



## WEBINARS

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

*Brought to you by:*

*Blue Diamond Growers*



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# Watch & Win!!

Three webinar participants will be randomly selected to win a special prize pack from Blue Diamond. Each prize pack includes:

- 1 bag of gluten-free Baked Nut Chips - Sea Salt
- 1 bag of gluten-free Baked Nut Chips - Nacho
- 1 bag of gluten-free Baked Nut Chips - Sour Cream & Chive



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# NFCA Welcomes You!

## EA Stewart, BS, MBA, RD

### Professional:



- Dietitian in private practice
- Spicy RD Blog ([www.eastewart.com/blog/](http://www.eastewart.com/blog/))
- One of the “Ask the Dietitian” experts for NFCA
- May 2011 participant in the *Eat, Play, Love* blog carnival hosted by Meals Matter and Dairy Council of California

### Personal:

- Gluten-free for almost 4 years
- Mom of two and member of school lunch committee



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## *First....what defines healthy?*



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# Today's Learning Objectives

- Understand how to instill healthy emotional and physical habits in children with celiac disease and gluten sensitivity
- Gain strategies to motivate kids to make nutritionally sound gluten-free choices
- Discover ways to teach children how they can successfully manage the limitations of their diet by making healthy and creative food choices
- Uncover tools you can share with gluten-free children to ensure that they have safe dining experiences away from home



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# Tip #1

**Educate kids and their parents on all the healthy and delicious *NATURALLY* gluten-free foods that are available to eat.**

## Resources:

- *Mommy, What is Celiac Disease?* by Katie Chalmers
- Harvard “Healthy Eating Plate” or USDA “My Plate”

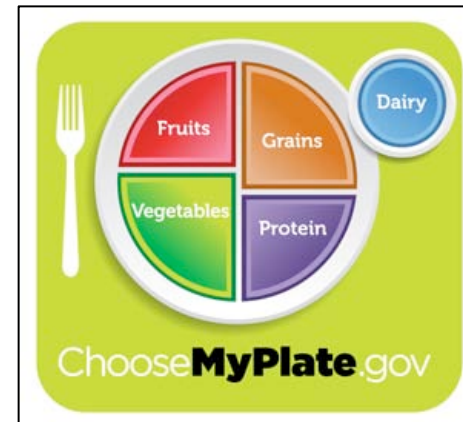
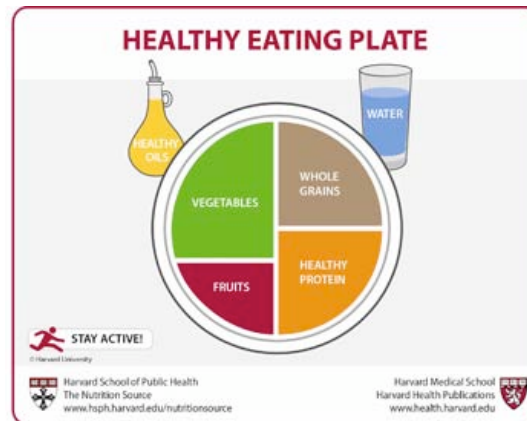


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# Tip #1

- Emphasize what can be eaten first.
  - *i.e. fruits, veggies, beans, lean meats, eggs, low fat dairy, GF whole grains*
- Educate on what they can't second.
  - *i.e. wheat, barley, rye, non-GF oats, hidden gluten*
- Strategies:
  - *Use Harvard and USDA resources*
  - *For every gluten-containing food crossed out, write in a gluten-free option.*



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## Tip #2

**Teach kids and their parents to be safe in their own home and kitchen.**

### Resource:

You! Families will look to the dietitian as the expert.



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## Tip #2

First, discuss parent's expectations. Will the whole household be gluten-free or not? Then, emphasize that actions be done "together."

- **100% gluten-free:**

- ① Clean out kitchen.
- ② Gluten-containing products: Toss or Donate!
- ③ Any appliances that may contain traces of gluten: Check, Clean or Donate!



