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

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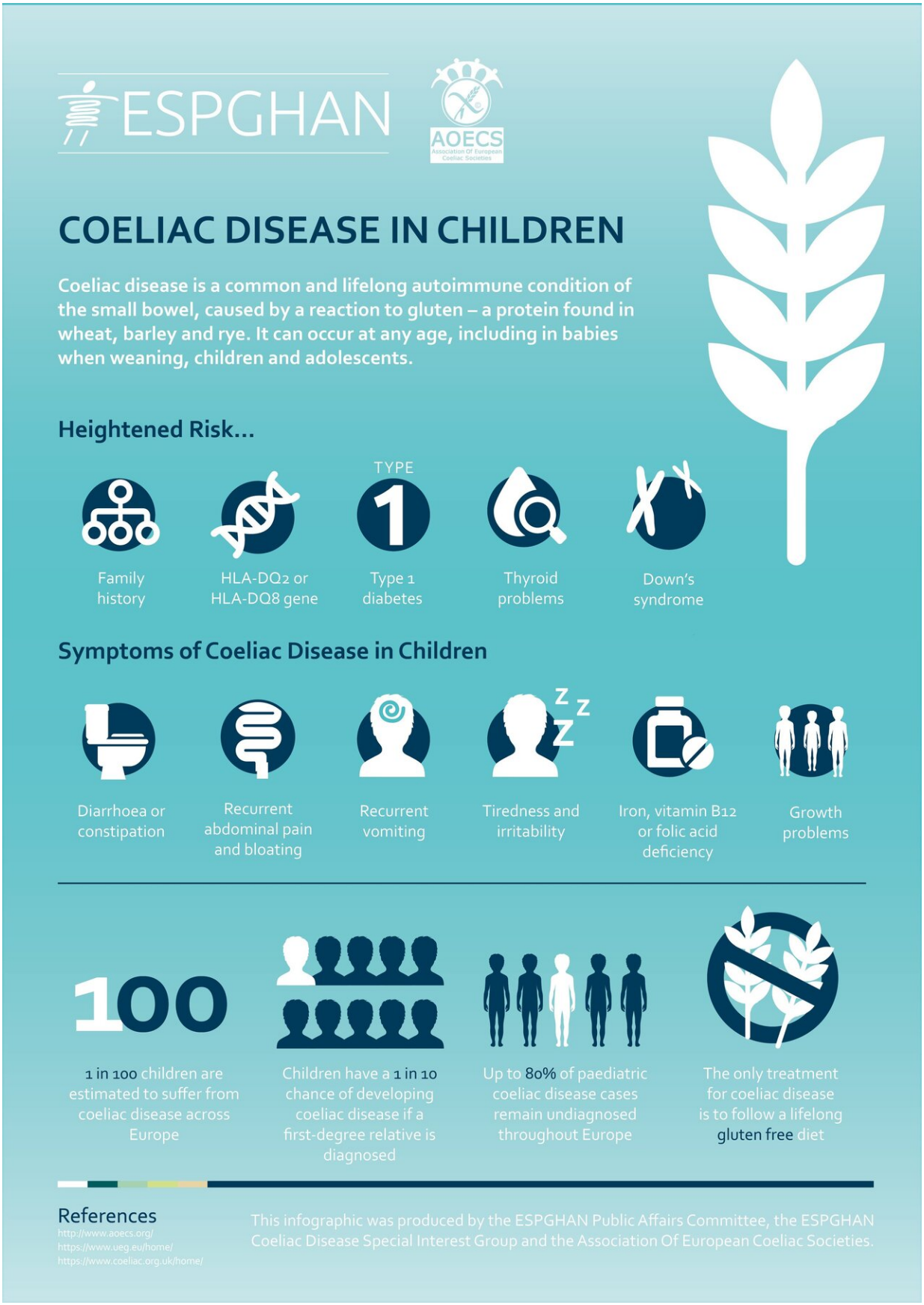
ESPGHAN
AOECS
Association Of European Coeliac Societies
COELIAC DISEASE IN CHILDREN
Coeliac disease is a common and lifelong autoimmune condition of the small bowel, caused by a reaction to gluten – a protein found in wheat, barley and rye. It can occur at any age, including in babies when weaning, children and adolescents.
Heightened Risk...
Family history
HLA-DQ2 or HLA-DQ8 gene
TYPE 1
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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