



# GLUTEN FREE SOCIETY

Presents...

Gluten Free Society

Educating Patients and Doctors About Gluten



# GLUTEN & CHILDREN

How gluten can impact children and  
how to make gluten free an easier  
transition



# Pre-Conception & Pregnancy

- It is of note to mention that gluten sensitivity is a common cause of...
- Infertility
- Spontaneous abortion
- Miscarriage
- Malnutrition in the infant
- Low birth weight or premature babies



# Symptoms in Infancy

- Often time symptoms of gluten sensitivity during infancy are misdiagnosed.
- Parents are often told that children will “grow out” of it.
- Colic
- Hives
- Eczema & other skin rashes
- Chronic Diarrhea
- Chronic Ear Infections
- Abdominal distention
- Asthma
- Chronic coughing or sneezing
- Failure to grow on curve
- Failure to thrive
- Vomiting or excessive spitting up
- Mental or physical lethargy
- Developmental delays





# Toddlers & Young Children

- Asthma
- Chronic coughing
- Excessive weight gain
- Facial rosacea
- Folliculitis on the back of the arms and legs
- Abdominal pain and bloating
- Headaches
- Growing pains



# Toddlers & Young Children

- Small stature
- Developmental or behavioral disorders
  - ADD/ADHD
  - Asperger's
  - Autism
- Epilepsy
- Juvenile Diabetes
- Diarrhea
- Constipation
- Stomach or bowel pain
- Spontaneous nose bleeds
- Severe allergies
- Down's Syndrome
- Cystic Fibrosis





# Food and Behavior

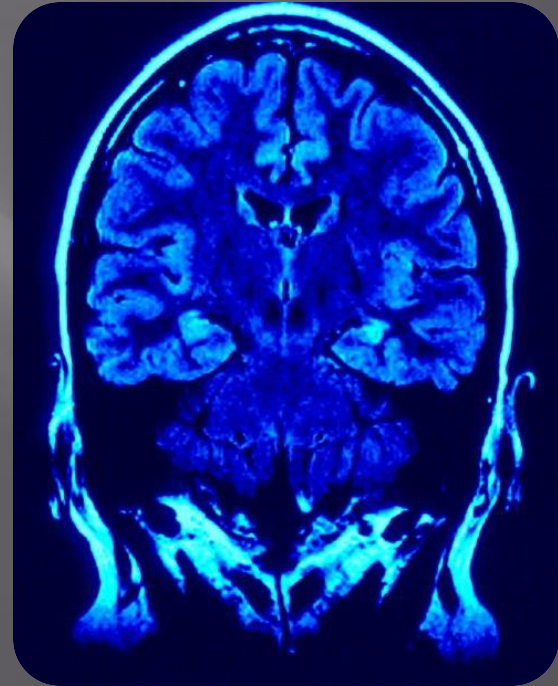
- Brain Function is voluntary and involuntary
- Normal function...
  - Depends on biochemicals (nutrients)
  - Nutrients – protein, carbs, fats, nucleic acids, vitamins, minerals, water, oxygen are responsible for the production of:
    - Neurotransmitters
    - Neural synapses
    - White and grey matter





# Food as a Drug

- If brain chemistry is altered on a biochemical level...
  - Thoughts can be altered and subsequently...
    - Actions can be altered
      - i.e. behavioral &
      - food choices







**Hyperkinesia and Learning Disabilities  
Linked to Artificial Food Flavors and Colors**

*The American Journal of Nursing*, Vol. 75, No. 5  
(May, 1975), pp. 797-803

**A Gluten-Free Diet as an Intervention for  
Autism and Associated Spectrum Disorders**

*Autism*, Vol. 3, No. 1, 45-65 (1999)



# Should Your Child Be Gluten Free?

- To be able to make an intelligent decision, one must know the diagnostic differences.

If you are unclear about these – watch video tutorial #1 over again.



# Taking Your Children Gluten Free

- Many factors play a role in this process
  - The age of your child
  - Your ability to parent the child
  - Having mom and dad on the same page
  - Protecting your child from others (relatives, teachers, etc)
  - Your ability to prepare and cook food at home
  - Your willingness to learn to adapt.



# The Child's Age

- Identifying gluten sensitivity at birth or during infancy makes the process easy.
  - If the child is raised gluten free, he/she will never miss the classic foods.
- Contrary to what many commercials would have you believe, whole grain is not an essential nutrient.
  - You can get fiber from vegetables.



# The Child's Age

- Taking an older child gluten free requires diligence and consistent parenting.
- The parents and the child must be educated
- Many parents fear that their child will become malnourished.
- The child must have parental guidance
  - Children do not make good nutritional decisions



# The Challenge of a Gluten Free Diet

- Social events are over focused on food.
  - School parties
  - Birthdays
  - Holidays
  - Sport half time snacks
- Going gluten free requires acknowledgment that the above is a problem
- Going gluten free requires an education on diet and lifestyle changes.





