

# HEALTH CARE PLAN – CELIAC DISEASE / GLUTEN INTOLERANCE

STUDENT'S

NAME: \_\_\_\_\_ DOB \_\_\_\_\_

My child has Celiac Disease/ Gluten Intolerance? YES \_\_\_\_\_ NO \_\_\_\_\_

**DEFINITION:** Celiac Disease (also called “Gluten Intolerance”) is an autoimmune disease caused by the body’s inability to digest gluten. Gluten is the protein found in WHEAT, RYE, BARLEY, SPELT & most OATS. Even small amounts of gluten act like a TOXIN to a person with Celiac Disease, triggering the body to attack itself in the small intestines. There are fingerlike projections called “villi” which line the small intestines. Normally the villi are responsible for absorbing all nutrients. When the villi become exposed to gluten, they become damaged or blunted-off, which leaves the person without the ability to absorb ANY nutrients!!! This is typically diagnosed from blood tests and a biopsy of the small intestines, which shows damage to the villi.

**TREATMENT:** THE ONLY TREATMENT IS STRICT ADHERENCE TO A GLUTEN-FREE DIET.

**GLUTEN-FREE FOODS:** The main starchy foods that a person with Celiac Disease can eat are made with Rice, Corn, Potatoes, Quinoa and Tapioca. Other starches that can be used are Soy, Buckwheat, Bean flours and Amaranth. Most “Celiacs” may eat any fruits, vegetables, nuts, dairy products and meats that are not prepared with gluten containing ingredients. McCann’s Irish Oatmeal is considered safe for Celiacs to eat. (The protein in oats does not have gluten if the oats are not contaminated. However, in this country, because oats are harvested, shipped, stored and processed in manners that do not prevent cross-contamination, thus they are not typically safe for a person with Celiac Disease.)

**\*PARENT: PLEASE INDICATE IF YOUR CHILD HAS ANY FOOD ALLERGIES OR OTHER FOOD INTOLERANCES: NO \_\_\_\_\_ YES \_\_\_\_\_**  
 If “YES” please complete “Allergy” form with necessary treatment.  
 ..... (Please cross off any foods listed above which your child cannot eat.)

**AVOID CROSS-CONTAMINATION** – A critical part in managing Celiac Disease during food preparation and serving of foods is that things remain Gluten Free (GF).

*Please develop these habits:*

Have the person with Celiac Disease <b>wash their hands prior to eating.</b>	<b>Wash eating surface and chairs</b> prior to meals to free of gluten particles or crumbs.	Provide person w/ Celiac disease <b>adequate eating space</b> to avoid cross-contamination from others.
Use fresh serving utensils or <b>fresh gloves to serve the gluten free foods 1st</b> , then serve the non-GF foods.	Avoid touching plate with utensils while serving food.	<b>Supervise other children</b> who may cross-contaminate the eating area or utensils during the meal.
Avoiding ingestion of art supplies - paints, play-dough & licking stamps & envelopes that may contain gluten.	<b>Use gluten-free paints and play-dough</b> if possible – including other children at the same table.	<b>Wash hands and table after art projects and eating</b> to keep room clean – children may need assistance to wash.
<b>Keep separate containers</b> designated as GF for butter/peanut butter/jelly/cream cheese & frosting.	Use a separate cutting board/ <b>work surface for food preparation.</b> Have a designated GF toaster too.	Use separate pan, water and utensils for cooking – example: GF noodles

**Unlike a food allergy, exposure to gluten may or may not have visible or outward symptoms. \_\_\_\_\_ may have the following symptoms in response to accidentally eating gluten.**

