

Recipes & Nutrition For Children

Feeding a Child With Celiac

By Deb Lehman, Parenting

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Celiac disease (an inability to digest gluten, a protein found in wheat, oats, rye, and barley) affects one in 100 people. For kids, this has traditionally meant forgoing favorites like pasta and pizza, or settling for bland substitutes. But now, gluten-free foods are better than ever. Here's how to find them:

Read the labels. As of last year, food manufacturers are required to list whether a food contains gluten. You may not realize it when your favorite brands are actually gluten-free.

Shop at stores with a wide selection of gluten-free foods, such as Wal-Mart, Whole Foods Market, and Trader Joe's. And, of course, try your local health food store.

Check online. [Glutenfree.com](#) offers a great choice of celiac-friendly brands (Bi-Aglut pastas and Chebe cheese-bread mix are favorites).