# School Lunches









MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Honey Bun	3	Egg Patty/Sausage/Toast	4	Breakfast Pizza Pocket	5	Waffles/ Syrup * Blueberry Muffin Loaf	6	Ham/Egg/Biscuit Sandwich
<u>Choose 1:</u> Chicken Nuggets ♥Pasta w/ Marinara & Cheese <u>Choose 2:</u> ♥Leafy Green Salad ♥Broccoli Normandy ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Whole Wheat Roll		<u>Choose 1:</u> ♥Baked Chicken Tortilla w/ Nacho Cheese Sauce <u>Choose 2:</u> ♥Romaine Salad, ♥Sweet Potatoes ♥Assorted Fruit & Juice <u>Choose 1:</u> Biscuit <u>Dessert:</u> ♥Belly Bear Grahams		<u>Choose 1:</u> ♥Potato Turbate Corndog/Hot Dog <u>Choose 2:</u> Coleslaw, ♥Baked Beans ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Whole Wheat Roll		<u>Choose 1:</u> Sloppy Joe or BBQ Pork Macaroni & Cheese <u>Choose 2:</u> ♥Fresh Veggies w/Dip, ♥Green Beans ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Whole Wheat Roll <u>Dessert:</u> ♥Gelatin w/Topping		<u>Choose 1:</u> Pepperoni Pizza ♥Cheese or Veggie Pizza <u>Choose 2:</u> ♥Tossed Salad ♥Mixed Vegetables ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Bread Basket	
9	Morning Sausage Roll	10	Breakfast Burrito	11	Breakfast on a Stick	12	Breakfast Pizza Bagel	13	Glazed Cinnamon Roll
<u>Choose 1:</u> ♥Popcorn Chicken, Sausage on Bun Meatless Entrée of Choice <u>Choose 2:</u> ♥Leafy Green Salad ♥Seasoned Greens ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Whole Wheat Roll		<u>Choose 1:</u> Hamburger/Cheeseburger Macaroni & Beef or ♥Hot Turkey Sand <u>Choose 2:</u> Coleslaw, ♥Mashed Potatoes ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Whole Wheat Roll <u>Dessert:</u> ♥Belly Bear Grahams		Student Involvement Day  <u>Menu to be chosen by a group of students at each individual school.</u>		<u>Choose 1:</u> Breakfast for Lunch ♥Ribeque on Bun <u>Choose 2:</u> ♥Fresh Veggies w/Dip ♥Green Peas, ♥Assorted Fruit & Juice <u>Choose 1:</u> Biscuit <u>Dessert:</u> ♥Gelatin w/Topping		<u>Choose 1:</u> Pepperoni Pizza ♥Cheese or Veggie Pizza <u>Choose 2:</u> ♥Tossed Salad ♥Steamed Carrots ♥Assorted Fruit & Juice <u>Choose 1:</u> Bread Basket	
16	Two Egg Omelet	17	Yogurt	18	Cheese Grits/Sausage *English Muffin/Sausage Patty	19	Pancakes/Syrup *Oatmeal Breakfast Bar	20	Cinnamon French Toast
<u>Choose 1:</u> Chicken Patty on Bun Beef Dippers, ♥Yogurt & Cheese <u>Choose 2:</u> ♥Leafy Green Salad Potato Rounds ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Whole Wheat Roll, Rice		<u>Choose 1:</u> Spaghetti w/ Meat Sauce ♥Fish Nuggets or Sandwich <u>Choose 2:</u> ♥Tossed Salad, ♥Mixed Vegetables ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Garlic Roll <u>Dessert:</u> ♥Belly Bear Grahams		<u>Choose 1:</u> Taco/Taco Salad ♥Baked