



Principles of Proper Nutrition in Children with Celiac Disease

*Khajavikia H¹, Taleschian-Tabrizi N²

¹Nursing Department, Faculty of Medicine, Islamic Azad University, Tabriz Branch, Tabriz, Iran.

²Students' Research Committee, Faculty of Medicine, Tabriz University of Medical Sciences, Tabriz, Iran.

Introduction:

Celiac disease (CD) is a hereditary disorder of the immune system which damages the mucosa of the small intestine caused by gluten consumption (even very small amounts). Villous atrophy, leads to malabsorption, which is due to decreased absorption levels. The first bowel symptoms are seen during the first 2 years of life. Currently, the only treatment is to compliance with a gluten-free diet lifelong. The purpose of this study was to introduce the principles of proper nutrition in children with CD to prevent complications of malabsorption.

Results:

The patients do not tolerate the proteins of cereals in bread such as wheat, barley, black barley and rye. Substituting wheat flour with rice flour, corn and potatoes and using olive oil, sunflower, corn oil and peanut oil for cooking is recommended. Until the disappearance of symptoms, consumption of milk, fat and high-fiber foods should be avoided. Deficiency of folic acid, iron, vitamin B12 and calcium are common. If necessary, iron, folic acid and multivitamin can be used. These children need proper energy according to their personal needs and should have a diet high in protein. Consumption of potatoes, corn, vegetables, fruits, meat, fish, poultry, eggs, dairy and nuts (non- roasted) in any form is allowed. Identifying foods which contain gluten (prepared sauces, sausages, salami, herbal supplements, all canned meat products, crushed barbecue, prepared soups, espresso and coffee, white vinegar, curd, dried milk, pasta, pastries prepared by wheat flour, compote and food supplements) is recommended.

Conclusions:

The identification of substances containing gluten by parents and children, and removal of harmful substances from the diet causes the intestines to quickly begin to rebuild itself.

Keywords: Nutrition, Child, Celiac, Diet.

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***Corresponding Author:**

Department, Faculty of Medicine, Islamic Azad University, Tabriz Branch, Tabriz, Iran.
E-mail: Khajavikia1H@yahoo.com