

# High fiber during pregnancy reduces risk of celiac disease in children, research finds

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## COELIAC DISEASE IN CHILDREN

Coeliac disease is a common and lifelong autoimmune condition of the small bowel, caused by a reaction to gluten – a protein found in wheat, barley and rye. It can occur at any age, including in babies when weaning, children and adolescents.

### Heightened Risk...



Family history



HLA-DQ2 or HLA-DQ8 gene



Type 1 diabetes



Thyroid problems



Down's syndrome

### Symptoms of Coeliac Disease in Children



Diarrhoea or constipation



Recurrent abdominal pain and bloating



Recurrent vomiting



Tiredness and irritability



Iron, vitamin B12 or folic acid deficiency



Growth problems

100

1 in 100 children are estimated to suffer from coeliac disease across Europe



Children have a 1 in 10 chance of developing coeliac disease if a first-degree relative is diagnosed



Up to 80% of paediatric coeliac disease cases remain undiagnosed throughout Europe



The only treatment for coeliac disease is to follow a lifelong gluten free diet

### References

<http://www.aoecs.org/>  
<https://www.ueg.eu/home/>  
<https://www.coeliac.org.uk/home/>

This infographic was produced by the ESPGHAN Public Affairs Committee, the ESPGHAN Coeliac Disease Special Interest Group and the Association Of European Coeliac Societies.

Celiac disease in children. Credit: ESPGHAN

High fibre intake during pregnancy is linked with a decreased risk of coeliac disease in children, new research presented today at the 52nd Annual Meeting of the European Society of Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) has shown.

Experts from Norway found that the risk of paediatric coeliac disease was 8% lower per 10g increase in fibre intake during pregnancy. For those with the highest fibre intake (>45 grams per day), the risk was 34% lower in comparison to the lowest fibre intake (

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