

Celiac NL



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MyGlutenFacts.Com

A fairly thorough searchable gluten-free products information guide with separate lists for Canada and the United States. Full access requires signing up for a free membership.

Website: <http://www.myglutenfacts.com>

Twitter: @GlutenFacts

President’s Message

For me, September and the fall season always feel like the beginning of a new year. It’s the end of the carefree summer season, when everyone gets back to their regular schedules, and is also the time when our chapter begins its regular meetings. We began in early September with our annual walkathon and although the attendance wasn’t large it was a good time to chat with both new and long-serving members. The long-diagnosed members told tales of trying to find edible gluten-free foods years ago, while the newer members marvelled at the variety of foods they can find in many areas of the province.

And it’s not only just around Newfoundland and Labrador that the availability of gluten-free foods has increased. Whether you travelled the province, the mainland or abroad I expect you were able to sample gluten-free fare just about wherever you went.

This year I went on a Mediterranean cruise and from the food served on the ship to gluten-free options served to me in the various ports of call in Italy, Greece, and Turkey, I found how much easier it is to travel as a celiac. My first taste of gluten-free food on the ship was the Kinnikinnick bread served at dinner. All gluten-free food served on the ship was from Kinnikinnick and included pizzas, waffles, pancakes, muffins, cookies and breads. Then, in the duty-free

store at the Venice airport a (celiac) clerk showed me gluten-free pasta and chocolates that I could take home!

One suggestion for any celiac who is travelling – bring along restaurant cards in the language of the countries where you will be travelling. This is a great way to start a conversation about food choices with tour guides and servers in the restaurants. The website “www.celiactravel.com” is an excellent place to find these cards.

I attended the Celiac National Conference in Kelowna, BC, and then took a short vacation in San Francisco where there are wonderful restaurants in the Bay area and most were familiar with what was involved in “eating gluten-free”. Some featured gluten-free menus, including a Italian restaurant and another serving South Indian cuisine.

Enough about my travel stories! We’d love to hear about your travels and possibly print them in our newsletter. If you do have a story, send it along to our newsletter editor, Mervyn Dean, at mervd@nf.sympatico.ca.

I wish you all a “happy new year” of healthy, gluten-free living!

Geralyn, co-president
geralyn.costello@gmail.com

A Gluten-Free Halloween



Trick or treating is easy gluten-free. There are many main stream candies that are naturally gluten-free (see box below). What can be trickier are the parties and gatherings around Halloween. Here are a few suggestions to help make the day filled with fun, not worry:

- Make sure your trick-or-treater has a good meal before setting off. They are bound to be excited and not want to sit down, so tempt them with something fun and nutritious. What about chicken nuggets in the shape of pumpkins, or gluten free spaghetti with meatballs? Their tummies will be full so they won't be as tempted to fill up on treats while they are out.
- If they are just too excited to sit down and eat then on the go type of meals may be the answer. Try cheese and apple slices, carrots and hummus, or deli meat and cheese roll-ups. Even a gluten-free peanut butter sandwich is a healthy meal for any ghost or goblin that can't wait to trick or treat.
- Make sure to review the list of safe candies with your trick-or-treaters before they leave home.
- If a **Halloween party** is on the agenda then call the host ahead of time

to find out if a meal or snacks are being served. To ensure that there will be gluten-free options for your child offer to provide part of the meal or snacks.

- Or offer to host the party yourself! This will enable you to provide a completely gluten-free party that will be fun, delicious and no one will know the difference.

For classroom parties:

- Talk to the teacher ahead of time. Make sure he/she has a list of safe candies and treats. Offer to provide a hypoallergenic snack for all such as popcorn balls, baked apples – or even fresh ones!
- There are many non-food-related Halloween activities that the class can enjoy: carving or decorating pumpkins, scavenger hunts, Halloween related books and stories, creating a Halloween play, researching how pumpkins became a symbol of fall, investigating native foods and their growing cycle.
- Encourage the teacher to take on a neighbourhood project – collect canned goods for a homeless shelter, collecting monies for UNICEF or other local charities.
- For treats think outside the candy aisle. There are lots of goodies that are non-food-related. The offerings can be adapted to the age of the children. Treats can be; Halloween pencils or pens, stickers, small Halloween pumpkins and figurines, glow sticks, and pen flashlights.

