



**DIANA WRIGHT**  
FOOD SCIENCE AND NUTRITION

## May 2014 - Gluten Free Foods for Kids

*A gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley and rye.*

### Cereal Products

Gluten free cereal products include: buckwheat, potato flour, rice, rice flour, quinoa, soy flour, corn flour (from maize), taco shells and coconut flour.

### Lunch & Dinner Ingredients

Gluten-free pasta:

Gluten-free bread:

[www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk)

Kelp noodles (wheat free):

[www.rawliving.eu](http://www.rawliving.eu)

Soba Noodles (gluten free):

[www.healthysupplies.co.uk](http://www.healthysupplies.co.uk)

### Snacks

Pom Bear potato snacks:

[www.tesco.com](http://www.tesco.com)

Gluten-free cakes:

Gluten-free pretzels:

Gluten-free crackers/crisp breads:

Gluten-free wafers:

Gluten-free biscuits/cookies:

[www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk)

Gluten-free cake/brownie/pastry mixes:

[www.freefromforkids.co.uk](http://www.freefromforkids.co.uk)

### Breakfast Suggestions

Gluten free cereals include: 'Doves Farm Organic Choco Stars', 'Whole Earth Honey Oaty Pillows', 'Whole Earth Tasty Cocoa Bears', 'Barkat Organic



## FOOD SCIENCE

Gluten is the main structural protein of wheat and contains gliadins and glutenins. Research is showing that gluten has a role in the outcome of inflammation, being indicated in the cause of celiac disease.

If you have coeliac disease, your immune system reacts to gluten and leads to damage to the lining of your gut. Gluten causes the immune system to produce antibodies that attack the delicate lining of the bowel, which is responsible for absorbing nutrients and vitamins.

The small bowel contains villi, which are tiny finger-like projections that are only visible under a microscope. They provide a large surface area over which we absorb nutrients such as folic acid, iron and calcium. If you have coeliac disease, a reaction occurs when gluten comes into contact with the lining of the small bowel. The villi are attacked by the immune system and become inflamed and flattened. This results in nutrients from food going down the gut without being absorbed (malabsorption), leading to diarrhoea, vitamin and mineral deficiencies, anaemia and thin bones (osteoporosis). Other

Breakfast Pops'. All of which can be purchased from [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)



## Gluten Free Blueberry Muffins - 12 Muffins

### Ingredients

175g/6oz rice flour  
50g/2oz tapioca flour  
1 tsp bicarbonate of soda  
2 tsp gluten-free baking powder  
1 rounded tsp xanthan gum  
¼ tsp salt  
150g/5oz caster sugar  
60g/2½oz butter, melted and cooled  
1 egg, preferably free-range, beaten  
60g/2½oz buttermilk  
2 tbsp milk  
150g/5oz fresh blueberries

### Method

- Preheat the oven to 180C/35F/Gas 4
- Sift together the rice flour, tapioca flour, bicarbonate of soda, baking powder and xanthan gum in a large mixing bowl. Add the salt and sugar and mix well
- Whisk together the cooled melted butter, egg, buttermilk and milk in another large bowl. Make a well in the centre of the dry ingredients and pour in the butter, egg and buttermilk mixture. Stir gently with a wooden spoon to combine and finally gently fold in the blueberries
- Divide the batter equally between the 12 muffin cases and bake in the oven for approximately 25 minutes or until a skewer inserted into the centre comes out cleanly.

symptoms include tiredness, headaches, bloating and nausea.

*Diana regularly provides talks for various groups and has spoken on key issues at UK and international health conferences, please view [www.dianawright.co.uk/about.html](http://www.dianawright.co.uk/about.html) for more detailed information.*

## CONTACT US

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They are nicest served warm

Recipe from:

[http://www.bbc.co.uk/food/diets/gluten\\_free](http://www.bbc.co.uk/food/diets/gluten_free)

**For more recipe ideas, and places to get gluten-free ingredients from, visit these websites:**

[www.freefromforkids.co.uk](http://www.freefromforkids.co.uk)

[www.parentsown.co.uk](http://www.parentsown.co.uk)

[www.juvela.co.uk](http://www.juvela.co.uk)

[www.bbc.co.uk/food/diets/gluten\\_free](http://www.bbc.co.uk/food/diets/gluten_free)

[www.realfood.tesco.com](http://www.realfood.tesco.com)

It takes us 4 hours to wake up apparently!

Amersham nutritionist Diana Wright tells @iainlee why. She comes prepared!

[twitter.com/BBC3CR/status/...](https://twitter.com/BBC3CR/status/...)

BBC Three Counties (@BBC3CR) September 13, 2012

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