

# Celiac NL



## DISCLAIMER AND EXCLUSION OF LIABILITY:

The contents of this publication, provided in good faith for information purposes only and using the most current information available, should not be used as a substitute for the advice of a qualified health professional. The Professional Advisory Board of the Canadian Celiac Association (the "CCA") has not reviewed this publication. Use of the information in this publication is at your own risk. The CCA does not endorse any product referenced in this publication. To the fullest extent permitted by law, the CCA, its local Chapters and all persons involved in compiling this publication disclaim any responsibility for, and make no representations or warranties regarding the information provided in this publication. In no event will the CCA, its Chapters or those persons involved in compiling this publication be liable for any damages of any kind resulting from the use of the information in this publication. Please review the CCA's disclaimer policy on its website at <http://www.celiac.ca>.

## Presidents' Message

Happy New Year! Welcome to another year of healthy, gluten-free eating. We trust you all enjoyed your Christmas celebrations with family and friends.

Prior to Christmas the chapter hosted its Annual Christmas dinner at Bitters Restaurant on the Memorial University campus. A delicious Mexican-themed meal was provided by Chef Julie Purchase for the over 30 people who attended, including family members and friends. Everyone enjoyed renewing acquaintances and meeting recently diagnosed members who joined us.

Your Chapter Executive met in mid-January to plan events for the remainder of the Winter and Spring and you will find them noted in the Newsletter.

We continue to offer peer counselling to the newly diagnosed. It seems that more and more people are being diagnosed earlier

since many physicians seem to be more familiar with the symptoms and are checking for celiac. If you know of anyone who has been recently diagnosed who would like to receive peer counselling or wants information on joining the Association please have them contact us.

In late May Geralyn will attend the national conference of the Canadian Celiac Association in Kelowna, BC, and she'll report back on this event at our Chapter AGM in mid-June.

Please feel free to contact us at any time with your suggestions or questions. We love hearing from our members.

Geralyn Costello  
Carol Negrijn  
Co-Presidents  
[geralyn.costello@gmail.com](mailto:geralyn.costello@gmail.com)  
[cnegrijn@nf.sympatico.ca](mailto:cnegrijn@nf.sympatico.ca)

**President's Choice Gluten Free Cookie:** If you have seen the Food Network's *Recipe to Riches* television show, you may know that Sonya Walos' gluten-free "Smart Cookie" is now available. But will the cookie be produced so that it is safe for people with celiac disease and gluten sensitivity, not just containing gluten-free ingredients? In response to an email the CCA received this response:

*"Thank you for the inquiry on our new "Recipes to Riches" cookie product. The product labelling does indicate the product is gluten-free. To assure this claim, the product has been made under strict processing conditions. Every precaution has been taken to ensure no gluten containing ingredients are included and all possible cross contamination is eliminated and to meet Canadian regulations. Our supplier must meet a strict standard of operation including meeting general manufacturing practices for ingredient control, product handling practices, sanitation and training."*

Source: Sue Newell, Kitchener-Waterloo Chapter

## Gene Testing for Celiac – When to do it

It was interesting to hear the US-based speakers at last year's Canadian Celiac Association national conference in Ottawa speak about celiac gene testing as if it was routine. If you have inquired about it in Canada you will have found out that in most provinces it is not routine or even available. There are ways to get the test\*, but you need money, anything from US\$130 to US\$350, the price differences reflecting the type of testing (e.g. blood or saliva), and the number of markers assayed. Is it ever worth paying for the gene test? The test is *not* diagnostic of celiac disease, only of the potential to develop it. In other words, a negative test means that the person does not have and will not develop celiac disease but a positive test is more difficult to interpret as the person may already have celiac disease, or may just have the potential to develop it but be disease-free at the time of testing. Having said that, there are two particular situations where one might want to consider gene testing for celiac.

The first is when you have a new baby or young child at risk for developing celiac disease e.g. at least one sibling or parent with celiac. If the test is negative there is no need to worry that the child will develop celiac disease but if the test is positive it doesn't mean this child has celiac disease, only that, as mentioned above, he or she has the potential to develop celiac disease, in which

case the approach is “watchful waiting”, screening for celiac disease (blood screening tests) starting between ages 3 and 5 and then periodically as the child grows, or whenever symptoms appear.

The second situation when gene testing may be useful is when someone who has already adopted a gluten free diet now wants to know if they might have celiac disease but is reluctant to do a gluten challenge. As before, a negative gene test means that the person doesn't have celiac disease but a positive test only means that they have the potential to develop celiac disease, not that they have it. A gluten challenge, further screening and possibly a small bowel biopsy may then be needed to clarify the situation.

One more thing to keep in mind – the gene test for celiac disease is not related to gluten sensitivity. We don't know enough about gluten sensitivity yet to know if genetic testing is possible.

