



Gluten Free Kids eBook

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1. Gluten Free Options For Kids

If you are a parent, you know how picky kids can be about what they eat. If you have a child with celiac disease or gluten intolerance, or even if you are just concerned about the effects gluten may have on your child, that makes meal and snack planning even more challenging. To make it a little easier, I have a few food ideas to share that are delicious gluten free options for kids.

Breakfast seems like a huge challenge, since it is so common in our society to eat toast and cereals, however there are some tasty options that are child-friendly. Puffed rice cereals, grits, rice flakes, eggs, yogurt, various fruits such as apples and bananas, juice, milk, or gluten free (GF) toasts with margarine and jelly are all great gluten free options for kids. You can also buy GF ingredients to make your own muffins or buy them at specialty bakeries.

For lunch you might consider serving turkey or ham sandwiches on GF bread, carrot sticks or celery with natural peanut butter, or a peanut butter and jelly sandwich (on GF bread of course). A colourful pasta salad made with bell peppers, tomatoes, rice pasta, GF dressing, and any other healthy veggies you can sneak in, is also a gluten free option for kids, or for you!

For dinner, chicken or beef in a corn tortilla, baked chicken or fish, green beans, and sweet potato are some gluten free options for kids. Soups can also be a great choice as long as you are careful that they don't have gluten-containing items, and that they are not roux-based, as roux is made from flour.

Snack options for kids can include rice cakes or cracker, natural applesauce, sliced apples with natural peanut butter, cottage cheese, or cheese strings.

On the sweeter side of things, treats such as plain Hershey bars, skittles, three musketeers, plain M&Ms, junior mints, candy corn, tootsie rolls, red hots, or GF cookies are great gluten free options for kids.

If you would like to know more about gluten intolerance and gluten free options, please visit my blog: <http://guide-to-gluten-free-diet.blogspot.com/>

Stephanie Hughes writes informative articles on various subjects including Celiac Disease - Causes, Symptoms, and Associated Conditions.



2. Quick Gluten Free Meals For Kids With Celiac Disease

Making Gluten Free meals for a toddler can be a challenge. After finding out that my son has Celiac Disease, my wife and I struggled to come up with quick meals my son could eat.

We have come up with some quick and easy meals for him to eat. Nothing here is groundbreaking, just some simple ideas.

GF noodles are going to play a part in a lot of meals you make.

Prego is Gluten Free so you can make spaghetti with Prego and GF noodles. Kraft lists their Grated Parmesan as GF so you can top the spaghetti with this. Or if your little one does not like sauce, you can butter the noodles and add Parmesan for added flavor.

I cannot confirm that Velveeta (a Kraft product) is Gluten Free but my son has been eating it with no problems. We make GF noodles (you can get elbow or shapes) and cut up Velveeta into cubes and melt it with the noodles.

My son is not a big fan of scrambled eggs but we jazz it up with peanut butter! It sounds weird but since our son is still on the small size, we try to give him as many calories as we can.

Carl Budding meat products are all listed as GF on their website and on the packaging. You can cut up the meat and add to scrambled eggs.

Bisquick has just come out with a Gluten Free pancake mix. Some syrups are GF but do your homework on this. Pure maple syrups are good but can be expensive.

You can get GF tortillas (I found them at my local Target) and melt cheese on them. I would use block cheese and shred it. Some shredded cheeses may contain Gluten to keep it from sticking together.

Neil M Miller and his wife have a young son with Celiac Disease. For special offers and more information on how to live Gluten Free please check out <http://www.celiacdiseaseintoddlers.com>.



3. Try These Safe Gluten-Free Snacks For Kids

A surprising number of snack foods are gluten-free. And that works out well for parents because virtually every month there is some celebration where candy and other snacks will be served. In this article, we will explore some easy-to-find snacks and candies that you can comfortably serve or send with your child.