Ziti or Ravioli w/ Cheese <u>Choose 2:</u> ♥Lettuce & Tomato Salad Corn, Refried Beans ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Italian Bread		<u>Choose 1:</u> Breaded Shrimp, ♥Toasted Cheese or Toasted Ham & Cheese Sandwich <u>Choose 2:</u> ♥Romaine Salad, ♥Tomato Soup ♥Assorted Fruit & Juice <u>Choose 1</u> Roll or Crackers <u>Dessert:</u> ♥Gelatin w/Topping		<u>Choose 1:</u> Pepperoni Pizza ♥Cheese or Veggie Pizza <u>Choose 2:</u> Coleslaw ♥Broccoli ♥Assorted Fruit & Juice <u>Choose 1:</u> Bread Basket	
23	Honey Bun	24	Egg Patty/Sausage/Toast	25	Breakfast Pizza Pocket Early Release Day	26	Waffles/ Syrup * Blueberry Muffin Loaf	27	Ham/Egg/Biscuit Sandwich
<u>Choose 1:</u> Chicken Nuggets ♥Pasta w/ Marinara & Cheese <u>Choose 2:</u> ♥Leafy Green Salad ♥Broccoli Normandy ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Whole Wheat Roll		<u>Choose 1:</u> ♥Baked Chicken Tortilla w/ Nacho Cheese Sauce <u>Choose 2:</u> ♥Romaine Salad, ♥Sweet Potatoes ♥Assorted Fruit & Juice <u>Choose 1:</u> Biscuit <u>Dessert:</u> ♥Belly Bear Grahams		<u>Choose 1:</u> ♥Potato Turbate Corndog/Hot Dog <u>Choose 2:</u> Coleslaw, ♥Baked Beans ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Whole Wheat Roll		<u>Choose 1:</u> Sloppy Joe or BBQ Pork Macaroni & Cheese <u>Choose 2:</u> ♥Fresh Veggies w/Dip, ♥Green Beans ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Whole Wheat Roll <u>Dessert:</u> ♥Gelatin w/Topping		<u>Choose 1:</u> Pepperoni Pizza ♥Cheese or Veggie Pizza <u>Choose 2:</u> ♥Tossed Salad ♥Mixed Vegetables ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Bread Basket	
30	Morning Sausage Roll	<u>Health Tip of The Month:</u> Drink 6-8 glasses of water daily 		<u>Daily Breakfast Choice:</u> Choice of Cereal & Toast, Fresh or Canned Fruit or Fruit Juice and Milk served daily. *Indicates Breakfast Entrée for Grab and Go Breakfast Schools. <u>Daily Lunch Choice:</u> One (1) Entrée, Two (2) Fruits or Vegetables or One (1) Fruit and One(1) Vegetable, One (1) Bread, One (1) Milk or One (1) Salad Plate Meal, One (1) Fruit or Vegetable, One (1) Bread or Crackers and One (1) Milk <u>Available Daily:</u> Meatless Entrée, Entrée Salads, Cold Sandwiches, Fat Free – White, Chocolate & Strawberry Milk. Schools with ½ day schedules may vary menus.		<u>Find ♥ to locate the items that are Hardy Heart's meal pick of the day. Meal Pick includes a Low-Fat Milk choice.</u>  Hardy Heart © <u>Menu meal picks contain less than 30% of total calories from fat when followed over a week's time.</u>			
<u>Choose 1:</u> ♥Popcorn Chicken, Sausage on Bun Meatless Entrée of Choice <u>Choose 2:</u> ♥Leafy Green Salad ♥Seasoned Greens ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Whole Wheat Roll									



