



NATIONAL FOUNDATION  
FOR CELIAC AWARENESS

## **Top 10 Ways to Get Gluten-Free Kids to Eat Healthy**

*Resources from NFCA's 2011 Webinar for dietitians as recommended by  
EA Stewart, BS, MBA, RD*

### **Books & Cookbooks:**

- *How to Get Kids to Eat, But Not Too Much*, by Ellyn Satter, RD
- *Mommy, What is Celiac Disease?* by Katie Chalmers
- *Easy Gluten Free {ADA}* by Tricia Thompson, MS, RD and Marlisa Brown, MS, RD
- *Cooking for Isaiah: Gluten-Free and Dairy-Free Recipes for Easy Delicious Meals* by Silvana Nardone
- *Gluten-Free Baking Classics* by Annalise C. Roberts

### **Web Resources:**

- NFCA's [Kids Central](#)
- The Spicy RD [blog](#)
- NFCA archived Webinar: [The Importance of School Nurse Education and How-To-Strategies for Parents of Gluten-Free Kids](#)
- The Spicy RD's Kids in the Kitchen: [Back to School Breakfast and Lunch Favorites](#)

### **Kid-Friendly Cooking Tools:**

- Target
- Cost Plus/World Market
- Pier One Imports
- Williams-Sonoma
- Sur La Table

### **Other Tools:**

- Harvard's [Healthy Eating Plate](#)
- USDA's [My Plate](#)
- [Triumph Dining Guide](#) offers books and dining out cards
- The Spicy RD's School Lunch Planner (*see next two pages*)

**LUNCH MENU FOR WEEK OF \_\_\_\_\_**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>FRUIT/VEGETABLE (2)</b>					
<b>ENTRÉE (1)</b>					
<b>CALCIUM (1)</b>					
<b>SNACKS (1)</b>					
<b>TREAT-2 X/WEEK</b>					

# LUNCH MENU FOR WEEK OF \_\_\_\_\_

FRUITS/VEGETABLES	ENTREES	CALCIUM*	SNACKS	TREATS*
APPLE	PB OR PBJ SANDWICH	MILK-DAIRY OR NON	CRACKERS	COOKIES
ORANGE	TURKEY SANDWICH	CHOCOALTE MILK	BAR	CHOCOLATE
BANANA	TURKEY/TOMATO SANDWICH	OJ W/ CALCIUM	PEANUTS	OTHER
BERRIES	OTHER SANDWICH	YOGURT	CASHEWS	
GRAPES	QUESADILLA	FROZEN YOGURT STICK	PISTACHIOS	
APPLESAUCE	BEAN AND CHEESE "BURRITO"	COTTAGE CHEESE	OTHER NUTS	
MELON	SOUP	STRING CHEESE	TRAIL MIX	
TANGERINE	MAC AND CHEESE	OTHER CHEESE	POPCORN	
PEAR	SMOOTHIE		PEANUT BUTTER	
DRIED FRUIT	PASTA (SAUCE)		TORTILLA CHIPS	
OTHER FRUIT	TORTELLINI (SAUCE)		ROASTED CHICKPEAS	
OLIVES	COLD CHICKEN/TURKEY		ROASTED SEAWEED	
AVOCADO	TURKEY/CHEESE ROLL UP			
CARROTS	LEFTOVERS!			
BELL PEPPERS	PIZZA			
CUCUMBERS	HARD BOILED EGG			
JICAMA	APPLE BROWN RICE CEREAL			
SUGAR SNAP PEAS	RICE AND BEANS			
CHERRY TOMATOES				
SALAD				