Of course, the ideal is to serve fruits or vegetables (or both). But for a variety of reasons, they aren't always a practical treat. Chips are usually well received by kids of all ages. These are some gluten-free options:

Cool Ranch Doritos

Lay's Potato Chips

Cheetos

Ruffles Authentic Barbecue

Sweets are frequently required at celebrations. Some of our favorites include:

Necco Sweetheart Conversation Hearts

Tootsie Roll Products (Tootsie & Charms Pops, Andes, Junior Mints, Dots & many more)

All Ferrara Pan products

M&Ms (plain, peanut)

Wonka Candies(Laffy Taffy, Nerds, Sprees, Runts & many more)

Dum Dums lolly pops

Betty Crocker/General Mills Fruit Snacks(Fun Heart Gummy Snacks this year in individually gift packs)

Welch's Fruit Snacks

Jelly Belly Candies

Starburst products (regular, jelly beans)

Skittles

You will find that other parents, teachers, or co-workers are willing to help accommodate those with food allergies if you provide them with the request at least a few days ahead of time. Make sure to include specific gluten-free options that are readily available at most stores. As you can see from the lists above, it really isn't a sacrifice to serve snacks or treats that everyone can eat!

Don't be shy about asking others to serve treats your child can eat. You obviously want to be conscious of creating a burden or inconvenience for others but by asking nicely and providing a list of options, you are making it easy!

As you get comfortable talking about gluten intolerance, you will realize that when given the opportunity, most people actually enjoy finding "special" items. Almost everyone understands feeling left out or different from some experience in their life and, especially when children are involved, feels good helping others feel included.

Be sure to show your appreciation when people go out of their way to help your kids.

The lists above are only a tiny fraction of all the options you have available. You may find it handy to buy a <http://www.glutenfreeshoppingguide.com> gluten-free shopping guide. Or you can do some additional research on the internet and create your own list. Many manufacturers will tell you on their website what foods they offer that are suitable for those with gluten intolerance.

With just a little bit of preparation, you will be ready for your child's next celebration!

James L. Shirley (or Jim as most people call him) is author of *Gluten-Free Diet: A Shopping Guide*. He and his wife also have a blog that highlights important topics in the gluten-free community and helps promote outstanding gluten-free products.

Find out more about my book *Gluten-Free Diet: A Shopping Guide* at: <http://www.glutenfreeshoppingguide.com>



4. Kids Party Planning - A Gluten-Free Menu

So many kids these days are on special diets. Whether they're restricted because of a peanut allergy, they are lactose intolerant, or they need to eat gluten-free foods, it's tough making sure they stay away from the foods that aren't good for them. Kids party planning is especially hard because there will always be a mix of kids on different diets.

If your child is the one having the party, it's easier for you to control what is made, and what eventually ends up in his stomach. But what do you do when your gluten-free child is invited to a party, and it's important that he not partake in any of the delicious treats that will be offered?

The first thing you need to do is talk to the parents of the child having the party. Because restricted diets are a lot more common now than they used to be, I'm sure the parent won't look at you like you're an alien from another planet. Explain to them why your child is on a gluten-free diet, and the potential harm it could do to them.

During your discussion, find out what type of foods they will be serving at the party. Even though more people are becoming aware of gluten-free diets, they often don't know what foods contain gluten. When they tell you what they are planning for the party, let them know which foods contain gluten.

Offer to bring the gluten-free alternatives for your son. As you probably already know, there are fabulous gluten-free recipes available that your child has probably already had at his own birthday parties. This will take

some of the pressure off of the host because they won't have to worry about accidentally preparing some gluten-free recipe improperly, and making your son sick. It will also free them up to worry about the food for the majority of the kids at the party.

Another important thing will be making sure there isn't any cross-contamination of typical foods with your son's foods. Cleaning hands and utensils between handling typical foods and gluten-free foods is necessary, and the host should know this. One way to ensure this is done is to offer to help at the party. Most parents will not hesitate to have an extra set of hands assisting at the party, especially when there is a child with special dietary needs.

Another way to have your child avoid the gluten-filled foods at the party is to get him nice and full before you send him to it. He'll be less tempted by the food that's bad for him if his belly is filled with food that is good for him.

