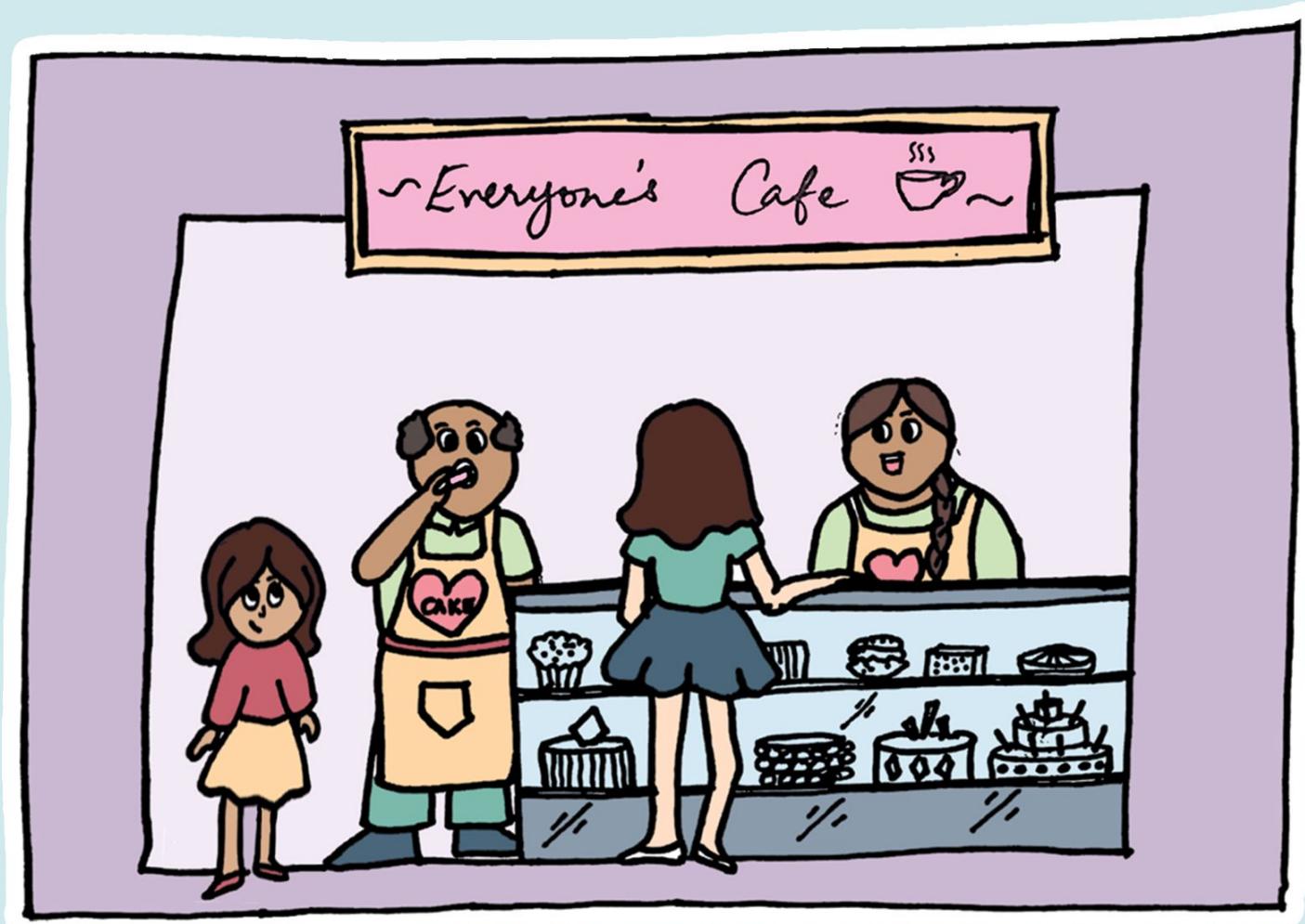


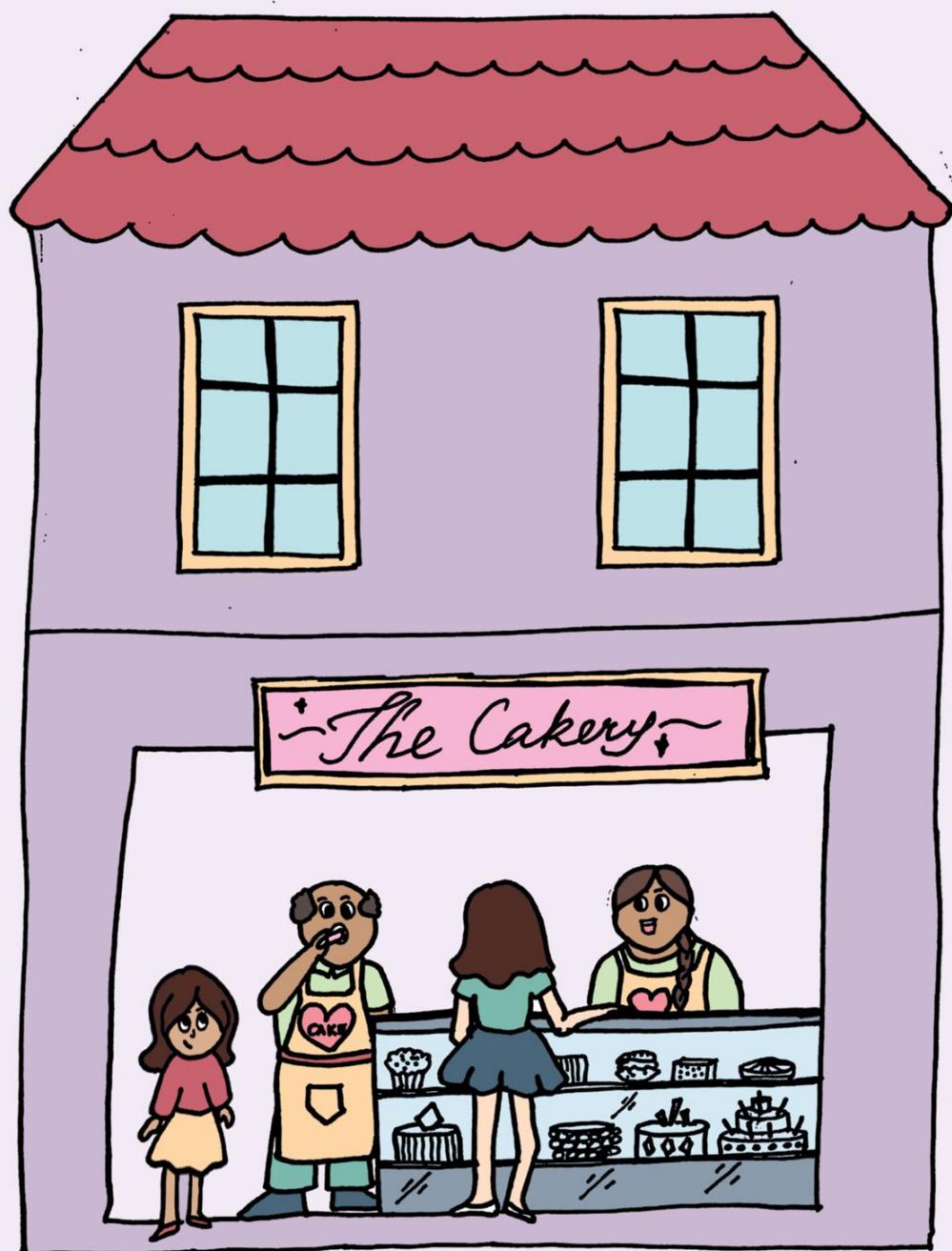
the everyone cafe

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This is Sita. She is 15 years old. She lives with her parents, Gaurav and Garima, who are both bakers! They all live together in a cosy flat above their bakery: The Cakery. Gaurav and Garima have been baking all their lives. It makes them so happy to bake food that other people can enjoy. And it is safe to say they enjoy it too!



