

The Endoscopy!

In most cases the Endoscopy is the last test that you will take to finalize Celiac Disease. DO NOT WORRY AT ALL it is very easy. They will put you to sleep and do what they need to do. Then, they will wake you up and you may feel a little weak, but you do not feel a thing. The best part is you get to miss a whole day of school because of it and they wake you up and give you an ice pop!



Some Favorite Gluten Free Foods

- Gluten- Free Solutions, Minute Cornbread and Minute Chocolate Cake. *** You will not find this in a store you must order it by phone at 1(800) 648-8114. Or you can visit their website at www.glutenfreesolutions.org
- Envirokids, Organic Gorilla Munch Cereal
- Edward & Sons, Brown Rice Snaps Tamari Sesame
- Pamela's Irresistible Chocolate Brownie Mix
- Lundberg, Rice Chips, Sea Salt Flavor
- Glutino Pasta (all shapes)
- Everybody Eats, Cookies and Brownies www.everybodyeats-inc.com

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A Child's Guide to dealing with Celiac Disease

**From a
child's
perspective!**



Having Celiac Disease is NOT the end of the WORLD

Having Celiac Disease is not like having other disease. It is a genetic disorder triggered by gluten. There is no cure but to make you feel better you have to be Gluten Free. What is Gluten you say? Gluten is found in many products containing; Wheat, Rye, Barley, and possibly oats. Oats themselves are Gluten-Free but it is the cross contamination that is the problem. You may feel upset right now because that means no cake, cupcakes, cookies, pizza, pasta, etc. But the Gluten Free replacements are awesome...like nothing you've tasted before. They are so much better and you would have never thought of trying them. Giving up these things will help you feel better in no time. But, you must NOT cheat at any time. It will make you feel worse even after you are healed.



PARTY TIPS

1. Bake brownies in muffin tins so they are easy to bring along.
2. Have a parent call the birthday child's parents and find out what they're serving at the party and if you can eat it.
3. Be prepared. Bring a little bag with food you can eat, so when cake and pizza comes along you are prepared and you have something to eat.

A COOL SCHOOL TIP!!

On the first day of school find out when everyone's birthday is. Then buy a cool calendar and mark the birthdays. Then you can be prepared and bring your own snack instead of their birthday treats.

TRAVEL TIPS

- * Pack healthy Gluten-Free emergency supplies (i.e. Rice cakes, Peanut Butter, GF cereal.) in case you can't find GF foods on the road.
- * If traveling to a foreign country bring along a card with your diet needs translated. That way, you can hand it to a waiter who can help you.

Celiac Q&A

1. My friends all look at me and think that my food is disgusting, and they do not believe me that it is really good. What should I do?
Bring in food to share with your friends and then say, "Well if you do not believe me try it yourself."
2. I am scared to go to a restaurant, that I will eat gluten. What should I do?
Just tell the waiter/waitress your condition and ask them for something plain. Ask them what the chicken or steak is marinated in. **BE FLEXIBLE!**
3. Where is it easy for a Celiac to eat?
At most Chinese restaurants the shrimp w/ lobster sauce is gluten-free (but you need to check). Outback Steakhouse, Legal Seafoods, and P.F. Chang's all have gluten-free menus. Also, sushi is a great thing, just be careful about soy sauce, other sauces, crabstick and anything tempura. Another good restaurant choice is to order a hamburger or cheeseburger without the bun. (Just make sure they don't add breadcrumbs to the meat.) Most taco shells are made from corn tortillas. (Just make sure the filling is Gluten-Free.)