Kids party planning can be tough enough when you're creating an event that has typically prepared foods. It can be a lot tougher when you have to keep special diet needs in mind. When sending him to a party where you don't have control over the food being served, just make sure everyone involved knows about his diet needs. But don't make that the focus of the party. The focus should be fun.

Hanna Johanson is a party planning enthusiast and author. She lives in Chicago and spends her time teaching others how to plan the perfect party. To learn more about kids party planning <http://www.partyplanningsuccesstips.com/kids-party-planning/> , and to sign up for her free party planning secrets mini-course, visit <http://www.partyplanningsuccesstips.com>



5. Ideas to Handle a Gluten Free Diet for Kids

Being a father or mother of a child with the need to have a gluten free diet might be complicated. The first thing is always to learn about the type of disease you will be experiencing. After that you need to make clear to your children what exactly the condition is and exactly how you'll handle it.

Interaction is needed when introducing a gluten free diet to the kids. An understandable explanation towards the foods that may be ingested as well as those that cannot has to be advised to the young boys and girls. Be sure to connect with your son or daughter the best you are able to.

A gluten free diet for kids isn't very different from one for adults. Therefore, it should be not difficult to clarify. Keep in mind, acceptance may possibly vary depending upon the age of your kids. A mature boy or girl will accept the facts more easily when compared with a younger kid. Regarding younger kids, it is suggested that you present them the ingredients they can and can't consume with the help of photos. Using this method, they are going to understand the information much faster.

Making amazing dishes is the vital thing to keep your children excited about foods which contain no gluten. In case you have visitors try to make recipes safe for your kids so that they also can eat at the dining table. By doing this, your children will not feel they are put away, and they may eat together with anyone who is having lunch or dinner at your place.

There are many preferred foods your children can't ignore; the real key is to use the correct foods for them. Listed below you will see quite a few foods you may include in a gluten free diet for kids of all ages.

A good number of kids really love cereal in the morning. The cereals they are able to consume are corn as well as rice based unrefined cereals. Be cautious with malt that often is used in certain types of cereal products. You should definitely take a look at the product labels so you can search for that. You can find cereal products which might be branded "gluten free" and those are super easy to recognize. For breakfast, you can easily offer them toasted bread with no gluten, eggs, yogurts as well as fruits. Verify the yogurt product labels specially of the flavored ones.

In any gluten free diet for kids ingredients including pastas, spaghetti, shells and macaroni aren't authorized. However, presently, you'll find companies that manufacture pastas with no gluten giving the possibility to children to try out the spaghetti sensation. A really good alternative to pasta is rice noodles. Meat and fish are gluten free, however be careful with the ones that are coated with a bread ingredient. When there is a birthday get together search for a decent bakery that creates cakes containing no gluten.

Understanding is definitely the primary weapon you might supply yourself with to explain your youngsters the way a gluten free diet should be dealt with. Show them the simplest way to read labels and point out the unwanted ingredients. Encourage them to indicate to other people for instance a friend's mom or a teacher they are gluten intolerant so that those individuals keep from giving foods that are not suitable for them. If perhaps your children are very young always notify babysitters with regards to the intolerance.

By using all these points you are prepared to explain your children practically all about a gluten free diet.

Having to deal with a gluten free diet for kids

<http://www.smartglutenfreejourney.com/how-to-handle-a-gluten-free-diet-for-kids/> is not easy. If you want more information about the subject visit my site <http://www.smartglutenfreejourney.com>



6. Helping A Teen Stick to a Gluten-Free Diet

Helping teens stick to a gluten-free diet can initially seem like a daunting task, but with some amount of knowledge and practice, parents can easily keep their children both healthy and happy.

To start, it is imperative that the teen is fully aware of their illness and that they know exactly what to expect if they do happen to accidentally consume food that triggers a reaction. For those suffering with wheat allergies, make sure the teen understands that an allergic reaction is not only uncomfortable, but can lead to more serious and potentially dangerous symptoms after continuous exposure to the allergen.

