-free diet to prevent damage to the small intestine.

What is a gluten-free diet?

A gluten-free diet is a diet that is free from gluten, which is found in wheat, barley, rye, and certain kinds of oats. We'll discuss the diet in much more detail throughout this brochure.



What is gluten?

Gluten is a type of protein contained in wheat, barley, rye, and some oats. Gluten is what makes bread dough stretchy and gives baked bread its chewy texture.

What does it mean for a food to be gluten-free?

Here's what gluten-free and certified gluten-free mean:

- The U.S. Food and Drug Administration (FDA) allows foods that contain fewer than 20 parts per million (PPM) of gluten (equivalent to 1/64 of a teaspoon) to be labeled gluten-free. The FDA doesn't require outside testing of any product that meets this FDA criterion.
- For a food product to be certified as gluten-free, the gluten content must fall below the 20 parts per million, or 20 PPM, standard, and a third-party organization is required to inspect the manufacturer's facility and test the products. Look for any of these "certified gluten-free" labels on food products.

How to Create a Nutritious Gluten-Free Diet for Your Child

Know Your Ingredients

Today's supermarket shelves and online grocery stores are filled with tasty gluten-free products. Many foods are naturally gluten-free. This includes meat, poultry, fish, fruit, vegetables, nuts, milk, and many others. As children learn a new way of eating, they still have a wide array of foods to choose from.

Help your child focus on the foods they can have, rather than what they need to avoid:

- Fruits, vegetables, healthy proteins, healthy fats like those from avocados and olive oil, and gluten-free whole grains are the foundation for nutritious meals. This is true for your whole family, not just for your child with celiac disease.
- Hundreds of gluten-free foods that your child already enjoys will continue to be part of their diet. Examples of these foods:
 - Hummus
 - Gluten-free ice cream
 - Milk
 - Peanut butter
 - Gluten-free puddings
 - Quesadillas made with corn tortillas

Here are some considerations to help you choose the right gluten-free foods:

Read labels. The best way to approach shopping for gluten-free foods is to read the nutrition and ingredient labels carefully. Focus on fiber-rich foods like fruits, vegetables, beans, nuts, and seeds, as well as other foods that are not heavy in added fats, sugars, and salt.

Whole grains are best. You can find whole-grain, gluten-free products made from quinoa, brown rice, millet, and many more. These are all nutritious grains that have more fiber, vitamins, and minerals than their refined counterparts.

Be mindful with gluten-free alternatives. Grocery store shelves are full of options that can make it a little easier to go gluten-free. However, proceed mindfully when choosing gluten-free substitutes. Many products are not as nutritious because they are made from refined grains and have added sugar, fat, and salt.

What grains should my child *not* have?

The “big four” grains to remove from your child’s diet are:

Wheat, barley, rye, and oats*

**(unless they’re labeled “certified gluten-free”)*

Buy oats that are certified gluten-free. Oats are naturally gluten-free. But they can pick up gluten during harvesting and food processing; this is called cross contact or cross contamination. When you buy certified gluten-free oats, it guarantees that the oats are free from gluten contamination.

Read all food labels and packages. As you start to look for more gluten-free food, you’ll find that wheat, barley, rye, and oats are often in

other, less obvious products, such as salad dressings, puddings, and other foods.

Manufacturers add other products to foods to improve their taste, shelf life, or appearance. All of these ingredients listed below are gluten-free:

- Caramel coloring and flavoring
- Dextrin
- Maltodextrin
- Monosodium glutamate (*MSG*)
- Oils (*avocado, canola, coconut, olive, sesame, vegetable*)
- Gluten-free starches or modified food starches
- Vanilla and almond extracts
- Vinegar (*except malt vinegar*)

Choose gluten-free foods and ingredients

Many grains, flours, and other ingredients are naturally gluten-free. Your child can have any of these:

- Amaranth
- Buckwheat
- Cassava/yuca
- Cornmeal
- Expandex (*a modified food starch made from tapioca*)
- Flours and starches (*made from arrowroot, beans, chickpeas, corn, lentils, nuts, potatoes, rice, soy, tapioca, and other gluten-free grains*)
- Guar gum
- Mesquite
- Millet
- Quinoa
- Rice paper
- Sorghum
- Teff
- Xanthan gum

Avoid these foods and ingredients

Grains and grain products that contain gluten are listed below. If you see any of these on the food label, move on to another product that doesn't contain it.

