



Newsletter of the NL Chapter of the CCA

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information they used to get only at meetings is now obtained almost instantly through our emails, newsletters and website, we're not sure. However, attending meetings is not as important as getting the message out and we hope that is what we have done during our tenure as your executive.

Becoming gluten free has become a bit of a fad over the past couple of years, which has resulted in some manufacturers switching to gluten free options for their products and many more choices of gluten free food in the marketplace. And that's a good thing!!

Presidents' Message

Welcome to the summer edition of the NL Chapter newsletter. As we write this message the July 1 weekend has just ended and, at least on the East Coast of the province, we had a fairly good weekend - just a little rain at the outset but then temperatures in the mid-20's with lots of sun. It was a great opportunity for everyone to break out the barbecues, have some gluten free hamburgers and test out a couple of new gluten free beers that have recently hit the liquor stores.

We reported in the last newsletter that we felt that the continuation of the chapter was in jeopardy since we had been unable to attract any nominations for a new executive. However, a number of members came forward at our May annual meeting and we are very pleased to pass on the torch to a new Executive group led by President Lisa Dooley. A full list of the new Executive is on the last page of this newsletter.

Four years ago your Executive took on the job of revitalizing the chapter. Our first task was to change our Chapter name to the "Newfoundland and Labrador Chapter" to be inclusive of all members in the province. Since that time we have made a number of changes based on input from Chapter members. One of the main changes was the introduction of emails to announce, e.g., Chapter events, new foods that are available at local supermarkets and farmers markets, recalls from the Canada Food Inspection Agency, etc., and to give tips on GF friendly restaurants. We planned successful events at local restaurants where chefs were happy to assist us in providing safe meals for our members. We started a website to inform members about upcoming events and linked with The Celiac Scene to recommend gluten free restaurants, recommendations which often came from our members' experiences when travelling our great province. However, our regular meetings are not well attended. Whether it is that people are just too busy to attend meetings or whether it is because

We want to thank you all for making our four years on the Executive a very worthwhile and fulfilling experience. We appreciated your involvement and receiving your ideas about how the chapter can help you live a healthy, gluten-free life. We would urge anyone who is interested to become involved in some aspect of the chapter. It is what you make it!

We look forward to hearing about the exciting plans that the new Executive has for the upcoming year. Good luck to you all. Take it away, Lisa...

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

2008 Survey Results

Many of you participated in the 2008 survey on living gluten-free. After years of number crunching, data analysis, etc., the paper has been published. Authors include the CCA's Marion Zarkadas and Mohsin Rashid, Samuel Godefroy of Health Canada, and several others.

Strict adherence to a gluten-free diet is the only treatment for celiac disease. The gluten-free diet is complex, costly and impacts on all activities involving food, making it difficult to maintain for a lifetime. The purpose of this cross-sectional study was to evaluate the difficulties Canadians with celiac disease experienced, the strategies they used

and the emotional impact on them of following a gluten-free diet.

The nearly 6,000 respondents reporting biopsy-confirmed celiac disease and/or dermatitis herpetiformis represented a response rate of 72%. Women were more likely to report emotional responses to the gluten-free diet but, over time, were more accepting of the diet than were men. For those following the gluten-free diet for five years or more, difficulties and negative emotions were not as common. Frustration and isolation because of the requirements of the gluten-free diet were the most common negative emotions noted among respondents.

The CCA was rated very highly in terms of providing useful information about the diet. Less than 50% of

respondents rated the information received from their gastroenterologist or family doctor as excellent or very good. Testing found that about 50% of respondents were able to correctly identify 7 of 15 presented foods and ingredients that were not gluten-free. Respondents identified problems with purchasing gluten-free foods, preparing foods safely, dining out, visiting family and friends, and travelling.

For more details and to download the study, please visit

www.glutenfreecertification.ca/living-with-coeliac-disease-and-a-gluten-free-diet-a-canadian-perspective/.