Educate the child on what can and cannot be eaten when suffering from wheat allergies or Celiac Disease, and put a strong emphasis on what foods they like that are trouble-free. Encourage the teen to make the list of can-do's as far as edibles go. It should be longer than the list of can't have's. Simply put, the half-full glass sounds a lot better to the dismayed teen than the half-empty glass.

Keeping gluten-free snacks on hand can also help someone who has to rush in the morning, or gets hungry in between meals. There are plenty of healthy, yet tasty snacks for this diet, such as toasted pumpkin or sunflower seeds, all-natural peanut butter on celery, or popcorn. Those with a sweet tooth should be relieved to know that gluten-free cupcakes as well as other gluten-free desserts can be bought ahead of time and saved for a post-dinner snack.

Remind kids to keep in mind that eating out is completely possible while on this type of diet. Make sure that they remember to take a quick peek at the can't-do list before departing for their favorite restaurant. Be sure that they

clue the employees in to allergies or reactions to certain foods, so that they are made aware of ingredients that aren't written in the menu. Remember, too, that many places are specifically geared towards the gluten-free eater. This can make a teen-ager's dining experience extra special, not to mention safe.

It is important to encourage those with special dietary needs to not give up hope, even when they feel discouraged or overwhelmed with the prospect of having to stick to a diet. Being immensely ill as a result of eating the wrong things in a moment of defeat is no way to improve the situation. Remind them that as time goes on, defeating wheat allergies and Celiac Disease will come more easily to them, and that mastering the gluten-free diet is an art which requires dedication and practice.

Most importantly, make the gluten-free diet fun. Support the idea that it is completely new territory to be conquered from a purely creative standpoint. Point out that this is an opportunity to explore a whole new host of things to eat that they would have never had the chance to try otherwise.

For more information about gluten-free cupcakes, please visit <http://www.3fellersbakery.com>



7. How To Help Kids With Celiac Go Gluten Free Made Easy

With pizza and hamburgers as fixtures in the diets of most of today's kids, it can be challenging to raise a child who suffers from celiac disease or gluten intolerance, but there are also many tips and techniques that can make it much easier to keep your child healthy, happy, and gluten-free. A trip to your local library or bookstore can go a long way towards helping your child understand that they're not alone and that many kids must maintain special diets. For example, "Eating Gluten-Free with Emily" (by Bonnie J. Kruszka) is a highly recommended book for pre-school and elementary age children with celiac disease. It explains the condition and its effects on the body without being condescending or "talking down" to the child.

Another way to help your child come to terms with their dietary adjustment is to focus on what they can have instead of all of the things that they can't. Your child will probably love to hear that she can still enjoy an occasional sweet treat without breaking her diet. LARABARS, Hershey kisses, Surf Sweets Organic Jelly Beans (made in USA!), and dark chocolate covered strawberries are all gluten-free treats that your child can still enjoy...and there are many others, too!

Another useful tip is to allow your child to feel as if they have some control over what they eat. One of the best ways to do this is to ask them to help plan out meals. Some gluten-free families even go so far as to experiment with recipes and create a special family cookbook together. This is a fun bonding activity that can lead to some really creative and delicious meals! If you're not very handy in the kitchen, fear not. Thanks to organic stores like the Whole Foods chain and Meijer, Trader Joe stores, there are many tasty gluten-free pastas, breads, and snack cakes that are conveniently pre-packaged and ready to eat.

One of the hardest hurdles to overcome is helping your child stick with the plan when you aren't around. Role-playing with your child can equip him with go-to responses for those times that well-meaning relatives or friends offers questionable foods.

Feeling "different" is most likely one of the top reasons that a child may fall off the gluten-free wagon. Why? Because no kid wants to be the only one without a slice of cake at the birthday party. One of the best ways to handle this problem (and other similar social situations) is to inform the adults in charge of the dietary situation and ask for permission to bring an extra treat to the event. Whip up a batch of "look-alike" cupcakes at home and let your child bring a few extras to share. This way, he can focus on the fun he's having and not on the food he's missing.