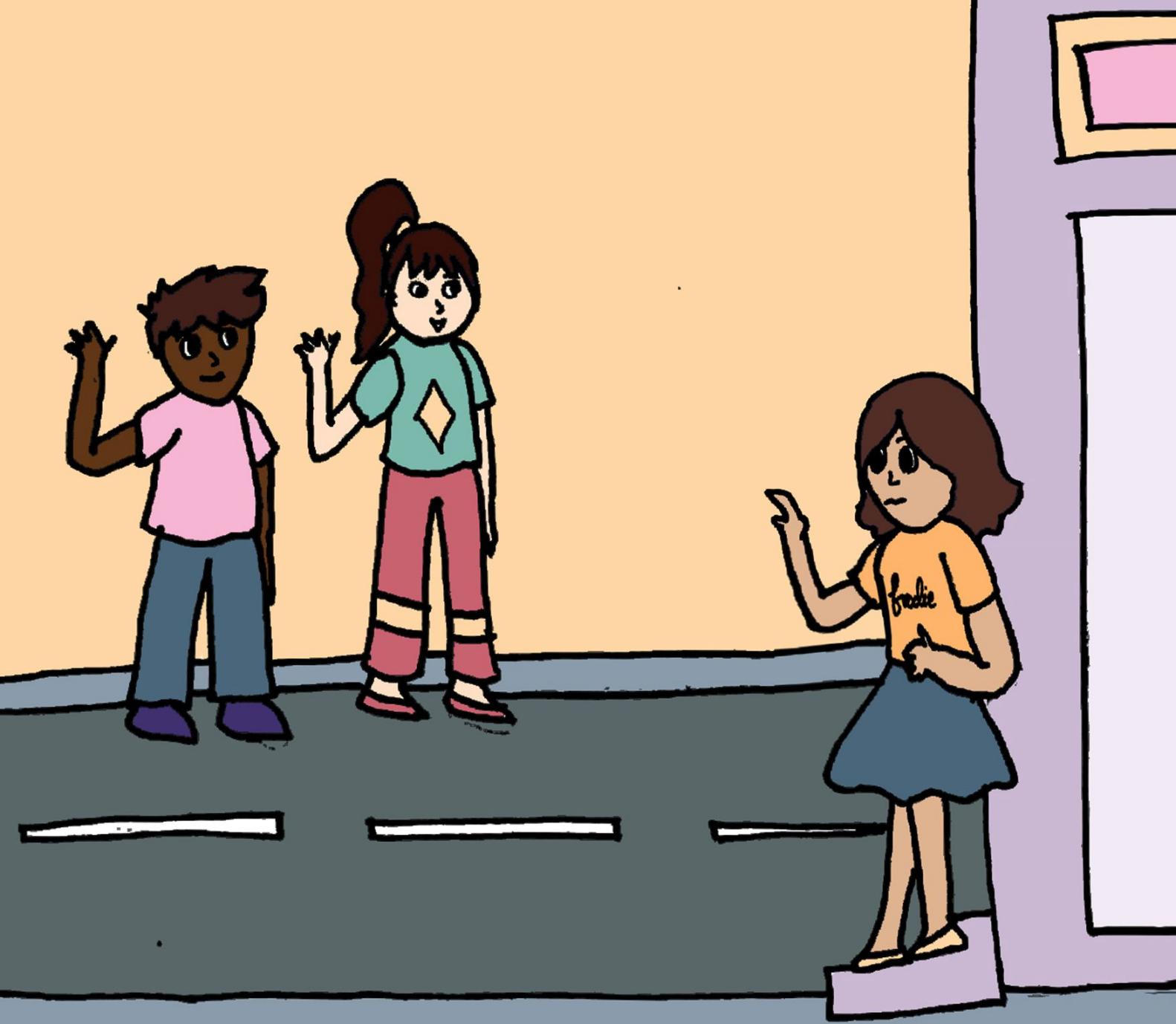
Ever since Sita was a little girl, her parents have treated her to all kinds of cakes, pastries and bread. When her friends come over, they get treats too! Sita's friends LOVE the goodies!