Adapted from an article by Sue Newell in “Quebec Celiac News”

\**Prometheus Labs (myceliacid.com)*  
*Kimball Genetics (kimballgenetics.com)*  
*Enterolab (enterolab.com)*

## Articles wanted!

In publishing, a new volume, as well as a New Year, is a time for changes. Not that we plan to make changes every year but we are welcoming this New Year with a new newsletter name (*Celiac NL*) and have expanded it to six pages. Most of the articles are adapted from other chapter newsletters but it would be wonderful if we could have locally-grown, as it were, articles that other chapters may in turn want to feature in their newsletters. If you'd like to write something for *Celiac NL* we'd love to hear from you.

Want to write but not sure what to write about? Obviously the article should be relevant to the celiac/gluten intolerant readership, so have a look at the articles in this and previous newsletters to see what sort of topics have been covered. Don't rewrite an article but another perspective on the same topic would be considered. Suggestions include a restaurant review, personal experiences of living with celiac/gluten intolerance and, although recipes are always popular you can give them that little twist by adding a paragraph about how you came by the recipe, or why it is a favourite, etc. Photographs are always welcome, but have to be of good quality. If you aren't sure, email me, (the editor, Mervyn Dean, [merv.d@nf.sympatico.ca](mailto:merv.d@nf.sympatico.ca)) to ask or just send me the article and ask if I can use it. I'm waiting to hear from you.

## 2012 National Canadian Celiac Association Conference

May 25 – 27, 2012 at the Delta Grand Okanagan Resort, Kelowna, BC.

### Speakers

**“Celiac disease: You’ve come a long way baby!”**. **Dr. Sheila Crowe**, Professor of Medicine and Director of Research, Division of Gastroenterology at the Department of Medicine, University of California, San Diego, co-author of *Celiac Disease for Dummies*.

**“Celiac disease and its relationship to other autoimmune diseases”**. **Dr. Ian Blumer**, internal medicine specialist in Toronto and author or co-author of 8 books including *Celiac Disease for Dummies*.

**“Dentistry and celiac disease”**. **Dr. Hardy Limeback**, associate professor and head of preventative dentistry at the University of Toronto.

**“Naturopathy and celiac disease”**. **Dr. Brent Barlow**, Naturopathic Physician, Kelowna.

**“Celiac disease as a truly global disorder”**. **Dr. Mohsin Rashid**, Associate Professor of Paediatrics & Medical Education at Dalhousie University, Halifax, Nova Scotia, member of the national Professional Advisory Board, Canadian Celiac Association and Medical Advisor to the Canadian Celiac Association Nova Scotia Chapter.

### Other Events

In addition to the speaker line-up there will be 40 gluten-free food and beverage providers on hand in our exhibition hall to inform and let you try their tasty wares!

#### **Optional Friday Event – Cooking with Antonio.**

Antonio Cerullo is Executive Chef of “Choices Markets,” one of Kelowna’s largest health food stores. This 10 am – 2 pm session includes transportation to and from Choices, the cooking class, goodie bags, a store tour, and samples of Antonio’s creations. Registration is \$50. Limit 40.

#### **Optional Friday Event – The Art of Gluten-Free.**

Seminar 8:30 am – 1 pm. for people who have recently adopted a gluten-free diet or for those who need a refresher on the latest diet information and label reading. Registration is \$75. Limit 50.

***For more information, including registration rates, online registration, and hotel bookings, visit the website at <http://kelownaceliac.org/kelowna-2012/>***

## Testing confirms safety of tef, millet, amaranth and quinoa

Research investigating the immune reactivity of tef, millet, amaranth, and quinoa has confirmed their safety in the diet of celiac disease patients. Researchers in Italy noted that several cereals and pseudocereals (such as tef, millet, amaranth and quinoa), have long been assumed to be safe for celiacs simply because they are not classified botanically in the same family as wheat, barley or rye, not because they had actually been tested to ensure that they were safe.

These researchers found no immuno-activity with respect to celiac responses to the protein fractions from tef, millet, maranth, and quinoa, which means that we

now know for certain that they are safe. Evaluating the immuno-activity of proteins is obviously much more reliable than either the “it doesn’t belong in the wheat family, so it has to be safe”, or the “we’ve tried it, and no one got sick” methods. Let us hope that more such research will follow.

*Adapted from* Willow Wight, Research & Education, Ottawa Chapter Newsletter, November 11

Reference: Bergamo P, Maurano F, Mazzarella G et al “Immunological evaluation of the alcohol-soluble protein fraction from gluten-free grains in relation to celiac disease” *Nutrition & Food Research* 2011; 55(8): 1266-1270

## What is Quinoa?

Most of you reading this are probably already familiar with this grain but in case someone is not familiar with it here is a quick summary, and a recipe or two. Quinoa, (pronounced *keen-wah*) is a gluten-free grain that has a mild, delicate nutty flavour. The most nutritious of all grains, it is high in fibre, a good source of iron and contains the eight “essential” amino-acids. Very versatile, it is good by itself or can be used in any recipe calling for whole grains. Preparing it is easy - one cup of quinoa to two cups of water yields four cups of cooked quinoa. The grain when cooked produces a small curly “tail”, which is normal. As ever, when purchasing quinoa it is preferable to buy packets that are labelled “gluten-free”.