If you're concerned about nutrients that may be missing from your child's diet, there are several different gluten-free vitamin brands that you can safely give your child. One we highly recommend at Johnson Chiropractic Neurology & Nutrition in Shelby Township, Michigan is PeidaFocus from Designs for Health. PediaFocus, a high-protein, nutrient-rich meal replacement, is an ideal way to provide children of all ages with nutritional support for cognition, focus, stress tolerance, and immune function, along with supportive vitamins and minerals for overall health. It contains effective quantities of critical micronutrients and key nutraceuticals, and will help solve the breakfast dilemma that many parents face. PediaFocus replaces the need for a separate multivitamin, providing a rich nutritional foundation, including true mixed tocopherols (with high amounts of gamma tocopherol), natural folates from the NatureFolate blend, and Albion chelated minerals with optimal absorption.

While PediaFocus is appropriate for all children, it may be particularly important for those with difficulties focusing in school and those with ADHD (Attention deficit/hyperactivity disorder). There is much evidence that diet

and nutrition play a critical role in affecting behavior in the hyperactive child, focusing on avoidance of simple sugars, processed foods, and chemical food additives and dyes. This product contains no sucrose, fructose or artificial flavors, deriving its sweetness from the natural herb stevia.

PediaFocus provides a generous 15 grams of whey protein per serving, as adequate amounts of protein throughout the day are needed to properly stabilize blood sugar. While sugar will not cause a child to develop ADHD, it has been known to exacerbate some of the disorder's symptoms. This is especially significant since ADHD children frequently have abnormal sugar metabolism. Whey was chosen as the protein source for its rich and creamy texture, along with its complete amino acid profile and wonderful immune-boosting components. This delicious, naturally-flavored chocolate powder can be added to water, milk, milk alternatives, or any other beverage of choice

Another commercially available multivitamin is Schiff Children's Chewables.

Good luck and happy parenting!

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8. The Gluten-Free Diet and Your Celiac Child – How to Socialize Safely

After your child is diagnosed with Celiac disease, you and your family might feel like you'll never be able to socialize, travel or eat out normally ever again. As a parent, being responsible for keeping your child healthy and on a gluten-free diet is a stressful thing at first. There are many T's to cross and I's to dot in terms of making sure your child avoids gluten. It is totally normal to feel overwhelmed at first, and to feel safer at home where you are in complete control. But over time it gets easier. Really. With learning and experience, families are able to go to restaurants, parties, travel - do pretty much anything. It is very important to be sensible about the whole thing and to let your child socialize normally.

The Gluten-Free (G-F) Diet:

After diagnosis, find the best way to help your child accept the fact that there are certain foods that he or she cannot eat. The book, "Mommy, What is Celiac Disease?" puts the focus on what the child can still eat, as opposed to what she now cannot. Try to keep that focus going. Attitudes of parents, siblings, friends and relatives will be important as well. It will be much easier for the child - now and later in life - if family members and friends can accept celiac disease and the gluten-free (G-F) diet as a way of life.

Truth be told: the gluten free diet is for life, 24/7. To a certain degree, you must change the way you interact with food, some of the places you visit, and the way you approach some of life. But, when faced with a positive attitude, there is hope and encouragement for those who make this commitment. Remember that you are not alone.

Once you get used to it, the gluten-free diet becomes very manageable. Your child can still enjoy most of her favorite types of food. You just need to make a few minor adjustments to the ingredients. You do need take a few precautions, and become an avid label-reader. With practice and time, screening for gluten becomes second nature. It may take a while to find a safe version of all their favorite foods, as you are learning about what is safe and what is not. Be patient with yourself.