**PLEASE INDICATE KNOWN SYMPTOMS YOUR CHILD HAS HAD TO GLUTEN EXPOSURE:**

Diarrhca	
Vomiting	
Constipation	
Tummy pain, abdominal cramps, passing gas	
Loss of appetite, nausea	
Irritability or other Behavior changes	
Weight loss, not gaining weight	
Protruding abdomen, muscles wasting away	
Hair loss, lack of hair growth	
Teeth staining or being prone to cavities	
Short stature, not growing in height	
Seizures	
Other	
Other related autoimmune diseases – like Insulin-Dependent Diabetes, Thyroid Disease, Arthritis, Eczema, Asthma	

**ACCIDENTAL EXPOSURE: There is no medicine or remedy for accidentally ingesting Gluten. It can take days for the healing to occur in the intestines even from small, accidental gluten exposure. \*\*\***

Whether or not there are visible symptoms, intermittent exposure to gluten can damage the intestines, which can lead to malnutrition and predispose the person to osteoporosis and certain types of cancers. Thus, your cooperation and efforts are important in managing Celiac Disease.

**\*\*\*Please notify parent in writing or by phone call if there is a known Gluten exposure or if has any of the above symptoms.**

**\*\*\*Please call parent or primary caregiver if there are any foods in question, since gluten is hidden in many foods and medications.**

Mother: \_\_\_\_\_  
Phone: \_\_\_\_\_

Father: \_\_\_\_\_  
Phone: \_\_\_\_\_

Other Emergency contact: \_\_\_\_\_  
Phone: \_\_\_\_\_

Parent signature \_\_\_\_\_ date \_\_\_\_\_

Physician's signature \_\_\_\_\_ date \_\_\_\_\_

# Handbook for School

## (Teachers, Nurses, Health Assts.)

(Confidential Information – Distributed by Parent(s) only)

<b>Student:</b>	
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<b>Teacher:</b>		<b>Grade:</b>	
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### *Emergency Contact Information*

<b>Parent(s):</b>		
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<b>Home Phone:</b>		
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<b>Work Phone:</b>		
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<b>Cell Phone:</b>		
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### *Alternate Contact Information*

<b>Name:</b>	
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<b>Relationship:</b>	
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<b>Phone Number:</b>	
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### **What is Celiac Disease?**

Celiac Disease is an autoimmune disorder that damages or destroys the lining of the intestines in reaction to gluten, which is the protein found in wheat, barley, rye, and sometimes oats.

### **What are the Effects?**

When a person with Celiac Disease digests food containing wheat, barley, rye and sometimes oats, the gluten shortens and eventually flattens the villi, which are small finger-like projections that line the small intestine. The villi produce enzymes and allow nutrients from digested food to pass into the body. If the villi are flat, the body will not be able to absorb vital nutrients such as vitamins, minerals, proteins, fats and carbohydrates.

### **Common Symptoms of Celiac Disease**

Although there is no one set of symptoms for Celiac Disease, the following conditions may be present:

• Slower or poor growth	• Diarrhea
• Irritability	• Anemia
• Weight loss or slow weight gain	• Tiredness or fatigue
• Bloating and cramps	• No real interest whether things happen or not; minor depression

### **What happens if a Celiac digests gluten – what is the reaction like?**

A reaction will vary depending on how sensitive the individual person is and according to how much gluten was ingested. A visible reaction will usually occur within four hours of ingesting the gluten and can include:

- stomach cramping
- “fuzzy” or unclear feeling; difficult concentrating
- irritability
- diarrhea

### **How do you know if food contains gluten?**

Most ingredients are obvious. For example, enriched flour. Flour is generally made from wheat. However, most times it can be very difficult to tell. Even when reading the ingredients on a label, gluten can be hidden in many forms. Also, FDA labeling requirements do not require manufacturers to define things like “artificial and natural ingredients” or any ingredient that comprises less than 2% of the product. These items often contain gluten. See attached charts.

### **What do you do if gluten is digested by mistake?**

Please notify parent(s) as soon as possible. Also, the student may need to suddenly run to the bathroom.