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## Tip #2

- **Not 100% gluten-free:**

- ① Set up space in kitchen that will be gluten-free.
- ② Let kids have their own drawer/shelves for 100 % gluten-free foods.
- ③ Educate on cross-contamination.
- ④ Set up dedicated appliances, i.e. gluten-free toaster, and always keep paper towels/dish towels on hand.
- ⑤ Keep separate condiments in the fridge and clearly label them.
- ⑥ Have a “gluten-free” only cutting board which is clearly marked, and keep a container of “gluten-free” marked utensils.
- ⑦ Even if you have gluten-containing foods in the house, consider keeping **ONLY** gluten-free flours/baking mixes in the house as the “dust” is hard to clean up.
  - *Flour remains in the air 24 to 48 hours depending upon the ventilation system in the room.*



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## Tip #3

**Teach kids how to plan healthy and delicious gluten-free meals. Parents may need educating, too. Emphasize eating the majority of meals at home.**

### Resources:

- [CeliacCentral.org/Kids/Products/](http://CeliacCentral.org/Kids/Products/)
- The Spicy RD Blog offers a section called Kids in the Kitchen, including a school lunch planner



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## Tip #3

- Clean out pantry *together*.
- Write out a grocery list *together*.
- Grocery shop *together*. Read labels *together*.
- Encourage kids and parents to plan meals *together*, including lunches.



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

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

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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				

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## Tip #4

**Teach kids how to cook. And if their parents aren't comfortable with cooking, teach them how to cook too!**

### Resources:

- Cooking tools
- Kid Specific Websites
- Kid-friendly Cookbooks



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## Tip #4

- Assemble kid-friendly cooking tools.
  - *i.e. wooden spoon, measuring cups, mixing bowls*
- Write out a gluten-free menu together.
- Have kids make a list of their favorite foods and come up with gluten-free substitutions.
  - *Remember to ask the child about his or her palette preferences, i.e. simple vs. sophisticated*



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## Tip #5

**Teach parents that it's their job to make sure they have healthy, gluten-free food available for their kids, but it's the kid's job to eat it.**

### Resource:

- *How to Get Kids to Eat, But Not Too Much* by Ellyn Satter, RD



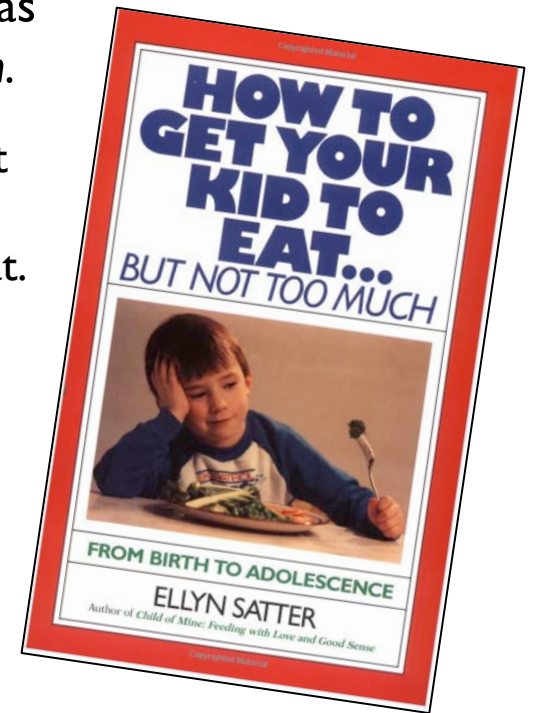
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## Tip #5

Teach parents about the “**division of responsibility**,” as discussed in *How to Get Kids to Eat, But Not Too Much*.

- **Parents** are responsible for what is presented to eat and the manner in which it is presented, **Children** are responsible for how much and even whether they eat.
- Encourage, never force, kids to eat something they don't like.
- Be patient when introducing new foods.