Mark Johnson, Ottawa Newsletter

Gluten Free Gone Techno

For those with a "smart phone", there are gluten free apps available. I have found the **G.F.Recipes** app and the **Find Me Gluten Free** to be helpful (this one allows you to find gluten free products and restaurants near your location). One can download these for free from the Google Play Store. Delight Gluten Free Magazine has an app which allows some free access to their newly developed magazine (full of interesting articles and delicious looking recipes). For those of you on Facebook, there are an amazing number of gluten free products and services that one can find out about. It is especially good to connect with others to find out what they have tried and liked. Just search Gluten Free Products and see what comes up.

Adapted from Liz Knox, Peterborough Newsletter

There is a new **Food Community iPhone App** by Nommunity that locates restaurants for consumers who follow a Gluten-Free, Vegan, Vegetarian, Kosher, Locavore and Organic diet.

"The Food Community app connects you with people who share a common food lifestyle, and provides information and links to the best choices for your diet," said JJ Koch, CEO and co-founder of Community. "And, as if you needed another reason to love this app, our strategic partnerships will allow you to make reservations, place delivery & take-out orders, even claim coupons for your favorite restaurants."

The app is free to download and is available now in the iTunes App Store. In addition to providing a locator for restaurants, the app also allows users to share recipes, food stories and tips. The app encourages restaurants to offer healthier options and educates people about their food choices.

From Lorraine Didrikson and Quebec Chapter (December 2012 Newsletter)

Source: <http://www.delightglutenfree.com/new-dietary-restrictions-app-helps-people-on-gluten-free-diets>

Low Gluten Beer

A number of vendors offer beers that are made with malt but are treated with enzymes that break down the barley proteins into small pieces. Various companies claim that as a result their beer tests to less than 20 ppm, less than 10 ppm, and less than 3 ppm gluten. Is it really safe for someone with celiac disease to drink these beers?

The CCA does not have a formal position on these beers, but does have concerns about the accuracy of the test results. Hordeins, the gluten proteins in barley, are complicated to detect, especially when these proteins are partially hydrolyzed or broken down into pieces as they are in these beers.

The most common test for hordeins (the R5 Sandwich ELISA) looks for two specific sites on the protein.

When many of the proteins are broken, the test may miss finding the hordein if the protein breaks near the binding site. Some of the fragments of proteins may still cause damage in someone with celiac disease.

Researchers in Australia tested a number of low-gluten beers using a different tool, mass spectrometry, and they found significant amounts of gluten protein and gluten protein fragments in all of the low gluten beers they tested. With a sample size of 60 beers selected from the international market, underestimating the amount of gluten in low-gluten beer is probably a significant issue worldwide. Good news? The researchers did not find gluten in any of the gluten-free beers made without barley malt. Cheers!

Adapted from Peterborough, March newsletter

World's Largest Pizza is Gluten Free!



Picture from Dr. Schar website

named "**Ottavia**", an homage to the first roman emperor Octavian Augustus".

Italy, one of the most celiac-friendly destinations in the world, now holds the record for the world's largest pizza. In Rome, a team of five Italian chefs worked together to beat the previous world record and they did it with a 51,257 pounds gluten-free pizza 122 feet in diameter. This event was organized by Dr. Schar (manufacturer of GF food) and headed by Dovilio Nardi, who previously set up an Italian pizza chain catering to celiac customers.

"It was made with 19,800 pounds of gluten-free flour, 10,000 pounds of tomato sauce, 8,800 pounds of mozzarella cheese, 1,488 pounds of margarine, 551 pounds of salt, 220 pounds of lettuce and 55 pounds of vinegar. Baking time was longer than 48 hours. As an enormous pizza needs a name, so this one was

Adapted from Laura Mertens - The Gluten-Free Traveller - December 22, 2012

The 2013 Canadian Celiac Association National Conference in Mississauga

Carol attended the 2013 National CCA Conference and workshop, hosted by the Halton-Peel CCA Chapter, in early June in Mississauga, representing the Chapter at the Presidents' meetings. She had a good, albeit busy time and would urge any member to attend future national meetings. "Such a good feeling to meet other chapters and feel part of this whole organization, not just an isolated small chapter."

