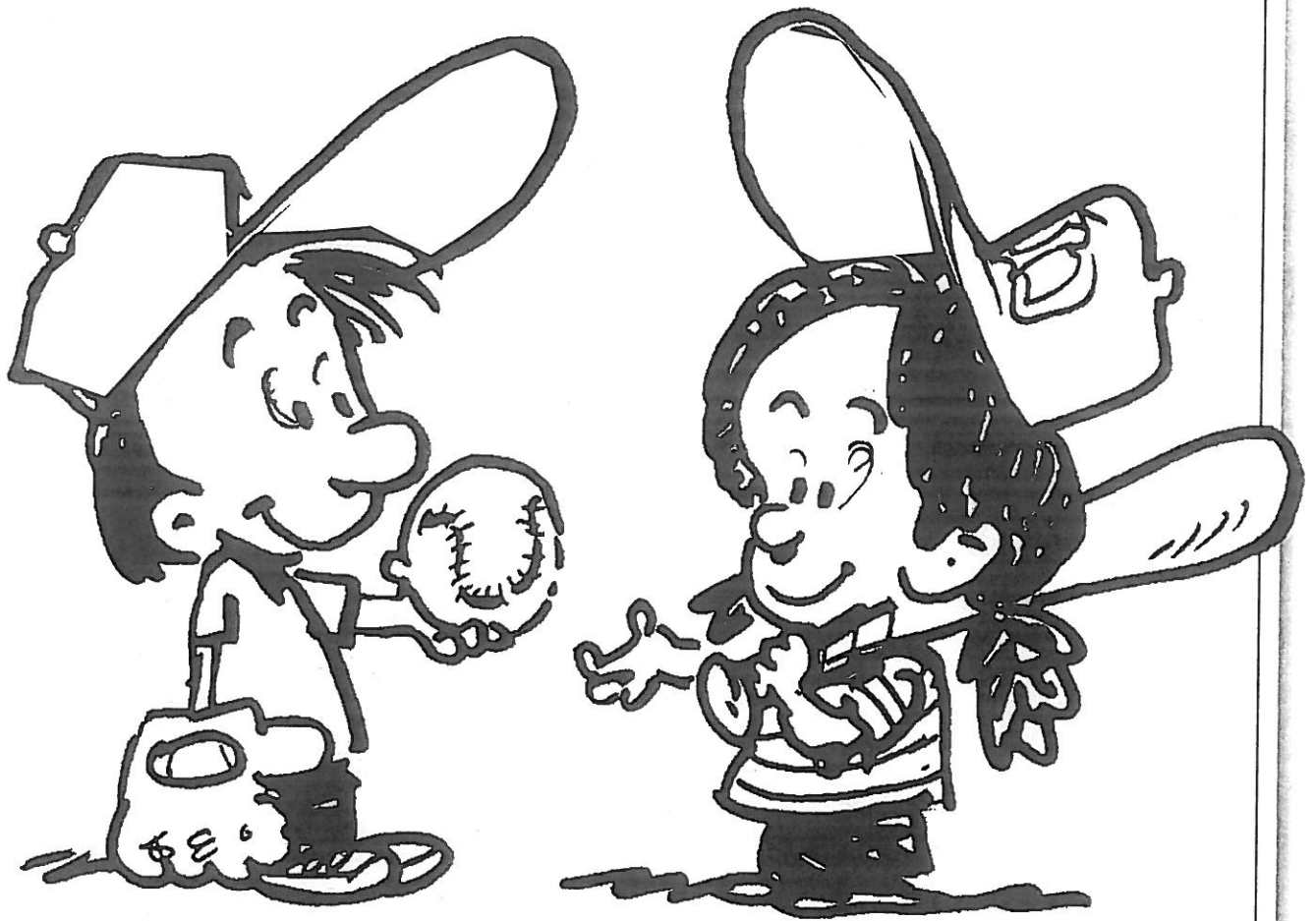


“ I have Celiac Sprue Disease and with this coloring book I’m learning about the special foods I can eat! ”



Celiac Support Group for Children, Inc.



A 501(c)(3) Non-Profit Organization
Chapter Number 72

Having Celiac means that I can get very sick when I eat certain foods.