Restaurants:

Don't feel like you can't eat out. Getting a G-F meal in most restaurants is usually not that difficult. Staple choices include fruits, grilled meats, vegetables, salads, eggs, and potatoes. Check out web resources to find restaurants with gluten-free menus. Some chains that we frequent are: Uno Chicago Grill, Chilis, Chipotle, Bonefish Grill and Outback Steakhouse. If you go to a restaurant that doesn't have its own G-F menu, stick to basics like grilled chicken over a salad, or a burger made without a bun. We sometimes bring our own salad dressings and extras like slivered almonds or G-F croutons. Generally, french fries are NOT considered gluten-free at restaurants. In and of themselves they usually are G-F, but unfortunately, they share a deep fryer with foods like chicken fingers, which are breaded. Therefore the french fries become gluten-contaminated. Instead, let your child enjoy a treat of oven-baked french fries at home once in a while.

Check out the restaurant BEFORE you go there. See if they have an online menu or food allergen listings. Call and speak with the manager. Do your homework so you can enjoy the restaurant experience once you get there. When you tell the waitress your need for a G-F meal for your child, do it discreetly so the child doesn't feel like she's in the spotlight, and don't make a huge deal out of it. You want your family to feel as normal as possible.

Teach your child to become self-sufficient by helping him learn how to make wise menu choices. Try to focus on all the things that your child can have instead of crossing off all the things which he can't have. Help your child come up with menu cards for frequently visited restaurants. Include the name of each restaurant and a list of a few good food choices for him to alternate between. Have him bring them along when he eats out, and this will give him a feeling of independence instead of feeling like he needs mom and dad to navigate the menu for him. Of course, this level of independence will take time and experience, but it is a good goal to strive for.

School tips:

Write a letter to your child's teacher explaining Celiac disease and what it means for your child. Or meet with her in person to discuss it. Give them printed literature about CD and a list of acceptable foods. Make sure she e-mails you about any questionable foods they might be arranging for snacks, and that she gives you a few days notice for birthday parties and special occasions for which you'll need to send your child a G-F substitute. Send in a bag of G-F treats for those times when parents send in treats unannounced, so your child will always have something for herself. And write a letter to the school office, too, so they can put it into your child's official records. Make sure that the school nurse and cafeteria monitors are informed as well. Speak to each person directly or write a letter, with your child's photo on it.

It's important that everyone knows about your child's gluten-free diet, for various reasons. It's also important to make sure your child has bathroom privileges as well, especially if they are in the initial healing phase where potty problems still exist. Make sure your teacher lets them know that they can go to the bathroom whenever they want, instead of trying to "hold it" which may be impossible for them. Last but not least, consider purchasing extra copies of children's books about Celiac disease, and donate them to your school's library to increase awareness. And why not lend books to your

child's teacher to read to the whole class, or visit the class and read it to them yourself, along with other teaching tools.

School birthday parties:

Option 1: Send a letter to all class parents to inform them of your child's dietary restrictions and ask them to please let you know when they are bringing in treats for the class, so that you may bring something comparable for your child.

Option 2: Work something out with the teacher where she makes sure parents give her notice before allowing treats to be brought in, so that she can, in turn, give you the notice you need. Keep a bag of treats at school in case something falls through and you are not alerted. If she comes home saying someone brought a treat and she had to have something from her bag, keep all talk positive with your child. Say something like, "Oh, good, I'm glad you were able to do that, and that we had extra treats there for you!" Be proactive with the teacher if she is not keeping her end of the plan. Keep a few pre-made frosted cupcakes or brownies in the freezer so you are always prepared. Add sprinkles the morning of when the cupcake is being sent in so the top looks fresh and different every time.

Pizza parties:

Kids' parties often include pizza. Make a pizza ahead of time (or cook a frozen one) and send in a few slices for your child. Consider helping to plan certain school parties and see if you could do something different like hardshell corn tacos or nachos instead.

Let your child choose:

When your young child is invited to a party, talk to the parent when you RSVP, asking which foods will be served so that you may bring something comparable for your child that is G-F. As your child gets older, sometimes he or she may want to eat something at home before going out to a social event. You might find that a person or people make it uncomfortable for your child to bring her own food. Try to make them feel proud of themselves and to feel lucky that they know they have CD. Try to get your child talking about it, and make sure that you keep the talk as positive as possible. Let it be your child's choice as to whether she wants to eat something beforehand and sit empty-handed when everyone else is eating pizza and cake, or if they'd like to bring pizza and a cupcake. As hard as it is to think of your child going to a social event and not being able to eat while there, the most important thing is ownership of the diet. Support them by telling your child that whatever works for them is fine with you.