We are publishing an extra edition of the newsletter later in July devoted entirely to the conference. By doing this we can provide a more in-depth report on the various presentations than we could by trying to provide brief reports in this edition.

Precautionary Labelling

Precautionary labelling (i.e. those “may contain” statements) is voluntary, but Health Canada and the Canadian Food Inspection Agency (CFIA) recommend that food manufacturers be clear, and avoid using vague terminology such as “may contain traces of,” “may have come into contact with” or “manufactured in a facility that also processes X.” They prefer that companies stick to the clear “may contain” statement. Precautionary labelling should only be used when the presence of an allergen is inadvertent and unavoidable, despite all reasonable measures. It must not be used when an allergen is deliberately added to the product or when there is no real risk of an allergen being present.

There are no specific regulations concerning allergen-free claims, but the Food and Drugs Act does prohibit the labelling of food in a manner that is “false, misleading or deceptive or is likely to create an erroneous impression of the contents of the product”.

Manioc Root

What, you may ask, is manioc root? Well, you may know it in its dried and powdered form as tapioca, or you may know the root (tuber) as cassava. Other names include yuca (not “yucca”, a totally unrelated fruit-bearing shrub), balinghoy, mogo, mandioca, kamoteng and kahoy. It is a gluten-free starchy tuberous root that is a good source of carbohydrate, and potassium, as well as, some claim, anti-oxidants, but it is a poor source of protein. It is, however, gluten free.

There are sweet and bitter varieties, the latter being more pest resistant but also potentially more toxic if not properly prepared i.e. cooked completely. According to an article in the Vancouver February 13 newsletter most domestic varieties are free of the toxin.

Cassava-based dishes are widely consumed wherever the plant is cultivated; some have regional, national, or ethnic importance.

Cassava can be cooked in many ways. The soft-boiled root has a delicate flavor and can replace boiled potatoes

Many celiacs complain about the proliferation of “may contain” statements, but we have to consider the consequences of them not being there, when we would then risk ingesting gluten that inadvertently finds its way into a product.

Alcoholic beverages and vinegars are not required to provide a list of ingredients, but they do require a “contains” statement to identify any food allergens and gluten sources. The “contains” statement must be used when there are common food allergens, gluten sources or added sulphites above 10 ppm.

Standardized (traditional) beers are exempt from providing a list of ingredients, but by regulation must contain barley or wheat. Non-standardized beers already have to provide a list of ingredients and will continue to do so. If a standardized beer chooses to provide a list of ingredients food allergen and gluten sources must be indicated.

Adapted from a report by Ellen Bayens of www.theceliacscene.com.

in many uses: as an accompaniment for meat dishes or made into purées, dumplings or soups, stews, gravies, etc. It is also used in cholent (traditional Jewish stew), in some households. Deep fried (after boiling or steaming), it can replace fried potatoes, with a distinctive flavor. In Brazil, detoxified manioc is ground and cooked to a dry, often hard or crunchy meal which is used as a condiment, toasted in butter, or eaten alone as a side dish.

I ate cassava frequently when working in Tanzania, East Africa. Usually it was peeled and then boiled to a soft but fibrous consistency, rather like a boiled potato, but we also bought it grilled in its skin at the roadside. Once it is cool enough the skin is split and peeled back so that you can gnaw away at the flesh. This is my preferred way of preparation. If you can find cassava in your local store the recipe on the next page is worth trying

Adapted from an article in the Vancouver February 13 newsletter, and from wikipedia. No scientific reference found.

Mervyn Dean

Cassava Fries Recipe

These Cassava fries are a reminder of the street vendors you find in parts of East Africa, selling favorite snacks to the locals. Served hot with lemon juice or hot sauce, they are bursting with flavor and are a far cry from regular potato fries!

Lower in fat than regular fries they are higher in dietary fiber (twice that of a potato) and are quite filling.