### **What is the treatment for Celiac Disease?**

The treatment for Celiac Disease is quite simple - a diet that excludes gluten. A gluten-free diet means completely omitting wheat, rye, barley and sometimes oats in any form from the diet. Although the treatment is simple, it is not always easy. If you have have any questions, please ask. The following website provides a list of products that are gluten free::

<http://www.geocities.com/HotSprings/Spa/4003/gf-index.html>

### **Other Websites if interested in more information:**

<http://www.celiac.com>  
<http://www.csacellacs.org/>

## Gluten-Free Ingredients

Acacia Gum	Distilled Vinegar	Rice
Acorn Quercus	Eggs	Rice Flour
Alcohol (Spirits-Specific Types)	Fish (fresh)	Rice Vinegar
Alfalfa	Flaked Rice	Romano Bean (chickpea)
Amaranth	Flax	Sago Palm
Adzuki Bean	Fruit (including dried)	Sago Flour
Agar	Gelatin	Saifun (bean threads)
Algae	Gram Flour (chick peas)	Scotch Whisky
Almond Nut	Grits, Corn	Seaweed
Annatto	Guar Gum	Seed - Sesame
Apple Cider Vinegar	Herbs	Seed - Sunflower
Arabic Gum	Honey	Soba (be sure it's 100%
Arrowroot	Hyacinth Bean	Buckwheat)
Artichokes	Job's Tears	Sorghum
Astragalus Gummifer	Kasha (roasted buckwheat)	Sorghum Flour
Baking Soda	Kudzu Root Starch	Soy
Balsamic Vinegar	Lentil	Soybean
Beans	Locust Bean Gum	Spices (pure)
Bean, Adzuki	Maize	Spirits (Specific Types)
Bean, Hyacinth	Maize Waxy	Starch (made in USA)
Bean, Lentil	Maltodextrin(□)	Succotash (corn & beans)
Bean, Mung	Manioc	Subflower Seed
Bean Romano (Chickpea)	Masa Flour	Sweet Chestnut Flour
Bean Tepary	Masa Harina	Tapioca
Besan	Meat (fresh)	Tapioca Flour
Bicarbonate of Soda	Methyl Cellulose (□)	Tea
(some contain gluten)	Milk	Tea-Tree Oil
Buckwheat	Millet	Teff
Butter (beware of additives)	Milo	Teff Flour
Canola Oil	Mung Bean	Tepary Bean
Carageenan Chondrus Crispus	Nut, Acorn	Tofu-Soya Curd
Carob Bean	Nut, Almond	Tragacanth
Carob Bean Gum	Oats (□)	Tragacanth Gum
Carob Flour	Oils & Fats	Turmeric (Kurkuma)
Cassava Manihot Esculenta	Peas	Urad Beans
Cellulose(□)	Pea - Chick	Urad Dal (peas) Vegetables
Cellulose Gum	Pea - Cow	Urid Flour
Cheeses (except blue & chilton)	Pea Flour	Vinegars (Specific Types)
Chickpea	Pigeon Peas	Waxy Maize
Corn	Polenta	Whey
Cornmeal	Potatoes	White Vinegar
Corn Flour	Potato Flour	Wines
Cornstarch	Prinus	Wine Vinegars (& Balsamic)
Corn Syrup	Psyllium	Wild Rice
Cowitch	Quinoa	Xanthan Gum
Cowpea	Ragi	Yam Flour
Cream of Tartar	Rape	Yogurt