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## Tip #6

**Provide kids with “tools” for eating gluten-free at school, at friend’s houses and in restaurants.**

### Resources:

- NFCA Webinar, *“The Importance of School Nurse Education & How-To Strategies for Parents of Gluten-Free Kids”*
- Triumph Dining Guide website, books & dining out cards



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## Tip #6

### **School Setting:**

- Teach kids they should only eat food they bring from home, unless the school has made special provisions for GF food.
- Communicate with teachers and administrators about special events at school where treats may be eaten.
- Offer a plan of action for kids, teachers, dietitian, and parents to complete together.
  - *CeliacCentral.org offers a 504 Plan guide*



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# Tip #6

## **At a Friend's House:**

- Have parents call ahead and speak to other parents about their child's dietary restrictions
- For close friends or frequent play dates:
  - *It's OK to ask if GF snacks are provided/offered*
- For occasional play dates
  - *Suggest parents discuss cross-contamination with these parents*
  - *Recommend kids bring their own favorite gluten-free snacks*



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## Tip #6

### *In Restaurants:*

- Utilize Triumph dining cards
- Role play!
- Pick a “safe” meal that kids can feel comfortable ordering in most restaurants
- Teach kids and parents to always be prepared



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## Tip #7

***Instill confidence in kids to empower them to make safe and healthy food choices.***

### Resource:

- [KidsCentral.org/Kids](http://KidsCentral.org/Kids)



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## Tip #7

- Share NFCA's "Awareness All-Star" program with kids and their parents.
- Have kids read other kids' stories on Kids Central.
  - EA's favorites include:



*"It's going to be fun being gluten-free because it's a great and special experience. You get special food and attention. You are lucky that you were diagnosed because many people are out there who are sick and haven't been diagnosed."* –Noa F., 8 year old with celiac

*"If I tell other people about celiac disease, it's more than once. I have to explain if they touch cake, then they can't touch my food either."* – Julia F., 10 year old with celiac



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# Tip #8

***Remember: It's not all about the food!***

## Resource:

- [KidsCentral.org/Kids](http://KidsCentral.org/Kids)



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# Tip #8

- **Encourage...**

- Physical activity
- Families to “play together”
- Volunteerism!

- **Help kids discover hobbies they enjoy that don't revolve around food**



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## Tip #9

*Work with kids and their parents to develop a quick and easy “elevator” speech as to why they can’t eat gluten.*

### Resource:

You! Families will look to the dietitian as the expert.



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## Tip #9

- Discuss with kids and their parents that they may encounter people who try and get them to eat gluten-containing foods.
- Role-play “one-liners” or a quick “elevator speech.”
  - *“Celiac disease is kind of like a food allergy, like when some kids can’t eat nuts, except you don’t always get sick right away.”*
  - *“Sometimes gluten can sneak into my food. If bread or something else that’s not gluten-free touches my food, it can make me sick. So I have to be really careful.”*



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## Tip #10

**Teach kids that it's OK to "Just Say No (Thank You)!"**

### Resource:

You! Families will look to the dietitian as the expert.



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# You ask, We answer.



- ① *What are the most common nutritional deficiencies for kids?*
- ② *Can you suggest any tricks for teaching kids how to read labels and ingredients?*
- ③ *What are some tips on how parents can make the transition from dependence to independence easier for their growing children?*
- ④ *Do you have recommendations for picky eaters?*
- ⑤ *How do you approach "look a like" foods? It's important that kids don't feel left out but at the same time I want to make sure their food and beverages are safe.*



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## Still to come...

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- **Downloadable guide:** *EA's Suggested Collection of Resources*



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## New Resource!

- Kids Central aims to educate and empower families affected by celiac disease and gluten sensitivity by providing resources, tools and confidence-boosting activities specific to the needs and concerns of gluten-free kids and their parents.
- Interested in getting involved?  
Contact: [cmcevoy@celiaccentral.org](mailto:cmcevoy@celiaccentral.org)

[CeliacCentral.org/Kids](http://CeliacCentral.org/Kids)



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# Delicious Gluten-Free Snacking

This webinar was proudly sponsored by Blue Diamond Growers!  
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*Blue Diamond Gluten-Free Recipe Box at [CeliacCentral.org](http://CeliacCentral.org)*



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*Thank you!*

*Questions? Comments? Feedback?*

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