



5 Star Services for Aged Care, Childcare & Retirement Living

By Dietitian Jane Elsdon



Even if a child is not showing any symptoms, consumption of gluten will still damage a child's small intestine, even in trace amounts. It is therefore very important to avoid all products containing gluten.

What is gluten?

Gluten is a group of proteins found in wheat, rye, barley and oats, related grains and their products.

Oats are naturally gluten free, however should be avoided due to cross contamination with gluten from wheat, rye or barley crops during harvesting and processing. Oats also contain a different type of protein which may trigger a reaction in people with coeliac disease and therefore should not be included in the gluten free diet.

Main sources of gluten-containing grains and their derivatives:

- Wheat
- Rye
- Bran
- Durham flour
- Kamut
- Spelt
- Einkorn
- Noodles, soba noodles, Pasta
- Barley
- Bulgar
- Couscous
- Farro
- Semolina
- Triticale
- Malt



Common foods containing gluten:

- Breads
- Biscuits
- Pastries
- Sausage Rolls
- Crumpets
- Pasta
- Malt Vinegar
- Drinks with barley or malt eg Milo
- Cereals
- Cakes
- Pies
- Crispbreads
- Muffins
- Vegemite
- Pizza & Batter



AUDITING



DIETETICS



FOOD SAFETY

OSCAR
Care Group



OPERATIONAL
SUPPORT



SPEECH
PATHOLOGY



TRAINING

Food products that are suitable on a gluten free diet

Naturally gluten free foods include:

- Fruit and vegetables
- Fresh meats i.e. red meat, poultry, fish (without crumbs, sauce or batter)
- Nuts, seeds and legumes
- Gluten free flour and grains i.e. Rice, quinoa, buckwheat, and corn (maize), soy, lupin, sago, tapioca, millet, amaranth, sorghum, polenta and arrowroot.
- Fats and oils (butter, margarine and oil)
- Milk & Eggs

Products labelled gluten free:

Products that are labelled 'gluten free' contain no detectable gluten and are safe to consume.

Products that are gluten free by ingredient:

If a product does not state it is gluten free it may still be, and this will require you to carefully check the ingredient list. All products must declare in the ingredients panel if it contains wheat, rye, barley or oats.

Gluten may also be found in some products that you might not expect. You will need to check the ingredients of some foods to see if its gluten free for example condiments (i.e. mustards, chutneys), flavourings (i.e. soy sauce, salad dressings, mayonnaise), soups, processed meats, dairy (i.e. yoghurt, ice-cream). The good news is there are usually gluten free alternatives for most products.

Note: Also be aware if a product also states it 'may contain gluten' it is best to avoid this to avoid cross contamination.

It is also important to remember to avoid cross contamination to maintain a strict gluten free diet & this means gluten free food preparation & cooking must use separate kitchen appliances and utensils in a separate area away from gluten containing cooking/preparation as much as possible.



Keep kids with coeliac disease safe in Childcare

If you have a child with coeliac disease in your care, it can be daunting to know how to provide gluten free food & ensure that they are included in all activities.

The [Childcare Resource Pack](#) developed by Coeliac Australia provides information for teachers & kitchen staff.

OSCAR Care Group's Allergen Kit is the perfect resource to keep children with coeliac disease safe while in your care. This food preparation kit will ensure you can avoid cross-contamination.

Available in the [OSCAR Shop](#), it's allergen-purple colour-coded products include a Cutting board, Chef knife, Tongs, Turner & Digital thermometer.



AUDITING



DIETETICS



FOOD SAFETY

OSCAR
Care Group



OPERATIONAL
SUPPORT



SPEECH
PATHOLOGY



TRAINING

What symptoms may occur if a child with coeliac disease eats gluten?

Coeliac disease can lead to a number of symptoms, however some children may also be asymptomatic meaning they have no obvious symptoms at all.

If children develop symptoms it can take up to 48 hours after ingestion and can range from mild to severe. It is important to remember that if a child experiences no symptoms damage to the intestine still occurs.

Symptoms may include:

- Nausea and/or vomiting
- Diarrhoea and/or constipation
- Cramping and bloating
- Fatigue, weakness and lethargy
- Irritability, tiredness, abnormal behaviour
- Skin rash, mouth ulcers

If coeliac disease isn't diagnosed or a strict gluten free diet is not followed, it can cause serious long-term health issues:

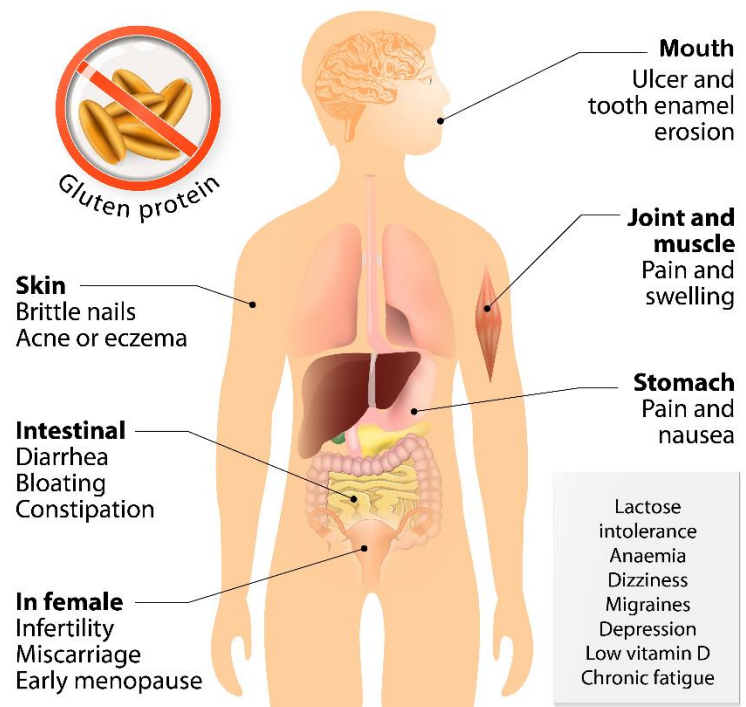
- Iron deficiency anaemia or other vitamin and/or mineral deficiencies
- Growth problems (Delayed growth or failure to thrive)
- Osteoporosis, some cancers and liver disease

NOTE: Unless a child is medically diagnosed as having coeliac disease, then there is no reason to exclude gluten from the diet unless advised by your medical practitioner or dietitian.

References:

1. Coeliac Australia
2. The Sydney Children's Hospitals Network
3. Gastroenterological Society of Australia (GESA)

COELIAC DISEASE



Testing children for coeliac disease

If a child is showing any of the above symptoms it is very important to have them tested by a doctor. The child needs to remain on a normal diet containing gluten until the diagnosis is confirmed with a biopsy as the tests could be inaccurate if the child is on a gluten free diet during this period.



Need to establish a plan to assist a child with coeliac disease?

Please call or email **OSCAR** Care Group Dietitians via our contact details below.



AUDITING



DIETETICS



FOOD SAFETY



OPERATIONAL
SUPPORT



SPEECH
PATHOLOGY



TRAINING

1300 4 OSCAR (1300 467 227)

WWW.OSCARCAREGROUP.COM.AU

DIETITIAN@OSCARCAREGROUP.COM.AU