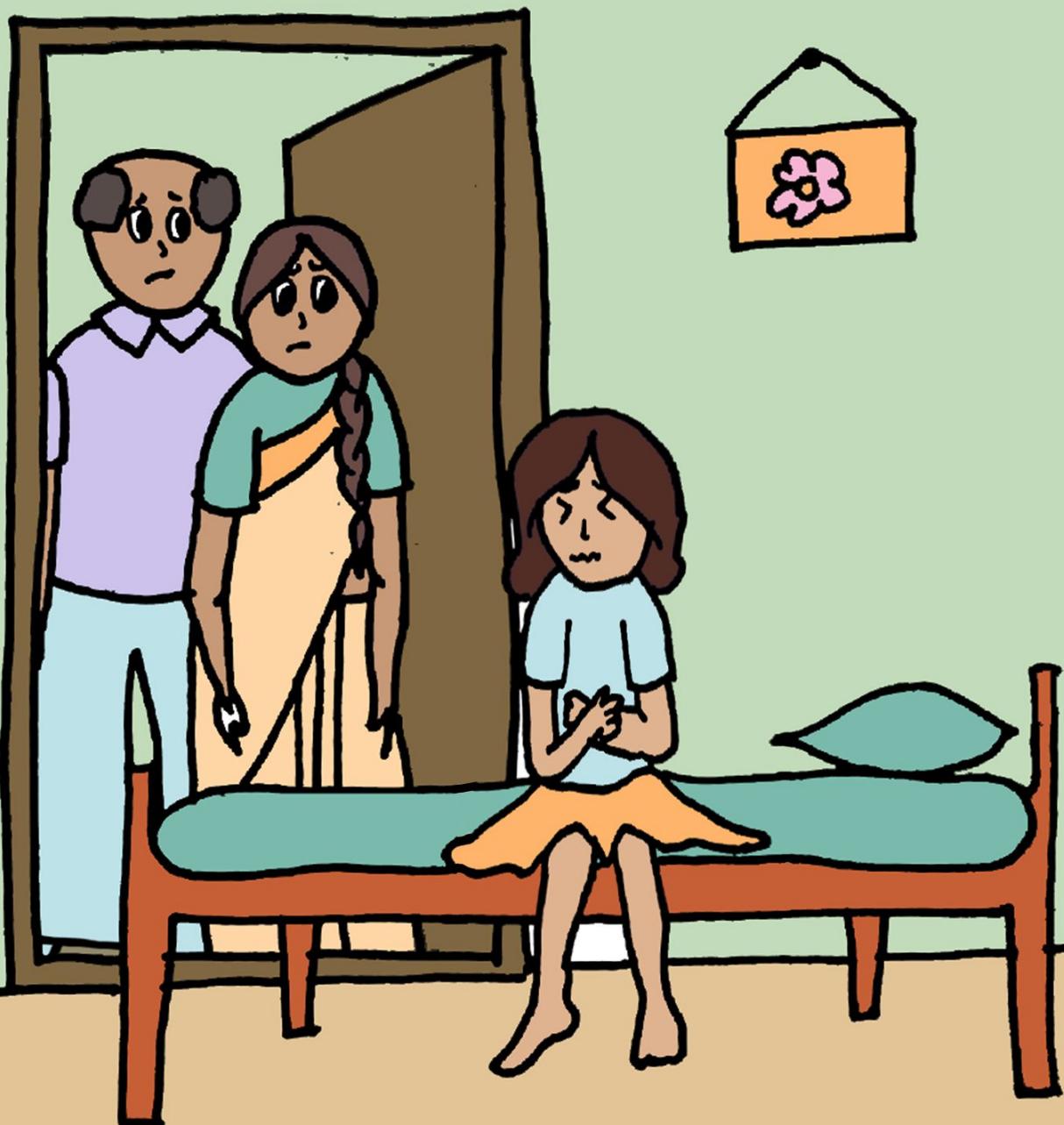
They constantly ask Sita to have them over to her house, because they always get such a feast!



They go home full of food, and happy as can be! But for some reason that she can't understand, Sita doesn't feel the same kind of magic after eating the treats...