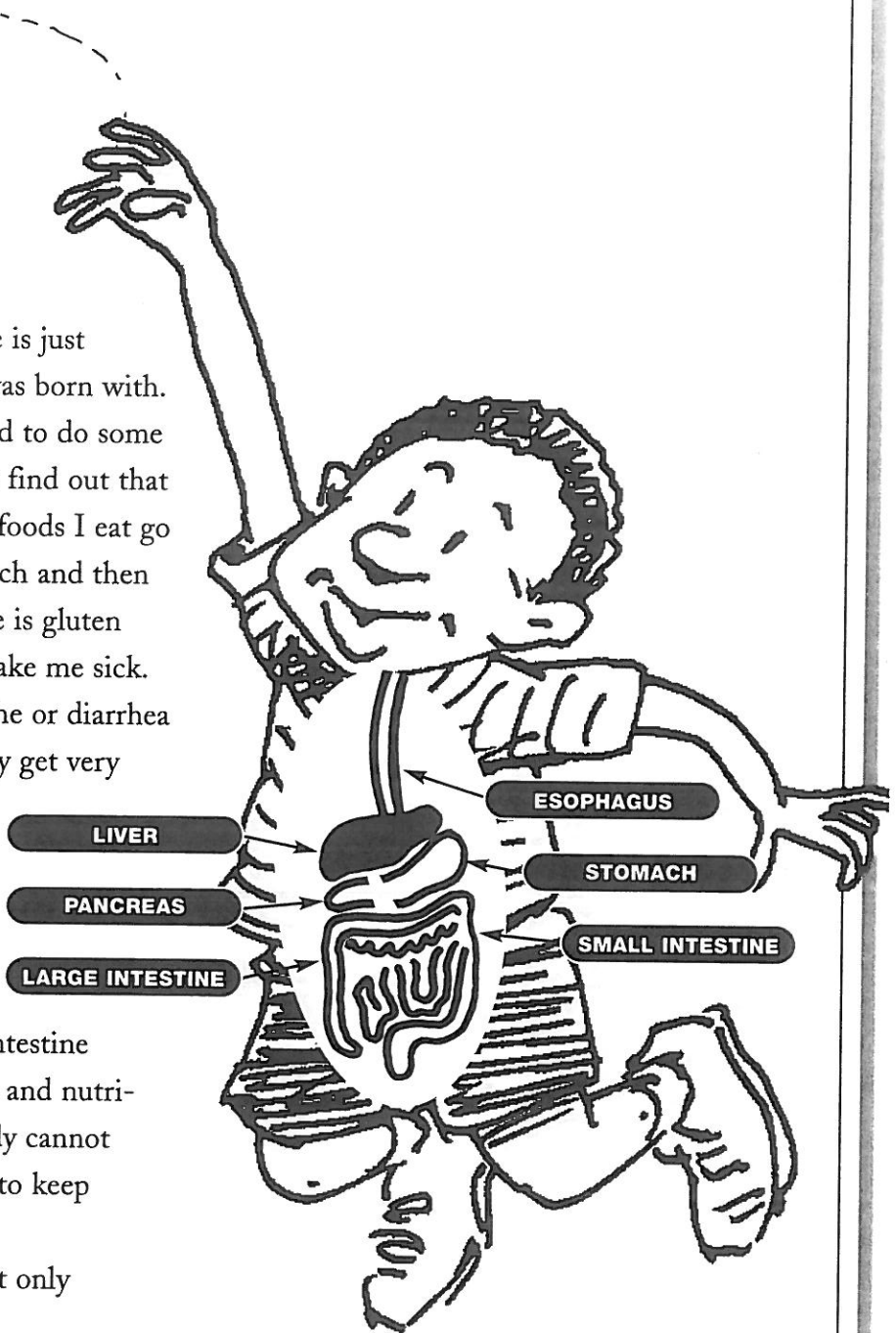


Celiac Disease is just something I was born with. The doctor had to do some special tests to find out that I have it. The foods I eat go

into my stomach and then into my intestines. If there is gluten in the food, then it can make me sick. I might have a stomachache or diarrhea or feel like vomiting. I may get very irritable and tired.

Foods with gluten in them destroy the villi in my small intestine. The villi are finger-like projections that help my intestine absorb important vitamins and nutrients. Without villi, my body cannot absorb the things it needs to keep it healthy.

It is important that I eat only gluten-free foods.



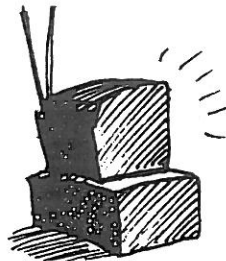
Gluten

I cannot eat foods that have gluten in them. Gluten is found in foods made with wheat, rye, oats, or barley. These are foods like cakes, breads, cookies, cereal, muffins, crackers, and spaghetti. Sometimes gluten is hidden in other ingredients like vinegar, additives, paste, glue, and artificial colors. I am learning to read ingredient labels very carefully.



Gluten-free

These are foods made from things like rice, corn, potatoes, soy or tapioca. That means that if breads, cupcakes, spaghetti, cereal and other foods are made with these ingredients I can eat them. Usually I can only find these foods at health food stores or from special mail order companies.



