



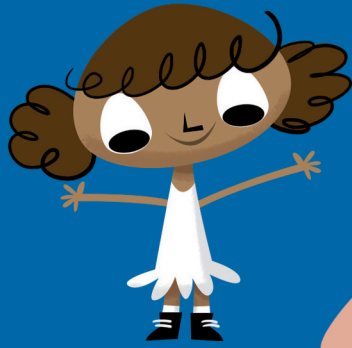
# THE BELLY BUNCH

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



Z

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Bella was too tired to play  
with her friends.



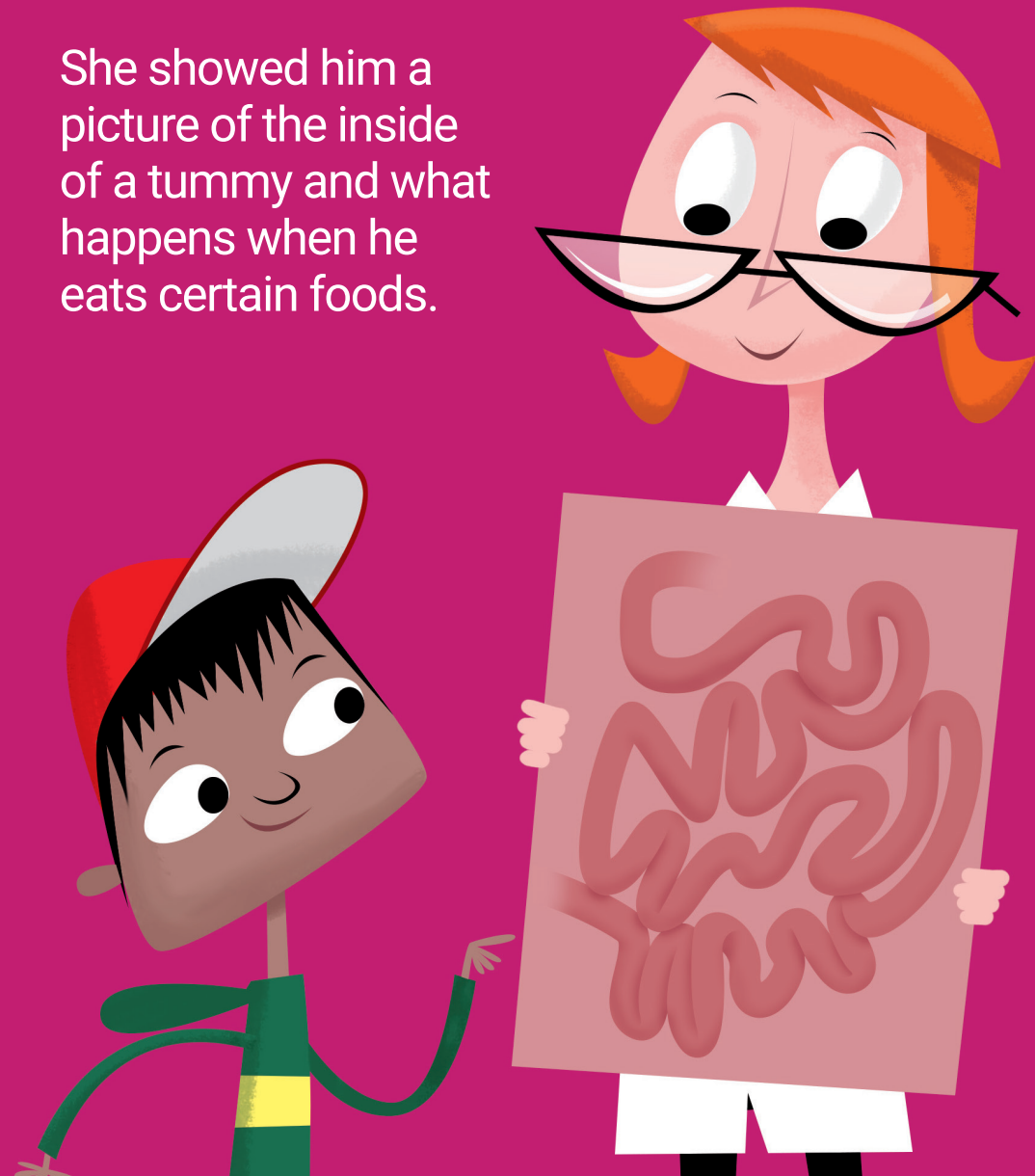
So they each went  
to see their doctor.

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.



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.

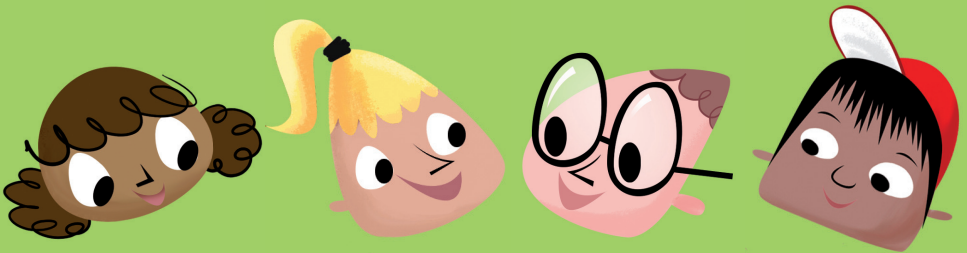


This means they don't need to eat the food at the party which may make them feel poorly and not able to join in with the party games.



# THE BELLY BUNCH

## Adventures in Happy Tummies



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



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