Gluten-free candy	Chunky Dove Hershey's Kisses	Butter Cups, Miniatures, Pumpkins Snickers	Pumpkins Pez Pixie Sticks Nerds	Laffy Taffy Lifesavers Lifesavers gummies	treats Sour Patch Kids Ring Pops Skittles
Chocolates	Hershey's bar – plain, almond Junior Mints	Non Chocolate treats	Sweet tarts Tic Tacs Spree Starbursts	Fun dip Peeps Marshmallow Treats – (not cookie flavor)	Sugar Babies Mary Jane's Charleston Chews
M&M's Milky Way DARK ONLY 3 Musketeers Baby Ruth Butterfinger	Mounds Oh Henry Payday Reese's Peanut	Brach's Candy Corn, Autumn Mix, and	Jolly Ranchers Tootsie rolls and pops	Most gums Haribro gummy	

From information provided by Schär

Did You Know? 5 Sources of Hidden Gluten in Your Diet

1. **Toaster:** When you switched from regular bread to gluten-free bread, did you switch to a new toaster? Do not share your toaster with others who are not celiac.
2. **Peanut Butter Jar:** If you are sharing a residence with others, chances are you are sharing a jar of peanut butter, honey, jam, butter/margarine, tub of cream cheese, etc. Also the knives may be double-dipping into the same spreads. Keep your spreads, butters, etc., separate.
3. **Medicine Cabinet:** When we do a household gluten purge, we often overlook the vitamins, supplements and medicines as food. Most pills contain inactive filler ingredients or coatings in addition to their active ingredients and some of them are wheat derived. Since pills travel through the digestive tract, it can be a source of gluten exposure. A common ingredient called "modified food starch" is virtually always corn-derived (gluten-free) when used in foods but is usually wheat-derived (not gluten-free) when it is used in medicines. Many products do not list inactive ingredients on their labels, making it impossible to assess their safety without more research. Many pharmaceutical and supplement manufacturers are

voluntarily printing allergen statements on their labels but as always, when in doubt check with your pharmacist or call the manufacturer directly to verify your product is gluten-free.

4. **Co-Workers Candy Jar:** You know to avoid chocolate bars with wafers, cookies and pretzels but gluten is in licorice (including twizzlers); malt balls (Whoppers) contain barley malt and a chocolate bar that may be gluten-free e.g. Butterfingers (US) may have a spin-off version that contains gluten e.g. Butterfinger Crisp. Read the labels for all products. Christmas is coming and some of those decorative items for Christmas Cookies may contain gluten.
5. **Chinese Restaurant Food:** Even if you are avoiding the obvious gluten-containing dishes e.g. noodle dishes, wonton soup, egg rolls, etc, you are still likely to be eating gluten. Virtually all Chinese condiments - soy, oyster, hoisin, fish and bean sauces contain wheat. In other words, almost everything on the Chinese menu. If you really want to go to a Chinese restaurant, bring your own soy sauce to flavour your steamed rice, veggies, fish and hold the sauces.

Adapted from an article by Tamara Duker Freuman in Quebec Celiac news

www.health.usnews.com, www.dhsb@smartbrief and nutritionist@smartbrief.com)

Help us keep up to date!

The Canadian Celiac Association website has a new "Member Log-in" feature where members can update their contact information, renew their membership, purchase items through the online store, and much more! Go to the Canadian Celiac Association's website at www.celiac.ca, and click on the "Member Log-in" link. You will be asked to create a user ID and password that will allow you to access your membership account. Members are encouraged to use this function to keep their contact information up-to-date to ensure they get newsletters, food alerts and other important information that the Chapter sends out.

Eating by Mail Order: GF Shopping Online and by Phone

- El Peto
www.elpeto.com
Cambridge, ON
1-800-387-4064
- Kinnikinnick
www.kinnikinnick.com
Edmonton, AB
1-877-503-4466
- The Mix Company
www.themixcompany.com
Eganville, ON
1-613-628-3387
- Norfolk Pharmacy and Surgical Supplies
<http://well.ca/>
Guelph, ON
1-866-640-3800
Free shipping in Canada
- Peace Love Happiness Co.
www.shopplh.com
Aurora, ON
1-905.252-2600

Chia Seeds, A(nother) Super Food

Chia seeds, a staple in pre-Columbian Aztec diets, were used as a food, and pressed into oil that moisturized or healed skin. Medicinally, chia stimulated saliva flow in thirsty nomads and lessened joint pains. Chia seeds contain more omega 3 fatty acids than any other plant, including flax (Wayne Coats, University of Arizona (azchia.com)).

The seeds have a high concentration of fibre, protein, and many essential vitamins and minerals. Chia absorbs many times its weight of liquid and forms a gel. Researchers believe this also happens in an individual's stomach, creating a full feeling which might contribute to weight loss. But be warned, too much can give you stomach cramps. A tablespoon of seeds and a half-cup of water is about right (see #9 below).

