

# Coeliac disease in children - dietary advice for a North Indian diet

Paediatric Gastroenterology

Information for patients and parents

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## What is coeliac disease?

Coeliac disease is a condition where your body attacks itself when you eat gluten. This is an autoimmune condition. This damages the lining of the gut (small intestine). This damage means that you cannot take in the nutrients from the food you eat. Coeliac disease is a lifelong condition. The only treatment is to follow a strict gluten free diet (GFD) for the rest of your life.

## What is a gluten free diet?

Gluten is found in foods that have wheat, barley and rye in them. These are found in foods like chapati, roti, samosa, puri, cakes, biscuits and pastries. It can also be found in some food additives. You should **avoid** these foods and choose gluten free options.

Many foods are naturally gluten free:

- Fruit and vegetables
- Rice
- Potatoes
- Eggs
- Bajra (millet)
- Lentils, beans and chickpeas
- Nuts and seeds
- Meat and fish
- Cheese, milk, yogurt
- Corn flour (maize)

Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice

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## Gluten free oats

Oats contain avenin which is similar to gluten. Sometimes oats are made in the same factories as wheat, barley or rye. This may mean they contain gluten. Most people with coeliac disease can eat oats labelled gluten free.

## Food labels

It is a legal requirement in the UK for packaged foods to be labelled clearly. It is important to check food labels for gluten. **WHEAT, BARLEY** and **RYE** must be labelled in **BOLD**. You should not eat foods containing these ingredients.

For a product to be labelled gluten free it must have very small amounts of gluten in it (less than 20 parts per million). These foods are safe to eat if you have coeliac disease.

### Example of food label containing gluten:

#### Vegetable Samosa

Ingredients:

Vegetables (44%) [potato, peas, carrot], **Wheat** flour [**Wheat** flour, calcium carbonate, iron, niacin, thiamine], onion, rapeseed oil, coriander, tomato puree, salt, ginger puree, coriander powder, cumin powder, concentrated lemon juice, cayenne pepper, cumin seeds, nigella seeds, poppy seeds, dextrose, cinnamon, cardamom powder, fennel, dill, **Wheat** starch, maize starch.

Allergy information: For allergens, see ingredients in **bold**.

## Cross contamination

Some gluten free foods can come into contact with gluten (cross-contamination). These foods are unsafe to eat if you have coeliac disease.

For example cross contamination can happen by:

- Sharing a toaster that is used for gluten containing bread.
- Frying a food in oil that has been used for gluten foods.
- Using butter or spreads that crumbs have fallen in to.

Even a crumb of gluten can damage your gut so it is important to avoid all gluten.

To avoid cross contamination use toaster bags, separate oil for frying, and have separate containers.

## Eating out

Planning ahead when eating out is important when you have coeliac disease. Here are some tips:

- Use 'Coeliac UK live well gluten free', 'find me GF', or 'Gluten Free on The Move' apps to find gluten free restaurants near you.
- Contact the restaurant before to talk about gluten free options.
- Check for cross contamination .You can ask if they use a separate gluten free fryer or toaster.
- If you are going to a party, talk to the host and explain how important it is for you or your child to avoid gluten. Talk about suitable foods or take your own gluten free options.

### Eating out in Leicester:

Dominos, Pizza Express and Pizza Hut are certified Gluten Free by Coeliac UK.

The following restaurants have good feedback from people who are on a gluten free diet. They are not certified Gluten Free so please check cross-contamination risk with staff before visiting:

- Mowgli street food, St Martins Square
- Mithaas Indian restaurant, Narborough Road
- Doughwhat, King street

## Balanced diet

Eating different foods can help your child get enough vitamins, energy, iron, and calcium.

Unless your doctor says something different, try to follow the Eatwell guide: [www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/](http://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/)

## Gluten free recipes

### Gluten free chapatti (from Coeliac UK)

**Ingredients:** (serves 4)

- 100g brown gluten free flour
- 50g white gluten free flour
- A pinch of gluten free baking powder
- Pinch of xanthan gum
- Cold water

**Method:**

1. Place all of the ingredients into a mixing bowl. Slowly add cold water and mix until the mixture turns into a soft dough.
2. Knead for 5 minutes then place in a covered bowl for 20 minutes.
3. Knead again for another 3 minutes. Add water if the dough becomes too dry.
4. Divide into 4 parts and roll each one out into a medium sized chapatti.
5. Heat a flat pan and place the chapatti onto it
6. Cook for 30 seconds on each side. Apply pressure using a tea towel if you wish.
7. Take the chapatti off the pan and place directly onto the gas fire if you have one. Using tongs, cook the chapatti until it rises, then flip it over.

### Gluten free Samosa (from Coeliac UK)

**Ingredients:**

**Samosa Pastry (serves 6):**

- 225g gluten free plain flour
- 1 teaspoon xanthan gum
- 1teaspoon salt
- 1/2 teaspoon ajwain or cumin seeds
- 75g natural yogurt
- 50ml vegetable oil
- Water

**Samosa Filling:**

- 2 potatoes chopped and boiled
- 2 teaspoon garam masala\*
- \*Or spices of your choice
- Salt to taste
- 2 tablespoons chopped coriander leaves
- 50g frozen peas, defrosted



### Method:

1. Mix together gluten free flour with xanthan gum, salt and cumin seeds.
  2. Add yogurt oil and mix together. Add water until a soft dough forms.
  3. Let the dough rest while you prepare the filling.
  4. Heat 1 teaspoon of oil in a frying pan, add the garam masala and fry for 1 minute, add the cooked potato, peas, salt and coriander and stir together.
  5. Leave the filling to cool.
  6. Break the dough into 6. Place 1 piece between cling film and roll until thin. Add 1 teaspoon of the filling and fold the samosa into a triangle using the cling film to help keep its shape.
  7. Press the edges together and remove the cling film.
  8. Heat oil in a pan and deep fry the samosas until golden brown. Drain on kitchen paper.
- \* Use clean oil for deep frying, or only use oil that has only been used for gluten free foods.

### Contact details

Nutrition and Dietetics Department: **0116 258 5400**

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