



ALL ABOUT: CELIAC DISEASE

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WHO IS ELBOWBUMPKID?

Elbowbumpkid Inc is a volunteer powered/community funded nonprofit.

Our mission is to provide families impacted with Type 1 Diabetes with the opportunity to connect, thrive, learn and grow despite the diagnosis. We subsidize education & community events, college programs, annual celebration cards, scholarship grants and partnerships for local initiatives that support the T1D community.

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WHAT IS CELIAC DISEASE?

An autoimmune condition where consuming gluten (found in wheat, barley, and rye) triggers an immune response that damages the small intestine.

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HOW IS CELIAC DISEASE TREATED?

The ONLY treatment for celiac disease is a strict **gluten-free diet**, as even small amounts of gluten can cause damage to the body.

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WHAT ARE SYMPTOMS OF CELIAC DISEASE?

Diarrhea. Abdominal pain.
Constipation. Swollen belly.
Anemia. Fatigue. Weight loss.
Bloating and gas. Headaches.
Itchy, blistery skin rash.
Nausea and vomiting.
Mouth ulcers.
Joint pain.

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GLUTEN EXPOSURE SYMPTOMS VARY

from digestive issues like bloating and diarrhea to fatigue and brain fog.



GLUTEN CAN HIDE IN MANY PRODUCTS

including
sauces, dressings,
processed foods,
medications, and
even beauty products! It's
not just food so please
be careful!

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NURSE TIP!



CROSS-CONTAMINATION IS A RISK

Even the smallest bit of gluten exposure through cross-contamination can trigger a flare-up reaction. If cooking or food activity use separate utensils, cutting boards, and toasters, and store gluten-free food separately to avoid cross-contamination.

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TIP!



DINING OUT REQUIRES RESEARCH

If visiting a restaurant for field trips or sports, always ask if food is prepared in a dedicated allergy section of the restaurant & if precautions are taken. If they aren't cross-contamination may occur and you should choose a different restaurant.

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CELIAC AT SCHOOL

Accommodations may be different based on the programs. We need to make sure there is safe food for meals, special events & when food is involved in classroom lessons or after school activities.

Planning ahead is ideal & advance notification is appreciated!

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HOW CAN YOU HELP?

Realize that not every restaurant will have a safe option. Present several options to the celiac family so they can choose or tell them the type of food you want to celebrate with and they will help find a safe option!

Typically **safe** options:

Mexican

BBQ

American style restaurants

Typically **not safe** option unless outlined so call first:

Pizza

Chinese/Thai

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HOW CAN YOU HELP?

Chat in advance about cross contamination.

Bring a safe meal or dessert option similar to what's being served.

Person living with Celiac should always be served first to avoid cross contamination.

It's a lot of work to stay safe & families appreciate your help. Always let them know if you can't find safe food so you can work together on an alternative solution.

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IT'S IMPORTANT TO READ FOOD LABELS

Avoid products whose ingredients include **wheat, rye, barley, malt, or non gluten free oats** which are common sources of gluten. Look for certified gluten free labels & check the allergen & ingredient listing if it's gluten free but not certified.

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CELIAC DIET & GLUTEN-FREE DIET ARE NOT THE SAME

While some who choose
gluten-free diets can tolerate
cross-contamination, those
with celiac disease cannot or
they may get sick.

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GLUTEN-FREE FOODS OFTEN CONTAIN MORE CARBS

Many gluten-free products, especially processed ones, contain more sugar and carbohydrates to make up for texture and flavor differences. Read labels for accurate insulin dosing if helping a younger child.

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CELIAC RESOURCES



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This information should not be considered medical advice, nor is it intended to replace consultation with your healthcare provider. If you have questions about your health, please contact your healthcare provider.

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