Claimed benefits of Chia Seeds:

1. Weight loss without starving
2. Cuts cravings for foods
3. Balances Blood Sugar
4. Helps Prevent Diverticulitis
5. Adds Healthy Omega-3 oil to the diet
6. Feel more energized
7. Bake with less fat. Chia seeds can be substituted for half the butter in most recipes. Divide the amount of butter or oil in half and then use the same amount of chia gel.
8. Adds anti-oxidants which helps prevent free-radical damage in the body. Free radicals leads to premature aging of the skin and inflammation of various tissues. (Also, the anti-oxidants in chia can help keep the foods tasting fresh longer).
9. More flavourful - chia has no taste of its own so will never cover up or add a flavour to your food. When the seeds are hydrated they enhance the taste of whatever they were added to.

Suggested recipe for

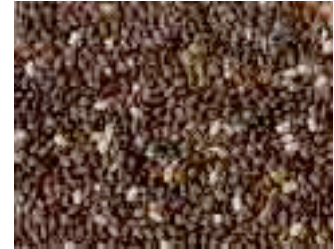
Sweet Potato Pie Smoothie

Makes 1 smoothie

- 1 cup baked sweet potato (with its skin)
- 1 medium apple with skin
- 3 or 4 prunes or dates (remove seed!)
- 2 tsp crystallized ginger

the chia gel: 1-to 8- ratio of chia seeds to liquid.

Chi seeds normal size (right) and magnified (below)



Mix or shake very well to avoid clumping and let sit for 15-20 minutes, stir/shake once more. It can be kept in a jar and left in the fridge for up to a week.

1. Chia gel can be used in puddings, smoothies, fruit toppings, dressings, dips, salsas, sauces etc.
2. Chia sprouts can enrich salads and sandwiches
3. Sprinkle ground or whole seeds on salads, cereals, entrees, smoothies, muffins/breads, etc.
4. 1 tablespoon of chia seeds stirred into 3 tablespoons water will replace one egg as a thickener in puddings and baked goods.

<http://www.canadianliving.com.09/07/2012>

<http://www.chiagotribute.com.05/07/2012>

Ed: This article is adapted from Vancouver Celiac News, August 2012. I could not access either of the websites above, and the scientific information appears to come from the commercial site azchia.com I could not find another source to verify the claims. Check these websites for chia seeds in Canada

www.superseeds.ca/

www.chiacanada.net/

- 1 tsp cinnamon
- 1/2 tsp allspice
- 1 1/2 cup hazelnut milk
- 2 Tbsp chia seeds
- 1-2 cups ice

Blend and enjoy! (*Recipe by Connie Gill*)

Looking for gluten in new ingredient lists

New labelling regulations in Canada came into effect on August 4, 2012. Although manufacturers have had some time to implement the new regulations some products may not meet all the requirements immediately. The “CONTAINS” and “MAY CONTAIN” statements are helpful in identifying top allergens and gluten but you should still always read the ingredient list.

The new regulations require that the ten priority allergens, gluten sources, and added sulphites of 10 ppm be identified using plain language either in the ingredient list or in a “Contains” statement that appears immediately after the ingredient list. Manufacturers have a choice about which method they choose to use so when you check for gluten, you will need to check two places:

- The “WARNINGS” section – “CONTAINS” or “MAY CONTAIN”.
- The “INGREDIENT” list.

Step 1

Start with the WARNINGS. If you see wheat, rye, barley, oats or gluten in either the “CONTAINS” or “MAY CONTAIN” list, the product is NOT OK. If there is a “CONTAINS” statement that does not include a gluten grain or derivative the ingredients are acceptable for a gluten-free diet.

If the ingredient list includes oats assume they are

contaminated with gluten unless they are specifically identified as pure uncontaminated oats.

Step 2

If there is no “CONTAINS” statement, check the “INGREDIENT” list. If you see wheat, rye, barley, or oats, the product is NOT OK. If you do not see any gluten source listed, the ingredients are acceptable for a gluten-free diet.

Notes:

Plain names must be used for all allergens - WHEAT, MILK, EGGS, etc. Allergens cannot be hidden in ingredients such as “seasoning” or “natural flavour”. If one allergen is listed in a “CONTAINS” statement, then all other allergens, including gluten, must be listed. The only warnings that have official meanings are “CONTAINS” and “MAY CONTAIN”. All other warnings e.g. “made in a plant that also processes wheat” can only be understood by contacting the company. Cross-contamination with gluten can occur in a product despite the use of good manufacturing practices and may not be reflected on the ingredient list.