Wheat

- Atta
- Bulgur
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Fu (*wheat gluten*)
- Graham flour
- Hydrolyzed wheat protein or gluten
- Kamut
- Maida
- Modified wheat starch
- Seitan
- Semolina
- Spelt/dinkel wheat
- Triticale
- Wheat bran, oil, flour, germ, glycerides, starch, grass, or protein

Barley

- Ale
- Barley (*flakes, flour, malted flour, pearl*)
- Beer
- Brewer's yeast (*contains barley; however, other baking yeasts are gluten-free*)
- Lager
- Malt, extract or syrup, flavoring, or vinegar
- Malted milk

Rye

- Rye bread
- Rye flour

Oats

(Unless they are labeled "certified gluten-free oats")

- Oatmeal
- Oat milk
- Oat flour
- Oat bran

Watch out for other common things that might be added to food

Be mindful of additives or ingredients added to foods. Some may contain wheat, rye, or barley. Check every item on the list of ingredients. Here are some common ingredients that contain gluten:

- Asafoetida
- Brewer's yeast
- Certain dextrans
- Edible coatings, films, and starches
- Hydrolyzed plant proteins
- Maltose
- Miso
- Mixed spices
- Pregelatinized starch
- Smoke flavoring
- Soy sauce
- Teriyaki sauce
- Textured vegetable protein

Many sauces, marinades, and glazes contain soy sauce, which contains gluten

When you dine out, soy sauce is a frequent source of hidden gluten. Ask about this when dining out at Asian restaurants, such as Thai, Japanese, Vietnamese, and Chinese restaurants.



Important note

If the flavors and other food products listed here are made in North America, they do not usually contain gluten. Be careful when eating a product that contains caramel coloring or flavoring made outside of North America. If maltodextrin or dextrin contains gluten, it should be labeled as such; otherwise, it is usually gluten-free.

Read the Label



A note on wheat

Wheat is a common allergen. Due to this, products that contain wheat are required by law to declare wheat in a “contains” statement. However, rye, barley, and non-gluten-free oats are not included in this law. Continuing to read the full food label will be the best tool for a successful gluten-free diet.

How to Read Food Labels and Packaging to See if Foods Are Gluten-Free

Food labels give you information about the ingredients in food that may contain gluten. Labels are also a great teaching tool for children as they learn to read and identify gluten-free foods on their own.

What exactly should you look for on the list of ingredients or package label?

Depending on your child's reading level, here are some guidelines they can help you with:

- Many packages contain the gluten-free label.
- Here are some common gluten-free logos you may encounter.



- Check the ingredient list to be sure that none of the items shown on page 11 are in the product.
- Standards for foods that have come from other countries can vary, so use caution when buying.

- Processed foods may have additives that contain gluten to keep them fresh or add taste or color. So be sure to check the entire list of ingredients, even if you think the product would be gluten-free.
- Remember that “wheat-free” does not necessarily mean “gluten-free.” Rye, barley, and non-gluten-free oats contain gluten. Check the label!
- If you're not sure about whether an item contains gluten, contact the manufacturer directly. Most labels have an email address or telephone number for customer service.

A quick lesson in reading labels

Flour usually comes from wheat.

Malt is usually made from barley and is not gluten-free.

Questions and concerns on your favorite foods? Call the food company or even email them online for help.



Starch may come from a gluten-containing grain. Often, it comes from corn, but always double-check with the manufacturer.

Might have gluten; best to call the food company and ask.

If a food contains wheat, it will be listed in this “contains” statement because it’s a top allergen. Barley and rye are not included, so read the label!

Go Shopping



Cross contact

Happens when a small amount of one food gets mixed into another food. Foods may pick up gluten when they are made using pans and utensils used for gluten-containing foods. Also, someone may transfer serving utensils from one dish to another. This then becomes a source of gluten contamination.

Tips for Finding Gluten-Free Items in the Supermarket or Grocery Store

Now that you know more about the basics of a gluten-free diet and label reading, it's time to go shopping. This is a great chance for your child to learn by doing and to make label reading a normal part of food selection.

Buy fresh. The easiest way to keep your child's diet gluten-free is to buy fresh foods or foods that are not overly processed.