How do I know

If someone offers me food I can:

- Ask mom, dad, my teacher, or caregiver
- Ask what ingredients are in the food
- Ask if the food is gluten-free
- Read the label with someone who knows which ingredients are gluten-free



Except for having celiac,
I'm just like other kids!

I can play sports, sing, dance,
go to school, ride a bike,
rollerskate, and swim!



Word search –

try to find these hidden words:

CELIAC

OATS

CARAMEL COLOR

GLUTEN

RICE FLOUR

POTATO STARCH

BARLEY

CORN STARCH

SOY FLOUR

RYE

INTESTINE

VILLI

RICE BRAN

WHEAT

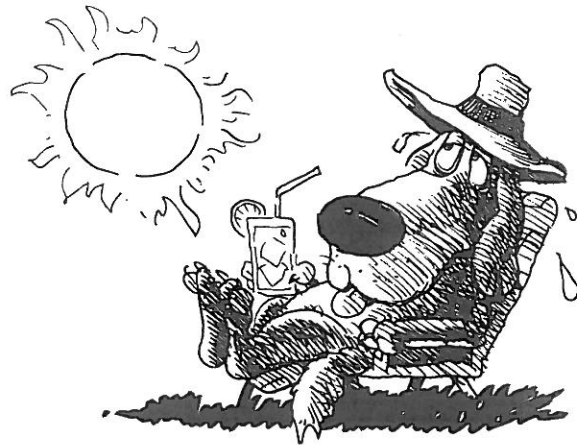
MALT

Words can be forward, backward, horizontal, vertical, or diagonal.

S B P M R T O C E L I A C E D E A M
L W A O M T W I N D A F E N I G R O
Q L E N D A M H I N T S X I J I V S
T L A C H E B V E M O O N T D M T D
U M B O L H S T I A G L E S K A N Z
B U M R I W O A N L T I G E O X F A
A L O N P I Z I C K L R O T P O T I
P I N S O Y F L O U R I C N D A N E
M O D T I C K B A J M C P I M Y O H
F R E A M O C A R A M E L C O L O R
G O A R D R U T K Y S F J E Y Q U A
L I G C Q U Y R M I C K E U M B O N
U M P H A J E E C O M O I Z L G E R
T F R U O L F E C I R U D P I L R O
E N A R B E C I R T B A R L E Y F O
N E G P O T A T O S T A R C H M Y Z

I am learning that I am not the only one that can't eat all foods.

Some kids have diabetes. That means they can't eat foods with sugar in them.



Some kids have food allergies and can't eat things like peanuts, eggs, chocolate, strawberries, and milk.



Some kids are vegetarians and don't eat meat, chicken, and fish.



These are some foods I like to eat:

Breakfast

Lunch

Dinner

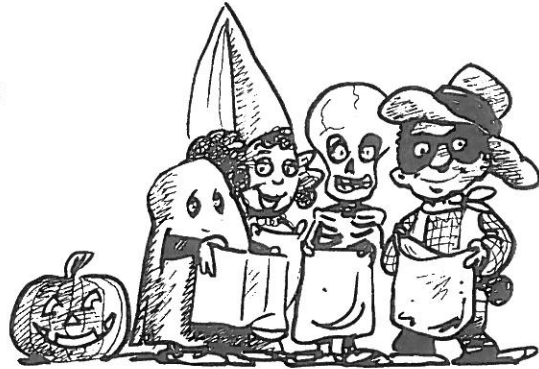
Snacks

These are some foods I can't eat:

How does it feel to be a celiac?

If I go to a party or a friend's house to visit:

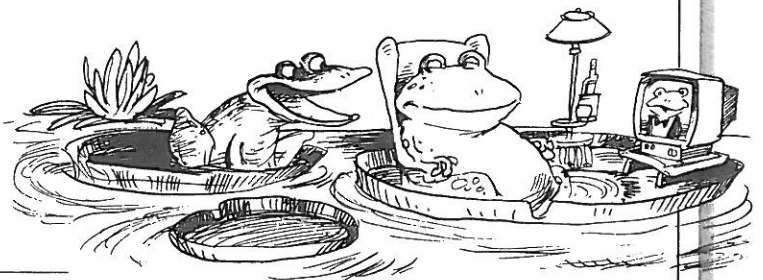
- I can bring my own food or snacks
- My parents can talk to my friend's parents and tell them about why I need gluten-free food



Sometimes I can't eat what my friends are eating. That makes me feel...



How does it feel to tell my friends that I have celiac disease?



What do I say when my friends say "Why do you eat differently?"

