

Newsletter of the NL Chapter of the CCA



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Presidents' Message

Fall with its beautiful autumn colours has arrived in Newfoundland and Labrador and with it comes the resumption of our chapter activities and a new year of healthy gluten-free eating. We hope that you all had a wonderful summer - despite the province's weather - and enjoyed some time away from your normal everyday activities.

We held our first meeting for the year in conjunction with our annual walkathon around Mundy Pond in St. John's on Saturday, September 17. It was a windy day but a number of people braved the elements and "blew" around the lake! The walk was followed by an enjoyable social sponsored by the chapter and by El Peto, which supplied the muffins and cookies. We hope that some of you were able to walk in your local areas to assist in this fundraising project. Some of the proceeds will be going to the National CCA to help with their programs.

Several new members joined us at the walkathon and we afterwards debuted a new-member peer counselling PowerPoint presentation. We received great feedback from those who attended and will be "fine tuning" the presentation.

During the summer a number of celiacs from outside the province contacted us regarding places to buy food and to eat while travelling in the province. We've been keeping a list of a number of hotels, B & B's and restaurants where people have been able to obtain gluten-free food and were able to recommend a number of places for these people to eat. If you know of any places we can add to our list, please email us.

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The St. Robert Bellarmine Society (Distributors of Liturgical Altar Breads) has announced that from 01 January 2011 low gluten (less than .01%) altar breads will be available to Catholic Churches across Canada for use in the reception of Holy Communion. The wafers are made from wheat starch with 99.99% of the gluten removed and conform to the requirements of the Holy See i.e. the breads must contain at least trace amounts of gluten and may not contain any non-wheat products. (Gluten-free breads constitute invalid matter and may not be used in the Catholic Liturgy).

0.01% represents 100 PPMs (parts per million) but the more important number is 37 micrograms because it is daily exposure to gluten that counts. The best current information shows that 10 milligrams a day should be safe. Ten milligrams is 10,000 micrograms so you would have to eat over 270 wafers every day to reach the danger point. At most, celiacs would consume one wafer per day or about 0.04% of the amount considered dangerous.

(http://www.benedictinesisters.org/bread/low_gluten.php); www.rbellarmine.com; 1- 800-505-3174; The St. Robert Bellarmine Society, P.O. Box 7070, Oakville, ON, L6J 6L5.

Contamination in Oats

Scientists at Health Canada recently published a study looking at gluten contamination of oats available on store shelves in Canada. Terry Koerner and colleagues collected samples of oats in Newfoundland and Labrador, Prince Edward Island, Quebec, Ontario, and British Columbia at two different times of the year so that they would get samples from different lots.

Of the 133 samples tested only nine tested below 20 ppm, the maximum recommended for people with celiac disease. Three of the samples had undetectable levels of gluten (less than 5 ppm); the other six tested somewhere between 5 and 20 ppm. One sample contained more than 3800 ppm of gluten.

The only sample that tested negative in both lots was one from a company that specifically claimed to offer a wheat free pure oat product. One sample from another company also tested negative, but the six samples from that company ranged from <5 to 133 ppm.

There was no type of oats that was consistently safe. Flaked, steel cut, rolled, quick and oat bran all consistently demonstrated more gluten contamination, from barley or barley and wheat, than is safe. Organic oats contained lower gluten levels than regular oats, but still averaged 240 ppm – more than 10 times the safe level.

So, do you really need to spend the extra money for special pure oats? Yes – it is the only way to be sure that your morning oatmeal or warm apple crisp is safe.

Adapted from the original article by Sue Newell, Canadian Celiac Association.

Reference: T.B. Koerner, C. Cl  roux, C. Poirier, I. Cantin, A. Alimkulov and H. Elamparo. Gluten contamination in the Canadian commercial oat supply. Food Additives and Contaminants Vol. 28, No. 6, June 2011, 705–710

Fairmont Hotels & Resorts recently rolled out a new program - Lifestyle Cuisine Plus - that features six new menus designed for guests with diet dependent conditions. Chefs at Fairmont properties around the world worked with a nutritionist to develop menus for diabetes, gluten-free, heart healthy, macrobiotic, raw and vegan diets. Dishes will vary from hotel to hotel and reflect the unique cuisine of each destination. More at http://www.fairmont.com/en_fa/articles/recentnews/lifestylecuisineplus.htm

The CCA's Amazing New Amazon Book Store The CCA has become an Amazon.ca affiliate and opened their own book store. If you click on a book you want to buy on the CCA web site it will take you to Amazon's regular site where the transaction will take place between you and Amazon. The CCA will receive a small commission for sending you to Amazon. The CCA store divides books into four categories: Top Recommendations; Celiac Disease & Gluten-Free Lifestyle; Gluten-Free Cooking & Baking; and Books for Kids.

The CCA started a blog (www.celiac.ca/blog/) so that members at the International Celiac Symposium in Norway could tell everyone about what they were learning. There was such a good response the CCA decided to keep using it to tell people about the CCA and about things happening in the gluten-free world.