<p><u>School closed</u> Students owing more than 4 lunches will be served an alternate lunch <u>Grab n Go entrée choices</u> PBJ sandwich &amp; pretzels Yogurt &amp; muffin</p>	 <p>Fruit Bowl =every lunch</p>	<p>1</p> <p>hot beef sandwich mashed potatoes/gravy OR submarine sandwich potato chips</p>	<p>2</p> <p>beef burritos/salsa spanish rice OR bbq chicken salad/ranch ritz crackers</p>	<p>3</p> <p>pepperoni pizza veggie pizza OR ham &amp; cheese buns french fries-oven bake</p>	<p>Calories 681-elem Calories 887-middle/high Cholesterol 55 Mg Iron 4.28 Mg Calcium 584.35 Mg Vitamin A 5230 IU Vitamin C 39.69 Mg Protein 33.18 G 19.5% Total Fat 19.30 G 25.5%</p>
<p>6</p> <p>spaghetti &amp; meatsauce french bread OR bbq pork sandwich 3 cheese rice</p>	<p>7</p> <p>corndogs macaroni salad OR chef's salad/ranch breadsticks</p>	<p>8</p> <p>chicken tetrazzini garlic bread sticks OR cheeseburger on a bun shoestring chips</p>	<p>9</p> <p>super beef nacho refried beans OR bbq chicken salad/ranch ritz cracker</p>	<p>10</p> <p>cheesy pizza supreme pizza OR rib-b-q sandwich broccoli casserole</p>	<p>Calories 684-elem Calories 894-middle/high Cholesterol 59 Mg Iron 4.27 Mg Calcium 588.28 Mg Vitamin A 5313 IU Vitamin C 42.24 Mg Protein 32.29 G 18.9% Total Fat 19.67 G 25.9%</p>
<p>13</p> <p>School Closed</p>	<p>14</p> <p>turkey and gravy-shape-up dinner roll OR chef's salad/ranch breadsticks</p>	<p>15</p> <p>baked Ziti french bread OR bean &amp; cheese burrito three-bean salad</p>	<p>16</p> <p>twin beef tacos pinto beans OR bbq chicken salad/ranch ritz cracker</p>	<p>17</p> <p>sausage pizza mush-pineapple pizza OR grill cheese sandwich potato wedges</p>	<p>Calories 692-elem Calories 899-middle/high Cholesterol 48 Mg Iron 4.61 Mg Calcium 628.87 Mg Vitamin A 5735 IU Vitamin C 42.68 Mg Protein 31.95 G 18.5% Total Fat 18.75 G 24.4%</p>
<p>20</p> <p>taco casserole cinnamon chips OR chicken sandwich french fries</p>	<p>21</p> <p>hotdog on bun baked beans OR chef's salad/ranch breadsticks</p>	<p>22</p> <p>raviolis &amp; cheese breadsticks OR grilled ham &amp; cheese potato chips</p>	<p>23</p> <p>chicken fajitas/salsa black beans OR bbq chicken salad/ranch Ritz crackers</p>	<p>24</p> <p>cheesy pizza pepperoni pizza OR turkey salad wrap tater tots</p>	<p>Calories 696-elem Calories 877-middle/high Cholesterol 59 Mg Iron 4.59 Mg Calcium 576.13 Mg Vitamin A 5548 IU Vitamin C 50.67 Mg Protein 32.90 G 18.9% Total Fat 18.51 G 23.9%</p>
<p>27</p> <p>hot turkey sandwich mashed potatoes/gravy OR cheeseburger on a bun baked potato</p>	<p>28</p> <p>chicken nugget/oil/bbq fried rice OR chef's salad/ranch breadsticks</p>	<p>29</p> <p>lasagna ground beef garlic bread OR fish sandwich/tarter corn chips</p>	<p>30</p> <p>chicken n' noodles biscuits-country OR bbq chicken salad/ranch ritz cracker</p>		<p>Calories 695-elem Calories 895-middle/high Cholesterol 50 Mg Iron 4.16 Mg Calcium 546.89 Mg Vitamin A 6155 IU Vitamin C 55.16 Mg Protein 31.15 G 17.9% Total Fat 18.91 G 24.5%</p>
<p><u>Monday</u> Baby carrots-tiny tomatoes Cucumber stixs Lettuce shredded Ranch dressing-lite Applesauce Orange wedges-crackers Red jello cubes- whip top</p>	<p><u>Tuesday</u> Baby carrots-tiny tomatoes Celery stixs Lettuce shredded Ranch dressing-lite Peach slices Fresh melon mix-crackers Vanilla pudding-whip top</p>	<p><u>Wednesday</u> Baby carrots-tiny tomatoes Broccoli bites Lettuce shredded Ranch dressing-lite Pear slices Apple wedges-crackers jello cubes- whip top</p>	<p><u>Thursday</u> Baby carrots-tiny tomatoes Cucumber stixs Lettuce shredded Ranch dressing-lite Fruit cocktail mix Fruit choice-crackers Vanilla yogurt</p>	<p><u>Friday</u> Baby carrots-tiny tomato Pickle spears Lettuce shredded Ranch dressing-lite Pineapple bites Blueberry mix-crackers Choco pudding-whip top</p>	<p><u>CSDB serves nu-menu</u> Choose 1 entrée &amp; 1 side <u>Side choices:</u> Milk &amp; salad bar The mission of our Team is to provide quality meals and exceed all expectations of our customers!</p>



# School Lunches

- Buying lunch at school will not work on a gluten free diet!
  - Kitchen cross contamination
- Taking lunch to school is a must.
  - Use a thermos to prepare hot meals
  - Pack your child's own utensils
  - Instruct your child on the problems associated with food sharing.





# Do Not Feel Sorry For Your Child

- Many parents make the mistake of feeling sorry for the child because he/she cannot participate in the plethora of social food based events.
- Give your child more credit than this.
- Pack a snack alternative for major social events at school (Christmas, Easter, etc)



# Social Events Outside of School

- It is important to learn to eat before attending social events.
- Most birthday parties and play dates revolve around food containing gluten.
- Pack your own snacks and avoid getting exposure.



# Children and Tastebuds

- Depending on how your child ate before going gluten free –
  - Their taste buds may be used to sugar and the textures associated with grain based foods.
  - Some children have initial difficulty with this transition.
  - Parental consistency is crucial during this transition
  - Children will not starve themselves.
  - Their taste buds will become more diverse.





# Children can be challenging

- Love is a necessity
- Patience is a virtue
- Lead by example
- Persistence and consistency are a necessity

