



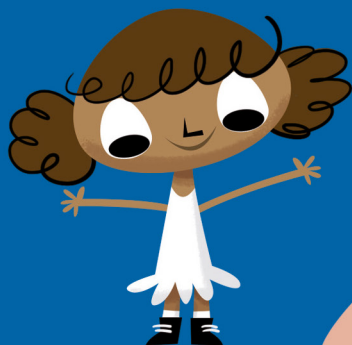
The Belly Bunch

Adventures in happy tummies

Bailey



Bella



Bonnie



Billy



are the
Belly Bunch
They have happy tummies

Before they met,
they all had unhappy
tummies.

Their tummies felt
funny when they ate
some foods and they
felt poorly.



Billy did some very smelly poos!

Bonnie got very thin



Bella was too tired to play
with her friends



So they each went
to see their doctor.

Bella's doctor was so
clever he could tell
what was wrong with
her tummy just by
looking at a tiny bit of
her blood.



Bailey's doctor said that a part of his
tummy called the small intestine doesn't
like some foods.

She showed him a
picture of the inside
of a tummy and what
happens when he
eats certain foods.



The Belly Bunch found out that something called gluten was making their tummies unhappy.



When gluten gets inside the tummy, the immune system doesn't like it. It reacts by damaging the lining of the small intestine.

Bonnie went to see a person who knows all about food and what it does to people with tummies like hers.



She found out what she could eat and what makes her poorly.

Gluten is in foods like bread, pasta, cakes and biscuits.



It can also be hidden in things like sausages and soups.



Billy is an expert at checking the labels to see if there is gluten in there.

Gluten expert



The Belly Bunch eat lots of different foods and never go hungry.

There are lots of special foods that have been made without gluten.



Bella can still have her favourite pizza,

as it can be made without gluten.

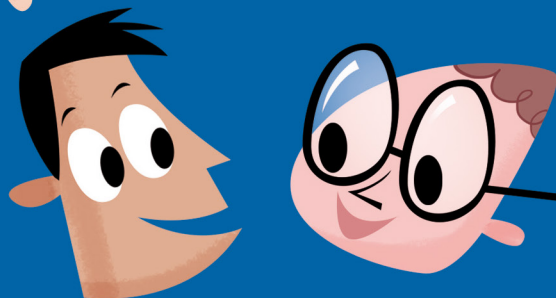


COELIAC UK

Bella, Bonnie, Billy and Bailey met when they were learning about their tummies.



They found out that lots of other children (and adults) have tummies like theirs.



They found out that they have something called coeliac disease.



The Belly Bunch go to lots of parties and they take their own food.

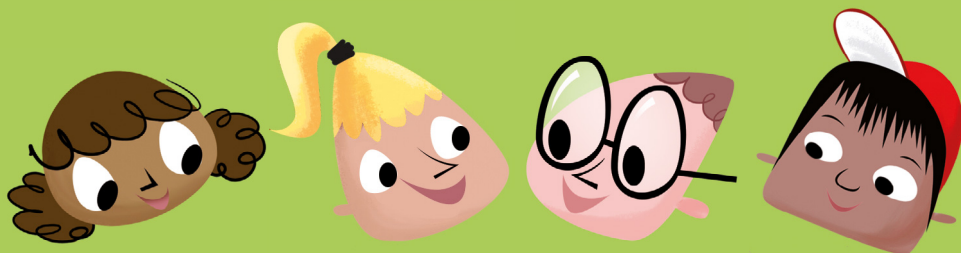


This means they don't need to eat the food at the party which may make them feel poorly and not able to join in with the party games.



The Belly Bunch

Adventures in happy tummies



Bella, Bonnie, Billy and Bailey and how they
made their tummies happy.

This information is for guidance only and should not replace advice given by your healthcare professional.

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