## Gluten-Free Food Additives

Adipic Acid	Diethyl Sodium	Polysorbate 60; 80
Acacia Gum	Elastin	Potassium Citrate
Agar	Ester Gum	Potassium Iodide
Algin	Folic Acid-Folacin	Pristane
Alginate	Formaldehyde	Propolis
Allicin	Fructose	Propylene Glycol
Aluminium	Fumaric Acid	Monostearate
Annatto Color	Gelatine	Propylgallate
Arabic Gum	Glutamine (amino acid)	Pyridoxine Hydrochloride
Aspartame (can cause IBS Symptoms)	Glutamic Acid	Rennet
Aspic	Glycerides	Reticulin
Ascorbic Acid	Glycerol Mono-Oleate	Rosin
Benzoic Acid	Glycol	Royal Jelly
Bentaine	Glycolic Acid	Sphingolipids
BHA	Guar Gum	Sodium Acid Pyrophosphate
BHT	Hemp	Sodium Ascorbate
Beta Carotene	Hydrogen Peroxide	Sodium Benzoate
Biotin	Iodine	Sodium Citrate
Butylated Hydroxyanisole	Invert Sugar	Sodium Erythrobate
Butyl Compounds	Keratin	Sodium Hexametaphosphate
Calcium Carbonate	Lactic Acid	Sodium Lauryl Sulfate
Calcium Chloride	Lactose	Sodium Nitrate
Calcium Phosphate	Lanolin	Sodium Silico Aluminate
Calcium Silicate	Lecithin	Sodium Stannate
Calcium Stearate	Lipase	Sorbic Acid
Camphor	Locust Bean Gum	Sorbitol-Mannitol (can cause IBS symptoms)
Caprylic Acid	Magnesium Carbonate	Soy Lecithin
Carboxymethylcellulose	Magnesium Hydroxide	Stearates
Carnauba Wax	Malic Acid	Stearamide
Carob Bean Gum	Maltitol	Stearamine
Carrageenan	Microcrystallin Cellulose	Stearic Acid
Casein	Mineral Oil	Sucrose
Castor Oil	Mineral Salts	Sulfosuccinate
Cellulose Gum	Monosodium Glutamate	Sulphites
Cetyl Alcohol	MSG (Made in USA)	Sulphur Dioxide
Chlorella	Monopotassium Phosphate	Tallow
Chymosin	Musk	Tartaric Acid
Citric Acid (Made in USA) □	M Vitamins & Minerals	TBHQ is Tetra or Tributylhydroquinone
Collagen	Niacin-Niacinamide	Thiamine Hydrochloride
Corn Sweetener	Oleyl Alcohol/Oil	Tolu Balsam
Corn Syrup Solids	Parrafin	Tragacanth Gum
Cortisone	Pepsin	Tri-Calcium Phosphate
Cotton Seed Oil	Peru Balsam	Tyrosine
Cysteine, L	Petrolatum	Vanillin
Demineralized Whey	Phenylalanine	Vitamin A (palmitate)
Desamidocollagen	Polyethylene Glycol	Whey
Dextrimaltose	Polyglycerol	Xanthan Gum
Dextrose	Polysorbates	

## **Gluten-Containing Food Ingredients\*\***

Abyssinian Hard (Wheat Triticum Duran)	Germ Glutamate (free)	Small Spelt
Alcohol (Spirits-Specific Types)	Graham Flour Granary Flour	Soba Noodles☐ Sodium Caseinate (Contains MSG)
Artificial Flavoring☐	Gravy Cubes☐	Soy Sauce
Baking Powder☐	Groats (barley, buckwheat Or oats)	Spirits (Specific Types)
Barley Grass (can contain Seeds)	Ground Spices☐	Spelt Triticum Spelta
Barley Hordeum Vulgare	Gum Base	Sprouted Wheat Barley
Barley Malt	Hard Wheat	Starch (Outside USA)
Beer	Hydrolyzed Plant Protein (HPP)	Stock Cubes☐
Bleached Flour	Hydrolyzed Vegetable Protein (HVP)	Strong Flour
Blue Cheese (made from Bread)	Kamut (Pasta Wheat)	Suet in Packets Tabbouleh
Bran	Malt	Teriyaki Sauce
Bread Flour	Malt Extract	Textured Vegetable Protein (TVP)
Brewer's Yeast	Malt Syrup	Triticale X Triticosecale
Brown Flour	Malt Flavoring	Udon (Wheat Noodles)
Bulgar (Bulgar Wheat/Nuts)	Malt Vinegar	Vegetable Starch
Bulgar Wheat	Miso☐	Vinegars (Specific Types)
Calcium Caseinate (contains MSG)	Matzo Semolina	Vitamins☐
Caramel Color☐	Modified Food Starch☐	Wheat Triticum Aestivum
Cereal Binding	Mono and Diglycerides☐	Wheat Nuts
Chilton	MSG (Made outside USA)☐	Wheat, Abyssinian Hard
Citric Acid (made outside USA)	Mustard Powder☐	Triticum Durum
Couscous	Natural Flavoring☐	Wheat, Bulgar
Dextrins☐	Pasta	Wheat, Durum Triticum
Durum Wheat Triticum	Pearl Barley	Wheat Triticum Monococcum
Edible Starch	Rice Malt (contains barley Or Koji)	Wheat Starch☐
Einkorn Wheat	Rye	Wheat Germ
Farina Graham	Semolina Triticum	Wheat Grass (can contain seeds)
Filler	Semolina	Whole-Meal Flour
Fu (dried wheat gluten)	Shoyu (Soy Sauce)☐	