- Not only are most fresh foods naturally gluten-free, but also they are great sources of nutrients that may be lost when foods are processed.
- Go for fresh fruits and vegetables, cheeses, beef, poultry, fish, tofu, milk, and other foods from the supermarket road map on pages 20–21.

Learn the layout of your supermarket. Many supermarkets help shoppers by putting gluten-free foods in a special section or aisle and flagging them

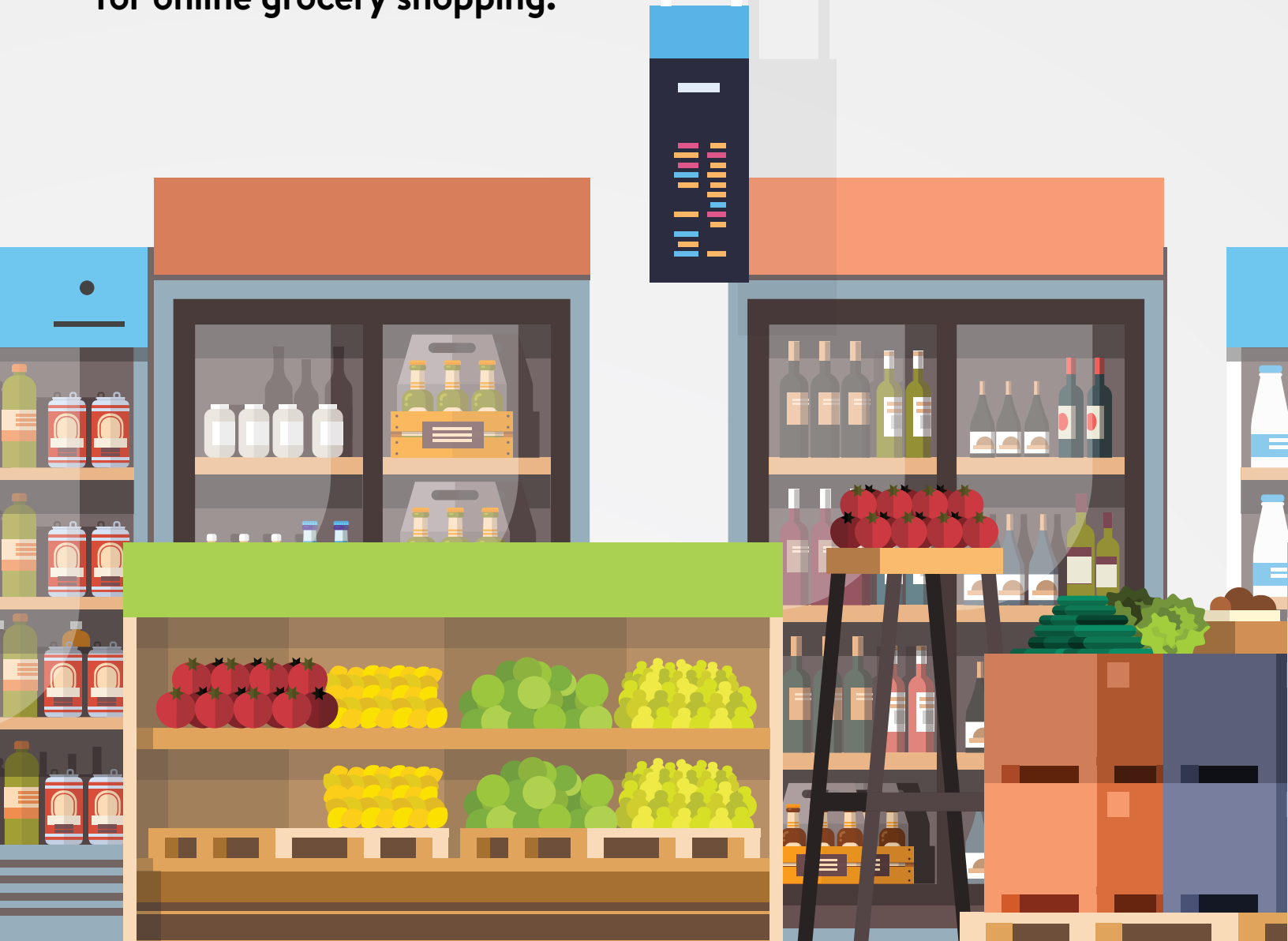
with “gluten-free” shelf labels. Manufacturers have stepped up to the demand for gluten-free products and have many to offer.