Gluten-Free Skin Care Products?

It really doesn't matter if there is gluten in your body wash or your blusher – gluten proteins are too big to pass through the dermis and epidermis layers of the skin and then to get into the tiny blood vessels in and near those skin layers. Our skin is designed to keep things out of our body, not let them in. There are a few medications that are administered through the skin, but they need modification and ingredients to improve skin penetration to work.

It might be reasonable to consider a gluten-free lipstick because users do tend to eat it off but as Ann Whelan pointed out in a 2010 issue of *Gluten Free Living Magazine*, if a typical lipstick lasts 30 days, you would apply 0.0001 oz of potential gluten per day or 1.41 ppm. That is not worth worrying about.

While we all know people who insist that they react to any product that contains hydrolyzed wheat protein or wheat germ oil we don't know what they are actually reacting to. It might be an allergy to another ingredient in the product, from some other food that they eat on the same day they use the product or it might even be normal body function.

As people with an intolerance to gluten we may become hyper-aware of our body functions and attribute normal variations to gluten reactions. Burping, bloating and passing gas are actually indications that your digestive system is working but people with celiac disease often assume that these normal occurrences mean gluten contamination. Almost everyone will report fatigue or brain fog at times but for someone with celiac disease it may be instantly interpreted as a symptom of gluten ingestion.

If you want to use only skin care products that are marked as gluten free it isn't going to hurt anything but your wallet. The important thing though is to limit your worries to things that you really need to worry about and to enjoy everything else.

Adapted from the original article by Sue Newell, Canadian Celiac Association.

GF Halloween ?

<http://allergicliving.com/index.php/2011/09/15/the-tricks-to-treats/>

In this article (found online at the above URL, or in the Fall 2011 issue of **Allergic Living Magazine** – available at Indigo/Chapters bookstores), you'll find fantastic tips on how to make Halloween fun and take away that feeling of being "left out" or "different" at Halloween.

Gina Clowes, columnist for *Allergic Living*, gives useful tips such as, "**5-8 year-olds:** At this age, kids are old enough to understand that certain candy could make them really sick. So try a tactic that I call "Trade Up". Here's how it worked with my son. I'd buy a variety of pricey novelty candy (\$7 spinning lollipop, anyone?), as well as a few inexpensive toys. When my son returned home from trick-or-treating, we'd head to the kitchen table and begin bartering, with him trading his unsafe candy for my safe candy, toys and trinkets. Everyone wins!"

10 Gluten-Free Halloween Candy Recipes:

<http://glutenfreecooking.about.com/od/seasonalandholiday/tp/10-Gluten-Free-Halloween-Candy-Recipes.htm>

NL Chapter News

Throughout the summer a number of new GF products came on the market here in Newfoundland and Labrador, including New Grist beer, which is available at the liquor stores for under \$17 for a half dozen. Chex cereal and Betty Crocker cake mixes are now available at most grocery stores, with Walmart also carrying the cereal. Many of the Sobey's outlets are carrying Udi products.

Costco and Winners are now carrying a number of gluten free items. Remember to let us know if you find any new products in your local stores that may be of interest to other celiacs.

A Great Website for kids comes from Italy, created by Schar products. This website is full of games, puzzles, recipes and comics led by "Milly" a gluten-intolerant dragonfly. More at www.123milly.com/en

Upcoming Events

18 October 7:00 p.m. **Chapter meeting** at the Community Room Sobey's, Howley Estates Store. Speakers Susan Rideout, Sobey's dietitian and Terry Jordan, Wellbeing Counsellor

03 December **Annual Christmas Dinner** A Christmas Mexican Fiesta at Bitters Restaurant, Memorial University Campus. Tickets in advance, more information to follow via website, email, etc.

February 2012 **Executive meeting NL Chapter of CCA** Specific date and time TBA

The Last Word

Do you have a filing system? By which I mean do you try to arrange things so that they are easily found? I'm not just talking about papers and computer files but for example "filing" (storing) gluten-free (GF) items separately from the non-gluten-free items.

Does the store where you buy all of your GF and non-GF items have a similar system? My local supermarket has a section labelled "Gluten-free" in which most, but not all, of the items are GF. I think that some of their staff think that "organic" means GF. I point out the error to the staff when I can find any but I think they now see me coming and they hide.

The GF section is in what can loosely be called a "health-food" section and close by are areas marked "Sauces," "Cereals" and "Pasta". Each section contains a mixture of GF and non-GF products. It took me several weeks after my celiac diagnosis to discover where all of the GF items were stocked. I have asked the staff a few times why they can't put all of the items under the "Gluten Free" section and usually am told that I have to speak to the manager for the section, who told me that the store is told by its head office how to stock the shelves. Apparently some companies insist, or even pay, to have their items displayed, or not, in specific areas.

What is the filing system like in your store? Can we lobby head offices for a better filing system?

Mervyn Dean.