Holidays:

Easter & Halloween: Let your child "trade in" all suspect candy (often there are no ingredient labels on candy and it is NOT okay to just guess) for gluten-free candy after all their loot is collected. Same goes for pinata candy and goodie bags.

Thanksgiving & Easter meals:

Remember that you cannot stuff a turkey with gluten-containing bread and safely serve a slice to your child. It will be contaminated. Prepare the stuffing separately and use gluten-free bread. (See our recipe section for an incredible stuffing recipe.) Or make an alternative to stuffing such as rice, G-F cornbread, or G-F dinner rolls. Delicious G-F gravy can be prepared with cornstarch and pan drippings rather than wheat flour.

Appetizers:

Make sure family members know that cheeses should be kept on one tray and crackers on another. Provide your child with G-F crackers and keep them separate. Our families still bring regular crackers but everyone makes a conscious effort to keep things separate. As far as dips go, you must make sure there are spoons in every dip and ask people to spoon dip onto their own plates before dipping crackers into it. Always keep G-F tortilla chips around for safe dipping. Make sure your child knows which Doritos, etc. are G-F and which are not, or to ask you, instead of guessing.

In conclusion, you can confidently navigate your Celiac child's way through a gluten world. As a parent, please be sure to form a network of support around your child, and encourage everyone in your child's life to speak and act positively about the gluten-free diet. It will make a world of difference!

For much more information on raising a Celiac child, tips on starting a gluten-free diet, and to learn about a unique new children's book, please visit this website: <http://www.katiechalmers.com>.



9. Where To Buy Gluten Free Food For Kids

If you have discovered that your toddler has Celiac Disease, or an intolerance to gluten, knowing where to buy gluten free food for kids can be a challenge. When my wife and I discovered that our young son has Celiac, we had no idea where to shop. We instantly went to a specialty store that features organic products. This is one good place to go but items there tend to be expensive and there are other options.

As I mentioned above, organic food stores are a place to go when you are looking for specialty items that you can't find at a regular store. There are stores that only sell gluten free items as well but you may not have one close by to you. Once again, this is a more expensive option but you may find a couple of items that you won't find elsewhere.

Your local grocery store may have a GF section. SuperValu Inc. which owns Cub Foods, Albertons, and Farm Fresh feature a good sized section dedicated to food that does not contain gluten. I have a Cub Foods where I live, and I am not sure about the other SuperValu stores but assume they have similar products. You can find cookies, cake and pancake mix, frozen pizza, crackers, and bread. Gluten free food is always going to be more expensive but should be cheaper than at a specialized store like I mentioned. I have noticed that just in the last year, that Cub Foods has added a lot of new items.

My family shops a lot at Target just because they seem to have some of the best prices on food. I have not seen a dedicated GF section but one great item they carry is Annie's Gluten Free Mac and Cheese. Where I live, this sells for about 2 dollars a box. At the grocery store it is almost double that. So a trip to Target is worth it just to stock up on this. If your child doesn't