Do not buy any products from bulk bins. Even if bulk bins are marked “gluten-free,” steer clear of them. People may have used and misplaced scoops from other bins containing foods that have gluten, leading to cross contact.

Avoid the deli section, salad bar, and all self-serve counters. People may have prepared these foods with the same pans or utensils used for gluten-containing foods. Also, someone may move a serving utensil from a gluten-containing pan to a pan serving a non-gluten product.

Supermarket Road Map

Here's a road map that you can use when grocery shopping. Categorized food items are divided by "outside and inside aisles" to help you navigate a grocery store. This road map is also useful for online grocery shopping.



Outside aisles



Fresh produce

All fresh fruits and vegetables are naturally gluten-free and loaded with nutrients.

- Fresh fruits
- Fresh vegetables



Dairy

Ice creams, yogurts, and puddings can be hidden sources of gluten. Pay extra attention to any dairy products that are low fat or nonfat or have additional flavorings. As always, check the label to be sure the dairy product is gluten-free.

- Milk, powdered milk, evaporated milk, sweetened condensed milk, dulce de leche
- Cream, clotted cream, malai, sarshir
- Cheese (*cottage, Brie, paneer, queso fresco, manchego, feta, cotija, cream cheese, and more*)
- Butter, margarine, ghee, smen
- Kefir, lassi, ayran, doogh, borhani, leben
- Sour cream, crema, crème fraîche, yogurts, labneh, skyr, kashk
- Gluten-free ice cream, gelato, booza, kulfi



Deli section, salad bar, and all self-serve counters

Avoid these sections due to possible cross contact.



Proteins: fresh meat, poultry, and seafood

Choose fresh meat, poultry, and seafood. Avoid processed meat products, which may have fillers that contain gluten. Be careful with foods that are premarinated, preseasoned, or self-basting. They may contain gluten.

- Red meat (*beef, lamb, goat, buffalo, venison, veal, pork*)
- Poultry (*chicken, turkey, Cornish hen, duck, goose*)
- Fish and seafood (*salmon, trout, sardines, mussels, shrimp, squid*) but not seafood substitutes, such as imitation crab
- Eggs (*chicken, duck, quail, pheasant, fish eggs*)
- Tofu (*also available in the dairy or refrigerated section*)



Frozen foods

- Plain fruits and vegetables
- Gluten-free ice cream, gelato, frozen yogurt, and sorbet
- Gluten-free breads, bagels, English muffins, waffles, pizzas
- And much more!

Inside aisles



Beverages

- 100% fruit and vegetable juices
- Coffee, tea, cocoa
- Nut and seed milks (*almond, cashew, coconut, pistachio, soy milk*)
- Soft drinks, sparkling waters
- Kombucha
- Yogurt drinks



Fats and oils

- Vegetable, canola, avocado, sesame, olive oils
- Shortening
- Lard, duck fat, schmaltz, suet, tallow
- Butter, ghee, smen



Packaged and canned foods

- Plain fruits and vegetables
- Olives
- Canned meats and seafood (*be cautious of meat or seafood blends, pastes, or dips, as they may have added gluten*)
- Dried and canned beans, lentils, and peas



Condiments

Select gluten-free varieties, and always read the label!

- Coconut aminos
- Fish sauce
- Furikake
- Ketchup
- Mustard
- Mayonnaise
- Miso
- Relish
- Pickles
- Salad dressing
- Salsa
- Tamari/gluten-free soy sauce
- Vinegars (*balsamic, apple cider, white rice, wine*)
- Jerk sauce
- Harissa
- Tamarind paste
- Tahini
- Certain hot sauces
- Nuoc cham



Sweeteners

- Agave nectar
- Corn syrup
- Date paste, powder, syrup, sugar
- Honey
- Maple syrup
- Molasses
- Sugar (*palm, piloncillo, coconut, jaggery, brown, white, and confectioner's*)



Spreads

- Baba ghanoush
- Guacamole
- Hummus
- Jams, jellies, marmalade
- Peanut, nut, and seed butters
- Salsas
- Pestos
- Tapenades
- Tzatziki



Spices, herbs, and flavorings

Use caution with spice mixes, such as a chili spice mix, since they may contain gluten, and always be sure to read the label. Never purchase any spices from the bulk section of a market because of the risk of cross contact.