Ingredients

4 large cassava roots
2 tbsp olive oil
salt and pepper to season

Black Bean Brownies

My sister-in-law sent this recipe to my wife. Believe me, these brownies are amazingly good - too good for any of your gluten-tolerant friends and colleagues. This recipe makes 12 large muffins.

Ingredients

1 cup black beans
2 eggs
2 tsp ground flax seed
2 tbsp oil
1/2 cup cocoa (unsweetened)
Dash of salt
1 tsp vanilla extract

Directions

Preheat oven to 400°F.

Peel the cassava root and then divide each cassava root into 4 thick strips (1 cassava root serves four). Lay them in a large pile on baking tray.

Bring a pot of salt water to a boil and then add the cut cassava. Boil for about 30 minutes.

Remove from the stove and drain all the liquid.

Add all other ingredients and mix thoroughly.

Bake for 15-20 minutes or until golden brown.

Serve with lemon juice or a chili sauce

1/2 cup agave nectar
1 tbsp baking powder
2 heaped tbsp instant coffee
1/2 cup dark chocolate chips

Method

Set oven to 350F/180C. Blitz all ingredients except chocolate chips in a food processor, then stir in the chocolate chips. Grease a muffin tin and spoon mixture into it. Bake for about 15 minutes. Allow to cool a few minutes before attempting to remove them from the tin. Once cool store in an airtight tin under lock and key.

Mervyn Dean

Gluten-free barbecue

“Fire Up the Grill: Gluten-Free Grilling”—7 Great Gluten-Free Grilling Recipes

“Unlock summer’s sizzle with gluten-free, dairy-free marinades, rubs and sauces” (From the June/July 2010 issue of the magazine *Living Without*.)

Website: http://www.livingwithout.com/issues/4_8/gluten_free_grilling-2034-1.html

Gluten-Free Grilling Tips for Your Barbecue

An article full of good advice by Suzanne Dixon on the website of a Washington state-based natural food market..

Website: <http://www.pccnaturalmarkets.com/health/feature/gluten-free-grilling-tips-for-your-barbecue/-default>

NL Chapter News

The new executive elected at the AGM in May is:

Lisa Dooley, President (pictured right)

Mona Lee, Secretary

Chris Miller, treasurer

Nancy Dawson, vice president

Krista Gates-Guy, Facebook page Coordinator

Roxanne Kennedy, Events Coordinator

Brian Culleton, Membership/Privacy/Chapter
email Coordinator



Mervyn Dean,
Newsletter editor

Jason Mackay,
Website
Coordinator

Upcoming Events

The new executive is still planning the next year's activities and members will be notified through the usual media

The Last Word

I was diagnosed with celiac disease 7 years ago but it was only this year that I attended a National CCA conference. To my pleasant surprise it was far more interesting than I had expected. I had read the reports from previous conferences, which always referred to the wonderful food provided but I was a little sceptical as to how wonderful the food would be. Now, I can assure you it was not only amazingly good but also plenty of it. It took me a while to accept that all the food was gluten-free and that I didn't have to ask if, e.g. a breakfast sausage was safe for me.

The conference presentations were mostly interesting but some of them, especially on the Sunday morning, were very scientific and I wondered how much would be understood by those without a science background. I have a science (medical) background and found some parts difficult to follow. Do the conference organizers tell the presenters that they are speaking to the general public, not a team of research scientists? There was only one presentation I considered a waste of time (and I wasn't the only one, it seems, from what others said afterwards). My experience of professional conferences is that if 50% of the presentations are useful one is doing well, so a success rate of over 75% is excellent.

The other benefit of a conference like this is meeting other CCA members, from members of the National Board, the Advisory Board and the Chapter Boards to the regular members like me. The GF market was interesting - there are so many products that I don't see in the stores here. Some were only locally available but perhaps others will eventually get here

As my step-daughter lives in Calgary my wife has told me that we are going to next year's conference.

*Mervyn Dean,
Newsletter editor*