

The mission of the University of Chicago Celiac Disease Center is to raise diagnosis rates for celiac disease and meet the critical needs of people with the condition, through education, research, and advocacy.

WHAT TO KNOW

What to Know about Vitamins and Minerals

A complete multivitamin is recommended for children.

In general, a well-balanced and healthy diet will give most children and adults enough vitamins and minerals to meet the recommended intake. But a gluten-free meal plan could be low in several B-vitamins and iron.

In the United States, wheat-based grain products like pasta, cereal, bread, and flour are required to be enriched with vitamins and minerals that were destroyed when the grain was processed. They are added back to the food and fortified, meaning vitamins and minerals are added. There is no requirement to enrich or fortify gluten-free grain products. There are some gluten-free grain products that are fortified and enriched, but many are not.

A multivitamin with iron may be recommended depending on your child's individualized needs.

Because the Food Allergy Labeling and Consumer Protection Act (FALCPA) includes vitamins and nutritional supplements, wheat will be listed on the ingredient list if it is used in a multivitamin. There is no requirement to list rye, barley grass, and oats. Read the ingredient list and do not choose a product if the ingredient list includes the words wheat, rye, oats, barley, malt, or brewer's yeast.

Many supplements state that they are gluten free on the label. Choose these whenever possible. If you have any questions about the ingredients, talk to your team or contact the manufacturer.

Whether you are newly diagnosed or have been living with celiac disease for decades, education is key to staying healthy and enjoying a high quality of life. At The Celiac Disease Center, one of our goals is to provide information that makes following a gluten-free diet as easy as possible.

If you have any questions, please reach out. Your care team is only a phone call away.



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All multivitamins with minerals are not equal. Some multivitamins with minerals, especially gummy types, may be marked gluten free, but they do not contain thiamin (vitamin B-1), riboflavin (vitamin B-2), or iron. Look at the Supplement Facts label on the multivitamin package and choose one that contains the following:

- > Thiamin (vitamin B-1)
- > Riboflavin (vitamin B-2)
- > Iron
- > Vitamin B-12
- > Folic acid

To be safe, choose multivitamins with minerals that contain no more than 100% to 150% of the U.S. daily value for any vitamin or mineral listed on the label. Be sure to follow the manufacturer's directions for the amount of the multivitamin to take based on age.

+ Fiber

When it comes to fiber, the best place to get it is in the foods you eat! Many grains are both gluten free and high in fiber. A good rule of thumb is to look for foods that have at least 3 grams of fiber per serving.

Some examples include:

- quinoa**
- amaranth**
- millet**
- flax and chia seeds**
- sorghum**
- chickpea flour**
- lentil**



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WHAT TO KNOW

Calcium

Calcium is an essential mineral for building and maintaining healthy bones and teeth. It also functions in regulating heart rhythm, nerve function, and muscle contraction. Vitamin D and magnesium help with absorption and retention of calcium in the bones, so inclusion of all three on the gluten-free diet is important.

How much calcium does my child need?

This depends on your child's health. Children with different medical conditions may need different doses of calcium. Your child's doctor or registered dietitian will tell you the dose that is correct for your child.

The daily Average Intake (A.I.) recommendations for calcium are:

Age	Daily amount of elemental calcium (mg/day)
0 - 6 months	200
6 months - 1 year	260
1 - 3 years	700
4 - 8 years	1,000
9 - 18 years	1,300
19 - 50 years	1,000

Calcium from Supplements - Helpful Tips:

- > Do not take more than 500mg elemental calcium per dose.
- > Drink 8 ounces of water or juice with the supplement. This allows the body to absorb the calcium.
- > Take with food or following a meal.
- > Calcium absorption can be affected by other medications. Ask your health care provider about how calcium works with the medications your child is taking.

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Iron

Iron is an important mineral which makes up hemoglobin in the red blood cells. Hemoglobin is a protein that is responsible for transferring oxygen from the lungs to different tissues in the body. Iron also plays an essential role in growth, muscle metabolism, and neurological development.

How Much Iron Does My Child Need?

Children with different medical conditions may need different doses of iron. Your child's doctor or registered dietitian will tell you the dose that is correct for your child.

Recommended Daily Allowances (RDA) for iron:

Age	Male	Female
Birth to 6 months	0.27 mg*	0.27 mg*
7-12 months	11 mg	11 mg
1-3 years	7 mg	7 mg
4-8 years	10 mg	10 mg
9-13 years	8 mg	8 mg
14-18 years	11 mg	15 mg
19-50 years	8 mg	18 mg
51+ years	8 mg	8 mg

* Adequate Intake (AI)

There are two different types of iron: heme and non-heme iron. Heme iron is easily absorbed and present in animal protein foods such as red meat, pork, lamb, poultry, and fish. Non-heme iron is present in fortified cereals, enriched rice, beans, legumes, hummus, tofu, nuts, seeds, eggs, kale and spinach.

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