- Salt
- Flavoring extracts (*vanilla, almond, mint, rosewater, orange blossom water*)
- Individual spices (*cardamom, cayenne, cinnamon, nutmeg, paprika, pepper, star anise, sumac, turmeric, tamarind, and others*)
- Fresh and most dried herbs (*mint, lemongrass, cilantro, chives, leeks, basil*)



Cereals, grains, and bakery

- Amaranth
- Buckwheat
- Some cereals, such as Chex
- Corn, corn flour, corn tortillas
- Cream of rice
- Gluten-free flours and baking mixes
- Gluten-free fresh bread, pita, muffins, cookies
- Gluten-free oats
- Grits
- Millet
- Teff
- Quinoa
- Rice and rice products
- Sorghum



Snacks

Check these carefully. Added ingredients and flavorings may be a source of gluten.

- Corn chips
- Dried fruits
- Fruit leathers
- Gelatin-based desserts
- Gluten-free granola
- Gluten-free jerky
- Plain nuts, seeds
- Popcorn
- Potato chips
- Gluten-free pudding
- Rice crackers, rice cakes, rice puffs
- Roasted chickpeas
- Roasted seaweed

Your
Kitchen

Once you've mastered gluten-free shopping, the next step is thinking about how to store and prepare these foods in a way that they continue to be gluten-free.

Your child may enjoy helping you unpack the groceries and prepare the meals so that they can learn by doing. If they can hold a spoon and help you mix, and as they learn how to do other things, your child can start helping with food prepping and cooking.

Here are some ways to get your child involved:

- Plan meals together.
- Go shopping as a team.
- Get your child in the kitchen to prep and cook with you.

All of these skills will be important for your child to master so that when they are older and living on their own, they will be able to manage their celiac disease.

There are many ways to organize your kitchen and household to assist you with a gluten-free diet. Most importantly, keep your child safe from any cross contact. Make sure to organize your kitchen to fit your child's and family's needs and preferences.

First arrange your kitchen. Do you want the entire kitchen to be gluten-free? Or do you want one area for preparing and storing gluten-free foods and another area for items that are not gluten-free? There is no perfect way to do this, but rather what works best for your child and family.

Store gluten-free foods away from other foods. It may help to designate separate cabinet and refrigerator shelves for gluten-free foods. Make sure your child can reach them.

Have separate appliances, utensils, and pans for strictly gluten-free food preparation. This includes toasters, colanders, nonstick pans, cast iron skillet, cutting boards, sponges, and anything else that could harbor crumbs or can't be fully cleaned. You do not need to replace ovens, knives, or stainless steel pots and pans. When in doubt, ask your celiac team for further guidance on this.

Consider using a color-coded label. This can easily indicate that a kitchen appliance or food is gluten-free.

Clean tools before using. If you do use the same tools for cutting, mixing, serving, and cooking gluten-free and non-gluten-free foods, be sure to clean them before each use.

Avoid cross contact. Avoid tools that can allow crumbs to accumulate or that have scratches, such as wooden cutting boards, nonstick pans, and any other tools that have grooves or surfaces that can trap gluten.

Keep separate containers of foods and condiments.

Peanut butter, hummus, salsa, and other spreads and sauces are common sources of cross contact, as others may double-dip into the jar, making a previously gluten-free food no longer gluten-free. It is helpful to keep separate containers of these at home, or you can try using squeeze bottles or having a strict no-double-dipping rule.

Encourage all eaters in the home to:

- Wash hands before touching food.
- Avoid drinking directly from beverage cartons.
- Refrain from double-dipping.
- Change any other practices that may introduce gluten to normally gluten-free foods.

Plan Delicious Gluten-Free Meals and Snacks

The Celiac Disease Foundation has created a Pediatric Meal Plan to help kids kick-start their gluten-free diet. To find the meal plan and other recipes, please go to the websites below:



**Celiac Disease
Foundation's
meal plan**



**Celiac Disease
Foundation's
gluten-free recipes**

Many other websites offer recipes for gluten-free cuisines from around the world. The good news is that many Latin American, Asian, Southwest Asian, North African, Native American, and African foods

are naturally gluten-free or can be easily modified to be gluten-free, such as pupusas, rice noodles, falafel, kabobs, injera, and more.