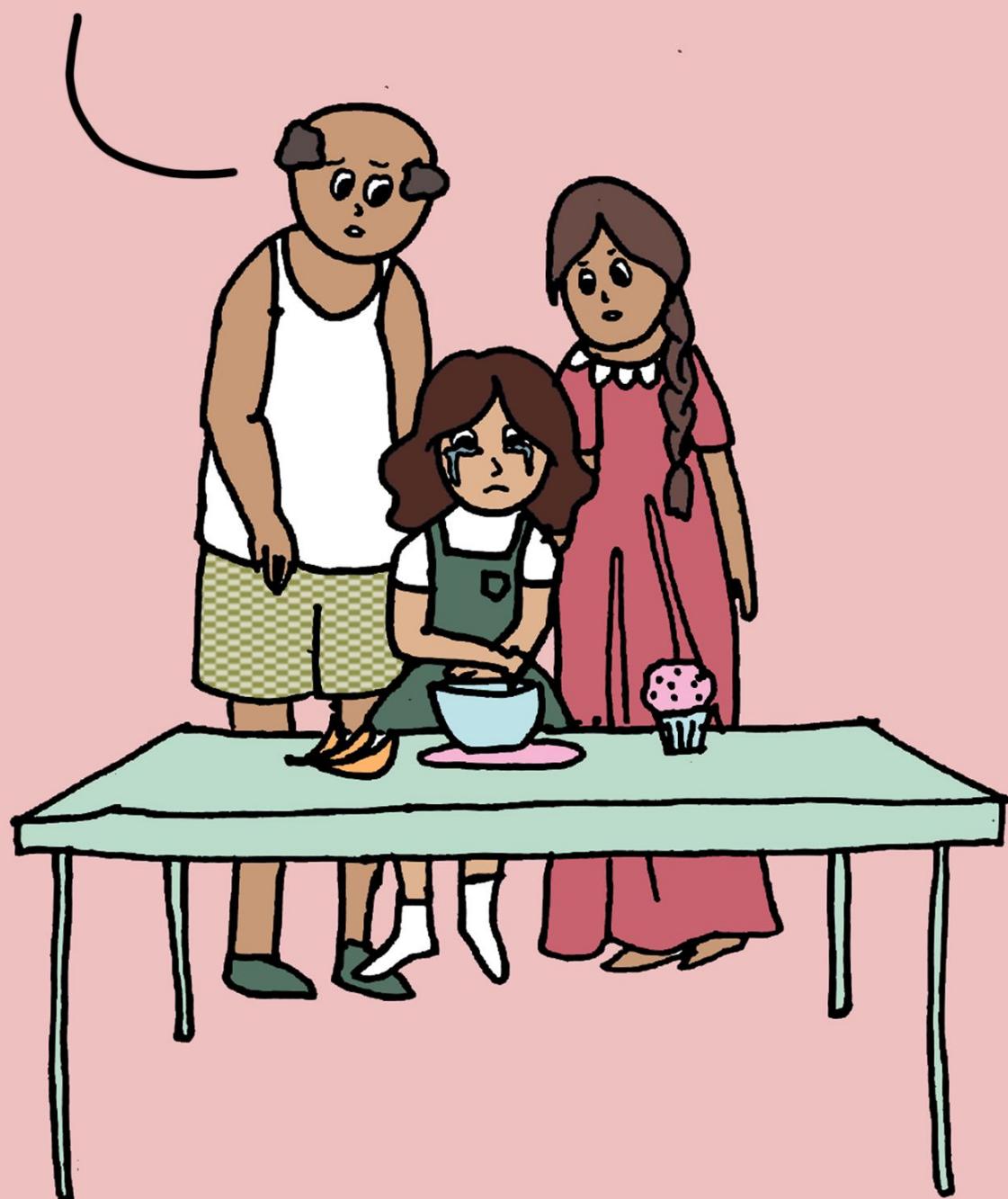


After she eats, her tummy feels very full but not in a good way, and it really hurts. She keeps needing to use the bathroom, and she ends up feeling very tired. Sita's parents are so worried about her. They can't understand why she runs straight to her room after her friends leave, and why she seems so sad



One day, after eating her breakfast,
Sita tries to get ready for school, but
her tummy is hurting too much.

'Don't worry beta, we're
going to figure out what
the matter is! We can't
stand to see you like this.
Let's go to the doctor'



Sita tells her doctor all about the troubles she has been facing with her stomach. Dr Khan suggests a simple blood test to find out what the problem is. After the blood test is done (it hurt a little bit, but it was just a pinch!), Dr Khan needs to narrow down the results a little more, so Sita pops back into her office for an endoscopy. This is a tube with a camera that can look inside your tummy!



When the results are back a few days later, Dr Khan calls Sita and her parents back to her office, and explains that Sita has celiac disease. This means that her body reacts badly to eating gluten.