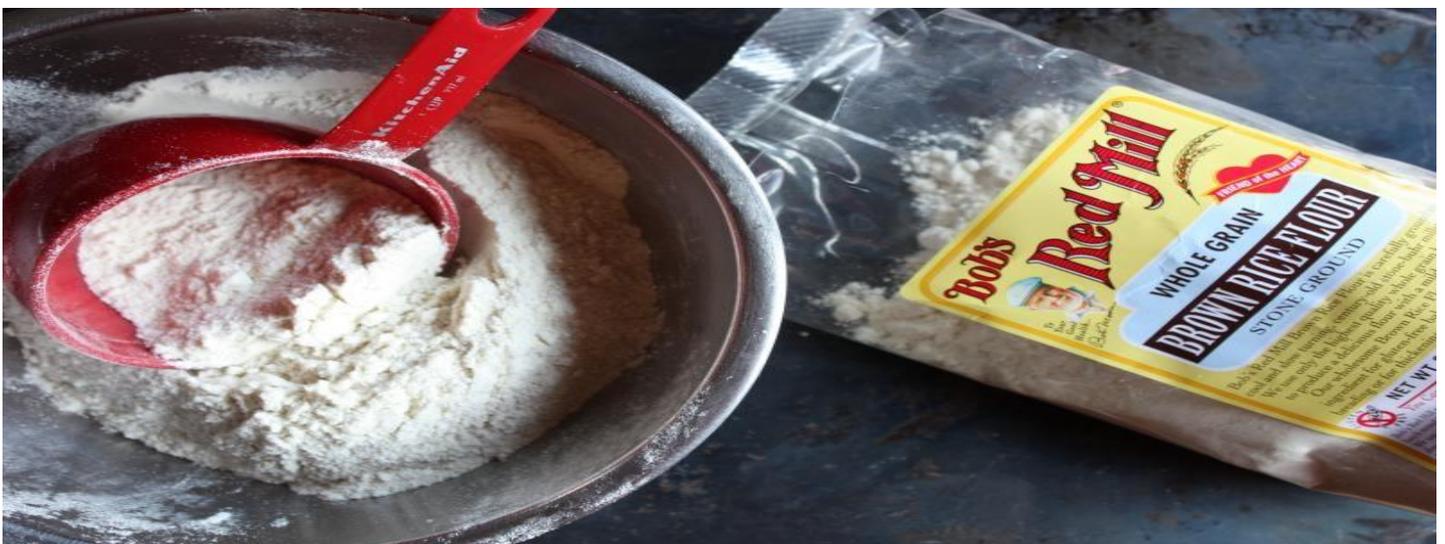
like cheese, you can still use the noodles and pour spaghetti sauce or butter them. Remember, a lot of foods are naturally gluten free (most dairy, most meats, vegetables, fruit, most spaghetti sauce) and many Targets feature a pretty large grocery section. You will also find GF cereal, such as Chex or Fruity Pebbles, usually at the lowest price in town.

I don't shop a lot at Wal-Mart but I believe they are starting to offer sections of gluten free food. Plus, you can get your dairy, meat, fruits, and vegetables at great prices.

Don't want to drive to a store or do you live in a rural part of the country with nothing close by? There are online retailers that cater to people with Celiac Disease.

There are many places where you can buy gluten free food for kids. As Celiac Disease is becoming more well known, the options for gluten free products are expanding all of the time.

Neil M Miller and his wife have a young son with Celiac Disease. For special offers and more information on how to live Gluten Free please check out This Site <http://www.celiacdiseaseinchildren.net>.



10. How to Keep Your Kitchen Gluten Free

When you find out that someone in your family has Celiac or a Gluten Intolerance, you have to make sure that Gluten doesn't get into their system. It is one thing to buy the GF foods, but you have to remember to not contaminate their food.

My infant son has symptoms of Celiac. My wife and I have had him on a Gluten Free diet for a few months and the changes have been drastic. It can be a challenge when only one family member has a different diet than the rest of the household.

We have a plastic container in the pantry and in the fridge of his food. My mom watches my kids one day a week and having the GF containers work really well so that she doesn't get things mixed up. You need to make sure that you have a separate container of butter. Bread crumbs get into butter/margarine containers. You can try to make sure other people don't "double dip" but why take the chance? Same goes for peanut butter.

When I am making spaghetti, I have to make two different batches of noodles. You have to make sure to not stir with the same utensils and to have 2 different strainers (or strain the GF noodles first).

You will hear that using a dishwasher is sufficient in keeping utensils safe for use for the Gluten Intolerant person in your family. My house does not have a dishwasher but we have not noticed a problem with this.

You have to work at keeping things a little more organized in your kitchen but my family has noticed that it really is not that hard to do once you get things in order.

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