Medications,
Personal Care
Products, and
Household
Items

Medications and Supplements

Certain everyday items may contain gluten, such as medications, supplements, and personal care products.

Binders or fillers in medications, supplements, and personal care products may contain gluten. Before starting a medication or supplement, make sure that all members of your care team know that your child has celiac disease, from the dentist to the eye doctor.

Here are some ways to get your child involved:

- **Ask** your doctor and pharmacist to see if your medicine contains gluten.
- **Contact** the manufacturer to see if your medicine contains gluten.
- **Check** out the website www.glutenfreedrugs.com for more information.

Personal and Household Items

It is important to double-check the ingredient lists on toothpastes, mouthwashes, lip balms, and any other products that come into contact with your lips or mouth to make sure they are gluten-free.

If you ever have questions as to whether the product you are using is gluten-free, you can call the manufacturer.

Certain play materials for children, such as Play-Doh® or moldable doughs, may also contain gluten.

Just be sure your child thoroughly washes their hands and nails after playing with them to avoid eating any gluten. You can find many gluten-free recipes for generic moldable doughs online; kids will enjoy making it as well as playing with it!

Eating Out,
Sporting
Events,
School,
and More

Manage Social Eating

As your child grows older, they will become more independent, especially about food choices and eating out. As they move away from relying on your support, discuss best practices for gluten-free eating at restaurants, friends' homes, school, sporting events, trips, and more.

The Celiac Disease Foundation makes five recommendations for eating out:

1. Understand the gluten-free diet.
2. Research restaurants.
3. Call ahead and ask questions.
4. Let your child know ahead of time that they may not be able to order their first choice on the menu.
5. Always bring a backup snack.

These suggestions apply to any activity your child will be engaged in that may involve food, like going to a friend's house or sporting event. People usually understand and will take your child's needs seriously.

- **It is OK to speak up for your child.** Be assertive but courteous. Your child will learn from the behaviors you model. If your child is older, encourage them to be a strong advocate for themselves.
- **It can feel uncomfortable at first** to ask about the gluten-free status of foods when eating outside of the home. With time, practice, and confidence, this gets easier.
- **Speak to the parents of your child's friends** and encourage your child to do the same. Make them aware of the gluten-free restrictions for any social gatherings, birthday parties, and more.
- **Research local food options online.**
- **Discuss school breakfasts and lunches with the food service staff** and school nurse.
- **Talk to the coach or club leader** so that they are aware of your child's needs.
- **Always** supply your child with backup snacks and meals, just in case.

Eating Out at a Restaurant

Call the restaurant in advance. Many restaurants offer gluten-free choices on their menus. Also ask how they've prepared the food and about specific ingredients they used. Some questions to ask:

- Do you have a gluten-free menu? If not, what menu items can you make gluten-free?
- Has the food been marinated? Does the marinade have flour, soy, or teriyaki sauce as an ingredient?
- Are there croutons, wontons, or crispy noodles on the salad?
- Do you use separate cookware and utensils for gluten-free food preparation? Do you change your gloves and wipe down cooking surfaces before preparing a gluten-free dish?
- Is your kitchen staff knowledgeable about gluten cross contact and able to keep my child's meal safe?

Eating at School

Keeping your child on a gluten-free diet at home can take a lot of work, and maintaining that while they're off at school can feel like a daunting process. From kindergartens to colleges, schools are increasing their accommodations for children with celiac disease. We advise that you talk to your child about which foods are safe to share and inform your child's teacher about your child's needs.

One effective way to inform school staff is through a 504 Plan. This is a plan for specific ways the school can support your child. For example, the school can keep gluten-free snacks on hand in the teacher's lounge, allow extra bathroom privileges, and more. Certain schools are also required by law to provide gluten-free meals for your child. For questions or concerns about your child at school, please reach out to a member of your celiac care team.



Learning to Cope

After a few months, you'll realize that you and your family are much more comfortable with the gluten-free diet than you were when you first learned of your child's diagnosis.