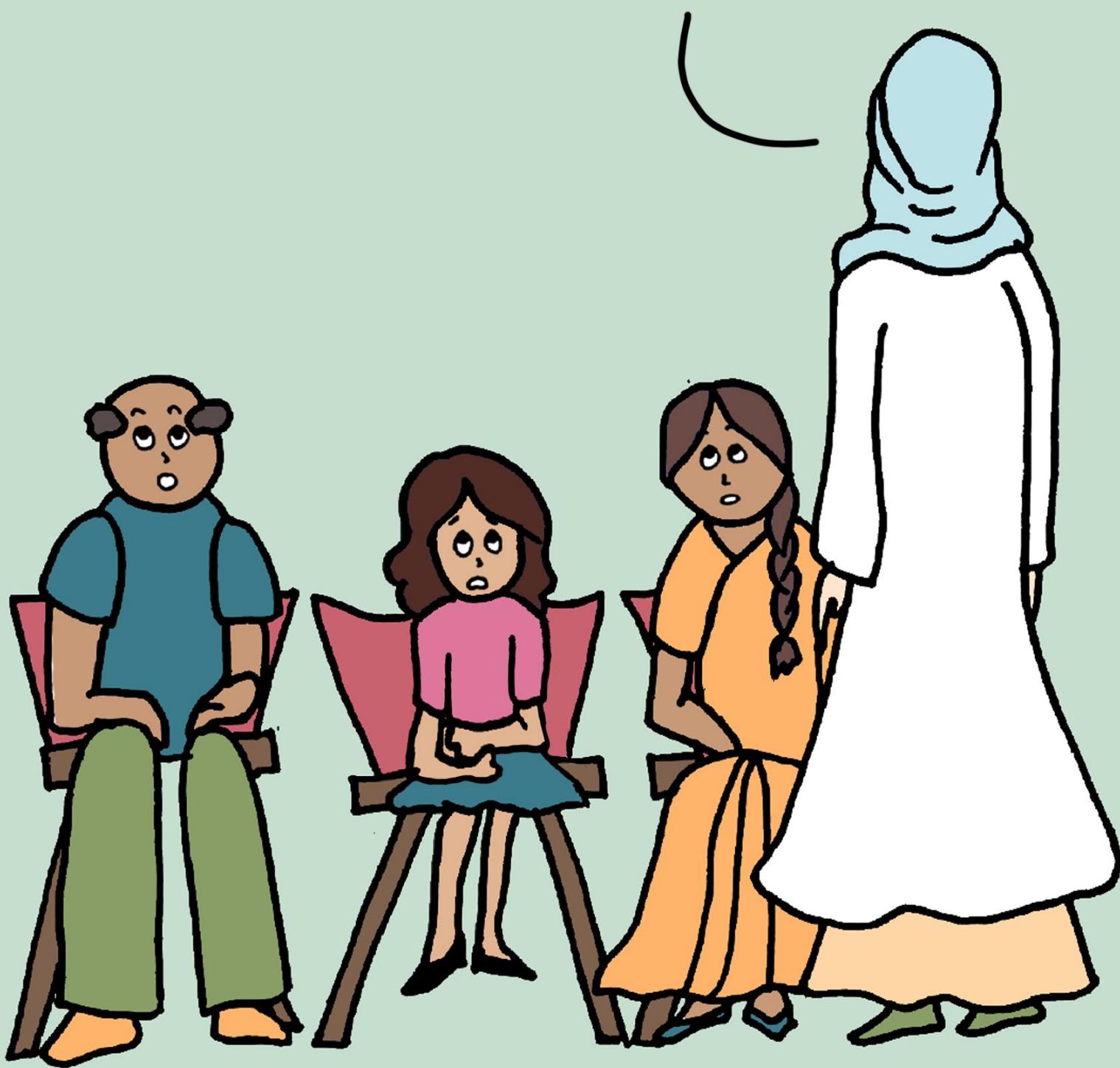
'Gluten is a type of protein which is found in wheat, barley and rye - we use these to make flour, and things like bread and baked goods'



Dr Khan explains that celiac disease can be managed and it's nothing to worry about - in fact, it's really lucky that they realised Sita has it so early! Some people don't find out what's causing their pain until much later in life



'Luckily, there is a very simple way to manage Sita's symptoms... no more wheat-based baked goods!'