\*\*Some foods containing one of these ingredients may be gluten-free. However, you should always check with the manufacturer on the gluten status of a food item if you see one of the above ingredients listed.

## Gluten-Free Snack Ideas

## Gluten-Free Snack Ideas

Celery/Carrots  
Fritos  
Ruffles Potato Chips  
Fruit chews/gushers  
Blue Diamond Crackers (Pecan)  
Apples w/Skippy's or Jiff Peanut Butter  
Hunts chocolate & vanilla pudding

Planters Dry Roasted Peanuts  
Cheetos  
Fruit roll-ups  
Orville Reddenbacher Popcorn  
Mott's Applesauce  
Jello

## Gluten-Free Birthday Treat Ideas

3 Muskateer Bars  
Almond Joy  
Baby Ruth  
Bit-O-Honey  
Butterfinger & Butterfinger BB's  
Caramel Nips - Pearson Candy,  
Hersheys caramels also ok  
Charm's Blow Pops  
Dum Dum Lollipops  
**Gum** - Bubble Yum Bubble Gum, Big Red

M&M's (all flavors EXCEPT rice krispy)  
O'Henry candy bars  
Popsicles & Freezes  
Raisinets  
Reese's Peanut Butter Cups  
Reese's pieces

Smarties  
Starbursts  
Skittles – all flavors

Goobers  
Hershey's chocolate bars  
Hershey Kisses  
**Ice Cream** – Kemps vanilla & chocolate. Snickers ice cream bars.  
Dairy Queen Starkiss. Snickers Ice Cream Bars.  
Jelly belly jelly beans  
Jolly Ranchers & Jolly Rancher lollipops

Spree  
Sweetarts  
Snickers Candy & Ice Cream Bars  
Tootsie Rolls + Tootsie Roll pops

York Peppermint Patties

### Seasonal:

-Necco Valentine Hearts  
-Hershey Caramel Eggs  
-Hershey Easter Eggs  
-Candy Canes  
-Jelly Belly Jelly Beans  
-Peeps marshmallow animals

Junior Mints  
Life Savers – all flavors + lollipops



## ***Recipes!***

### ***Kool-Aid Play-Doh***

This is not food!  
1-1/2 cups GF flour  
1/4 cup salt  
1-1/2 tsp. oil  
1 pkg. Unsweetened Kool-Aid  
1 cup boiling water

Mix and have fun! Will keep for weeks in covered container. Not necessary to refrigerate. Can be stored in small freezer bags.

**NOTE: If there are other medical conditions that you would like school staff to be aware of, you may complete the following format and include in your handbook. Otherwise, you may delete this page.**

**What is \_\_\_\_\_?**

**What are the effects?**

**Common Symptoms of \_\_\_\_\_?**

**What is the treatment?**

**Is there a cure?**

**Websites for additional info:**