But there's no doubt that the path has been challenging and may still be at times. All of this may cause some stress for you and your child. This is completely normal: A new diagnosis and lifestyle changes are big adjustments. Here are some ideas for coping:

- Encourage your child and other family members to talk about how celiac disease has impacted your household. Normalize their feelings and thoughts, and assure them that you're always there to listen. Your behavior sets the tone for managing stress for your child. Ask your care team for help to address these feelings.
- Speak with your child's teacher, school nurse, school counselor, and cafeteria manager. Ask for their help in supporting your child. Talk to the families of your child's friends too, so that they are aware of what your child can eat.
- You may feel nervous about making all these changes to your child's diet. That is completely understandable and something most parents feel. Remember, you're providing good care for your child and showing them how to manage the disease.
- It might be helpful to learn stress management techniques, such as exercise, hobbies, meditation, or yoga. Prioritize self-care that includes getting enough sleep and setting regular mealtimes.
- As your child gets older, they will start to make their own food choices. Has your child had celiac disease for a while? If so, they may have the confidence to do this already. If your child is diagnosed as a teenager, they can use learning to eat gluten-free as a means of developing independence. Our celiac disease dietitian can support this move to independence.
- The celiac disease team at Stanford Children's Health includes a psychologist and a social worker who can help support your child and family as you adjust and cope at home, at school, and in other social settings. They can teach your child coping skills for managing stress and other emotions related to celiac and living with a chronic disease. Communication and coping skills can support your child in feeling better emotionally and physically. Remember, you can always ask our team for help!
- If you need help with communicating your child's needs to friends, family, and school staff, let us know and we will be happy to help. Remember that an effective way to inform school staff of your child's needs is through a 504 Plan, which our celiac team can assist with.

Resources

National organizations and websites

Beyond Celiac

Education and research about celiac disease. Website includes tool kits for school administrators and nurses, and a section on living with celiac disease in college.

(215) 325-1306

www.beyondceliac.org

Celiac Disease Foundation

Focused on treatment and research about celiac disease. Website includes a special section on celiac disease in children, as well as comprehensive lists of gluten-free foods, products, and recipes.

(818) 716-1513

www.celiac.org

FindMeGlutenFree.com

Gluten-free restaurant reviews.

www.findmeglutenfree.com

GIKids

The patient outreach and education arm of the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN). Website offers guidance about celiac disease and the gluten-free diet.

(215) 641-9800

www.GIKids.org

GlutenFreeDrugs.com

Provides lists of most medications that are gluten-free (*generic and brand name*).

www.glutenfreedrugs.com

Gluten Intolerance Group

Help for finding local celiac disease support groups and other resources for managing celiac disease. Special sections on website for cooking with gluten-free ingredients.

(253) 833-6655

www.gluten.org

National Celiac Association

Education and advocacy organization. Website has special section for kids, “Raising Our Celiac Kids (ROCK),” which includes a free, comprehensive online course for newly diagnosed children.

(617) 262-5422

www.nationalceliac.org

Books

Alternative Baker: Reinventing Dessert with Gluten-Free Grains and Flours

By Alanna Taylor-Tobin

The GF Kid: A Celiac Disease Survival Guide

By Melissa London

Gluten-Free Artisan Bread in Five Minutes a Day

By Jeff Hertzberg, MD,
and Zoë François

*Gluten-Free Diet:
A Comprehensive Resource Guide*

By Shelley Case, RD

*The Gluten-Free Gourmet:
Living Well Without Wheat*

By Bette Hagman

*Gluten-Free on a Shoestring:
125 Easy Recipes for Eating
Well on the Cheap*

By Nicole Hunn

*Incredible Edible Gluten-
Free Food for Kids: 150
Family-Tested Recipes*

By Sheri L. Sanderson

*Kids with Celiac Disease: A Family
Guide to Raising Happy, Healthy
Gluten-Free Children*

By Danna Korn

Magazines

Simply Gluten-Free
Gluten-Free Living
GFF Magazine (online only)
Gluten-Free & More

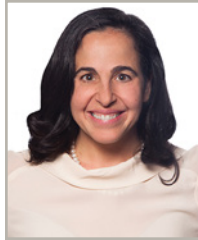
Apps

Find Me Gluten-Free
(gluten-free restaurant reviews)
Gluten-Free Scanner
Eat! Gluten-Free
100% Gluten-Free
(restaurant guide)
AllergyEats

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