**The Quinoa plant (above) and grains (below)**



# Recipe Page

## Quinoa Pizza

2-3 cups quinoa  
4-6 cups water  
2 eggs, beaten  
1/4 cup cheddar cheese  
Dried basil, oregano, thyme, etc. to taste (optional)  
Salt and pepper  
Pizza toppings (your choice)

Heat oven to 350°F/180°C. Add the quinoa to the water, bring to the boil and cook for about 20 minutes. Drain, allow to cool and then stir in the eggs, cheese and dried herbs if using them, season with salt and pepper. Press the mixture into either a large baking tray or individual pie dishes and bake in the oven for 20 minutes. Remove from the oven and allow to cool slightly.

Add toppings as desired and return to the oven for another 20 minutes or so, long enough for the toppings to heat up.

## Quinoa Salad

### Ingredients

2 cups raw carrots, sliced  
2 cups frozen peas, cooked & cooled  
2 cups quinoa, cooked and cooled  
28 (approx) Kalamata olives, halved and pitted  
3/4 cup hulled and roasted pumpkin seeds  
1/2 cup hulled and roasted sunflower seeds  
3/4 cup raisins, washed, soaked in water for at least 2 hours  
2 tbsp olive oil  
Squeeze of lemon juice (optional)

*(The vegetables can be varied e.g. cucumber and red and/or green pepper instead of the carrots and peas)*

### Method

Combine all ingredients in a large bowl. They can then be left in the refrigerator for several hours, if need be. Prior to serving allow to come to room temperature, toss with the olive oil and lemon juice (if used).

*From the Regina, SK newsletter*

## Recipes wanted!

Do you have a gluten-free recipe that you'd like to share?. We'd like to have a "Recipe" page in each newsletter but to do so we need *your* recipes. Send them to our co-presidents (see the "Presidents' Message" on the front page for their email addresses) or to the newsletter editor, Mervyn Dean ([merv.d@nf.sympatico.ca](mailto:merv.d@nf.sympatico.ca))

Try the recipes we present in each newsletter and let us know if they are successes or failures, or how you adapted them.

## Candies, bars and gluten

Call **Nestlé** at 1-800-387-4636 with any questions about their products.

**Hershey** is available at 1-800-468-1714 but they said that the label would indicate if gluten was present.

**Mars Canada** warned that although wheat is always labelled, gluten may not be, so always call, 905-857-5780.

# NL Chapter News

Post Espresso Bar, 168 Water Street (next to Johnny Ruth), serves Nourish Bakery products, Open Mon-Sun, 8 am - 10 p.m.

The Sheraton Hotel Newfoundland now has Nourish Bakery products on site.

## Upcoming Events

*16 February 7:30 p.m. Next Chapter Meeting (note later starting time)* Community Room at Sobey's, Kelsey Drive. Along with our regular business our Vice-President Nancy Dawson will give a presentation on her recent trip to China as part of a gluten-free tour group.

*21 April:* an event to celebrate the upcoming **Celiac Awareness Month** in May -- details to be announced.

**Chapter AGM** in mid-June -- details to be announced.

## The Last Word

Once diagnosed with celiac or gluten intolerance we quickly learn, alert for those forbidden ingredients, to read labels on everything. Later, in my case, I have learnt that even the labels aren't entirely reliable. My partner is very keen, as am I, on eating healthily, but she is also keen on dietary supplements such as vitamins and a (expensive) product usually referred to as "Barley Green". The celiac/gluten-free diet tends to be low in fibre and vitamins, amongst other things, so fibre and vitamin supplements are recommended, but I wasn't sure about taking something with the name "Barley" in it, even if it was claimed to be made from the leaves, not the grain. However, to keep the peace I agreed to check it out and the result was interesting. The label does not list gluten or any gluten containing product and an Australian website for a similar product manufactured there proudly proclaimed it to be gluten-free. Next I asked my partner to check with her supplier (it can't be bought locally at a health-food store), who checked with the local distributor, who apparently said, "if you can eat lettuce and spinach you can eat Barley Green", but didn't say how she knew this. I was still skeptical so my next step was to visit the company website listed on the container. Their website, different from the Australian one, did not mention gluten, but did give an email contact address, so I wrote and asked about gluten in their product.

To my very pleasant surprise I received next day (and that was a surprise in itself) a very informative email (which I shared with the CCA head-office and the NL Chapter office) stating that in eight out of ten samples tested the gluten level was below 20 ppm (accepted as effectively gluten-free) but two others contained gluten up to 80 ppm so the product cannot be claimed to be gluten-free. So much for "If you can lettuce and spinach...." I've sent a message via my partner and her supplier to the distributor who misinformed me but I doubt that it will reach her with the vehemence that I gave it.

I'm not sure but I hope that the new labelling regulations that come into force in August of this year will help prevent these sort of situations, but I'm not yet convinced. The CAA pocket dictionary of acceptable foods states for several products, "Check with manufacturer". I'm glad I did.

*Mervyn Dean,  
Newsletter Editor*