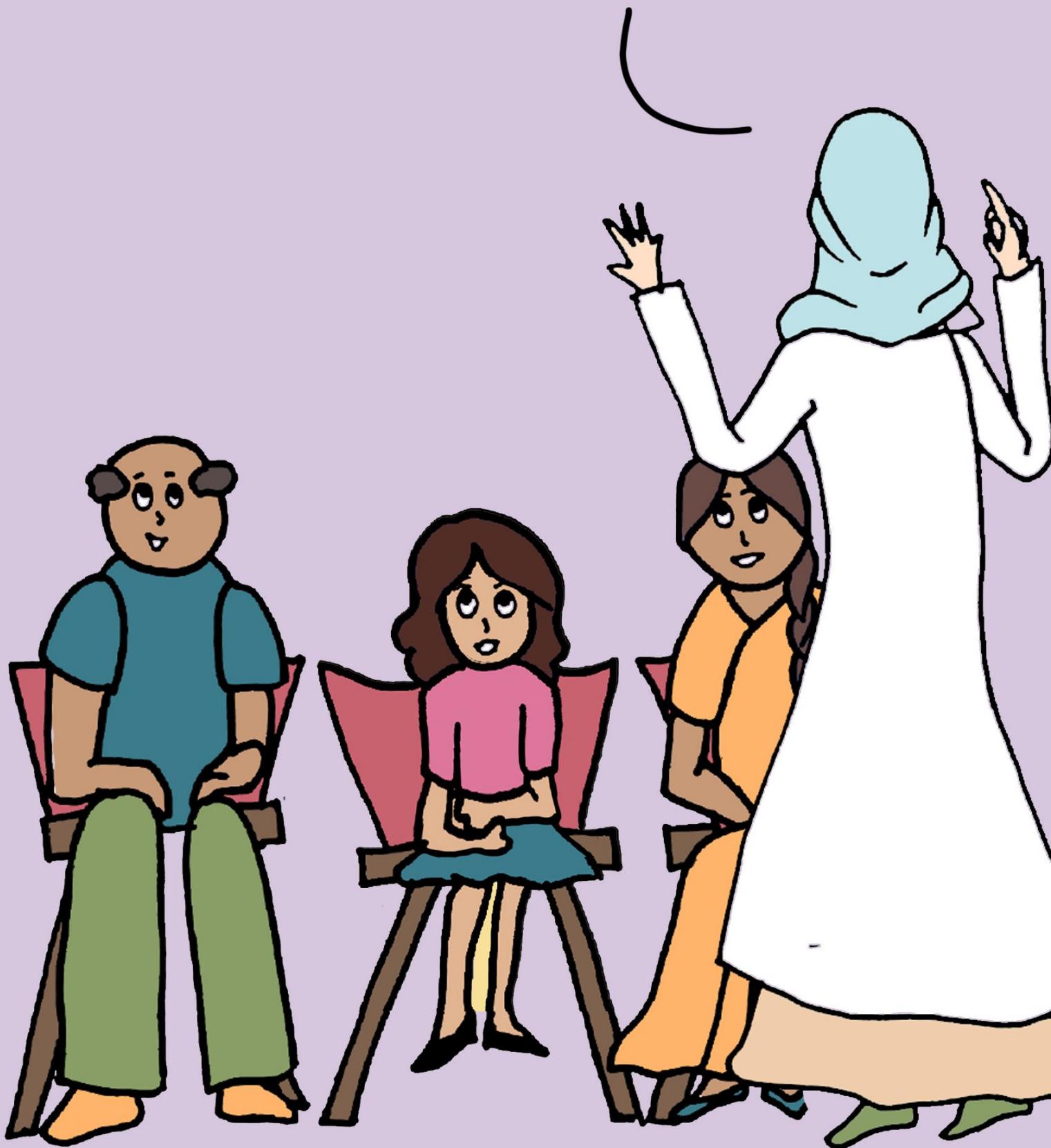


'But we eat baked goods all the time! How can I stop eating the delicious treats that my parents make for me?'

"Beta, nothing is more important than your health. We'll learn how to make something else for you!"



'Hey, don't worry! Haven't you heard about gluten-free food? Nowadays, since so many people are intolerant to gluten, there are tons of recipes for baked goods that don't contain any wheat, or use gluten free substitutes!'



A few months passed, and Sita and her family are getting ready for a big party. They're hosting a grand reopening of their bakery! Welcome to Everyone's Cafe. They had updated the menu and now served baked goods of all kinds: without egg, without gluten... Something for everyone!