Still have questions? Contact the Canadian Celiac Association:

www.celiac.ca or
askthecca@celiac.ca

Majority of Restaurateurs and Chefs Fail the Celiac Test

A four-question quiz showed that most chefs and restaurateurs lack basic knowledge of gluten-free facts and protocols. The Quiz was administered at the National Restaurant Association Show in Chicago by the National Foundation for Celiac Awareness. Many restaurants offer gluten-free options but less than 4% responded correctly to the gluten questionnaire. Less than half of the chefs could name a grain, other than wheat, that contained harmful gluten.

Questions:

1. Name all three grains that trigger a reaction in people with celiac disease.
2. What kind of oats are safe for these people?
3. Identify a possible gluten-containing product (Worcestershire sauce) from a short list of foods and products.
4. Is it true that celiac disease is triggered by glucose?

The results showed that the chefs were both poorly informed and unaware.

Conclusion:

There is a need for more training and awareness in the food industry on celiac disease and gluten-sensitivity, as an increased number of gluten-free options are being offered in restaurants. Another survey in the UK showed chefs appeared to know less (17%) about CD than did the general public (44%). I could find no stats for Canadian Chefs but I believe the same results would be true for Canada.

Lorraine Didrickson, Vancouver newsletter
Celiac.com - Jefferson Adams 07/02/2012
restaurateurs-and-chefs-fail-celiac-test
www.ncbi.nlm.nih.gov/pubmed/15784479

NL Chapter News

Our **Facebook page**, started by chapter member Eliane Knox (who has since moved out of the province), is now being maintained by chapter member, Krista Gates-Guy. Thanks Krista, for the great work on the page! Here's the link:

<http://www.facebook.com/home.php?#!/pages/Newfoundland-and-Labrador-Chapter-Canadian-Celiac-Association/199683166751767?fref=ts>

Ideas wanted: Do you have an idea for a Chapter meeting e.g coffee klatch, pot luck, specific theme e.g. using GF flours, dining out, etc.? If so, contact the Chapter office at: cnegrijn@nf.sympatico.ca or geralyn.costello@gmail.com

Wanted: new members for the Chapter executive. Some of the present executive will be retiring at the Chapter AGM in June. Could you become more involved with the CCA Chapter? Start considering doing so now, please.

Upcoming Events

Christmas Social: December 1 at "Get Stuffed" restaurant in St. John's. Further details will be emailed to members closer to that date.

Chapter meetings in 2013: February, April/May, AGM in June.

National AGM/conference: will be hosted by the Halton-Peel CCA Chapter 7-9 June 2013 at the International Conference Centre, Mississauga and the Holiday Inn at Toronto International Airport. The conference theme is "Envision... The Gluten Problem: Found. Treated. Cured."

The Last Word

Once again, there's a lot about travel and/or eating away from home in this newsletter. Certainly, as I said in my last editorial, there is much more awareness of gluten allergy or intolerance (GAI) but, as the item on page five shows, awareness is not knowledge and I mentioned last time my experience of receiving a "gluten-free" i.e. "non-wheat", turkey and barley soup at a restaurant in Nova Scotia. To be fair, my other experiences in Nova Scotia have been more positive, such as when in Bedeck, NS, earlier this year the restaurant had a separate version of the regular menu with all the GF meals indicated with a lurid blue marker ink - not very professional but better than nothing.

I still have family in the UK and go back at least once a year. Over the last few years awareness of GAI has risen such that several of the franchised restaurants mark the GF items on their menus, or provide a separate document listing the allergen content of all their meals. This is commendable and I was pleased to see recently when in Stephenville that the *Pizza Delight* menu now indicates their GF meals, not just the option of a GF crust for their pizzas.

Overall, it seems we are doing well in Newfoundland & Labrador with general awareness of GAI. The Hamilton Chapter's recent newsletter contained an article by Bev Ruffo, their president, describing her very positive experience of visiting eastern Newfoundland, "a GF Paradise (who knew?)", in her words. Her praise for the NL Chapter on its work raising the awareness of gluten intolerance highlights the importance of having a strong and active provincial Chapter. The greater the membership the more clout the Chapter has in all areas of concern to those with GAI. It is important to maintain a high membership level and for all members to seriously consider serving on the Chapter executive. The same few people cannot, and should not, be expected to do all the work all the time. But if you can't help (on) the executive then please, at least let them know you appreciate their efforts.

Mervyn Dean
Newsletter editor