



Newsletter of the NL Chapter of the CCA

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The CCA website has a "Members Log In" feature where members can update their contact information, renew their membership, purchase items through the online store, and much more. Visit this section through the national website at www.celiac.ca. If it's your first time, 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 information up to date to ensure they get newsletters, food alerts and other important information.

President's Message

Happy New Year to everyone. I hope that you all enjoyed a relaxing and joyful time with your families over the holiday season. As the year begins I like to reflect on the previous year. One of the highlights for me was taking part in a radio talk show (CBC Radio noon, 10 October 2013) about the gluten-free trend. Many people called to provide comments or express concerns, such as:

1. The seriousness of gluten ingestion if you must go gluten-free (GF) is misunderstood by the general public.
2. Why would anyone go GF if they didn't have to?
3. The GF "fad" is a mixed bag – new products are available and since many people will still eat some gluten products, restaurant servers may be confused about the seriousness of the problem, or what is meant by "gluten-free".
4. Eating out requires vigilance to ensure that foods eaten are GF.
5. Whether people choose to go gluten free for medical reasons or other reasons, it is important that they seek professional guidance and support to ensure that all nutritional requirements are met – in other words, that their eating is balanced.

Dining out was a major concern. Many commented that restaurants and servers are now more aware of what GF means and many restaurants have GF options due, no doubt, to the increased popularity of eating GF. As a result the GF options have increased dramatically in restaurants and supermarkets, but many people choose to order GF foods and then tell the server that it's okay if some gluten or bread is on the plate. No wonder servers are confused. When eating out it is the responsibility of the customer to know what to ask for. (See article "What does "Gluten-Free" mean in a Restaurant" page 2 - Ed). If necessary, call ahead and speak to the chef and be aware of how your food is prepared.

With continued advocacy and increased awareness from the celiac association, nationally and at Chapter level, eating out GF can become easier and safer. To this end we have contacted the Restaurant Association of Newfoundland and Labrador and will be meeting with them throughout 2014. (See Chapter news p6, #3 - Ed)

Have a wonderful gluten-free 2014.

Lisa Dooley, President
glutenfreenuggets@outlook.com

What does “Gluten-Free” mean in a restaurant?

Ellen Bayens at “The Celiac Scene” recently tweeted some information from Boston Pizza about their new “Gluten-Wise” menu. A re-tweet by the CCA at @CCAceliac initiated an online debate

I've heard from many members who have eaten at Boston Pizza without a problem. However, many others prefer not to visit because of the clear disclaimer on their menu that cross-contamination may occur. To be brutally honest, dining in a restaurant almost always entails some degree of risk. Even in "gluten-free restaurants" supplier chains could still be a concern, and in restaurants that serve gluten-containing foods alongside gluten-free ones, there is certainly the chance for cross-contamination. Some have scolded Boston Pizza for inviting those on a gluten-free diet to try their products while having a disclaimer that gluten may be present due to cross-contamination but wouldn't we rather a restaurant openly disclose such information on its menu rather than pretend that there's no cross-contamination risk? Restaurants offering a gluten-free menu with a disclaimer at the bottom are only doing what makes sense.

The CCA would certainly not want Canadians with celiac disease or gluten sensitivity to barricade themselves in their home and never dine out. What we recommend is dining out sensibly, and arriving informed. Be ready to ask questions. If the server indicates that some items on the menu are safer than others, stick to them. Let them know that it is not a dietary choice, but a necessity. Education is the key. Instead of fretting about uneducated servers and taking potshots at restaurants on social media, why not take a positive approach and work to educate? Servers in restaurants have a darn good reason to make us happy – happy customers tip better, and they come back. Back in 2005

when I was diagnosed it was rare to find a server who had even heard of gluten; today, it's rare to find one who hasn't.

This overall situation demonstrates the vital education and awareness work of the CCA, which includes reaching out to restaurants to promote, under the auspices of the Right to Safe Food Campaign, the training module for food service workers on how to serve gluten-free foods safely, free of cross-contamination. We are pleased that major restaurants are offering gluten-free items, but education and the continued strength of the CCA are what is required to make certain that these foods are as safe as possible for someone medically required to follow the gluten-free diet.

*Mark Johnson, Chair,
CCA Awareness Committee*

Postscript I was speaking to a group that included representatives from chains that have gluten-free menus, or are considering adding one. They agonize about how to present options to you because they understand that there is a risk in serving these meals. We discussed disclaimers, but they also wanted to know if people with celiac disease are willing to accept some personal responsibility for their choices. My response was "We must. We want to know all that you are doing to minimize the risk of problems, but if we eat here, we accept the risk."

Sue Newall

Adapted from articles in the Peterborough and the Kitchener-Waterloo December newsletters

Facebook Discussions

The CCA's Facebook group is growing by more than 25 people each week, and the discussions cover a wide variety of topics. The most popular subjects this month were

1. Where to buy Breton GF Crackers (Costco in Eastern Canada).
2. The joy of Sabatasso's Four Cheese Thin Crust Pizza (GFPC certified and also sold in Costco).
3. How to deal with small bakeries who believe they can bake both gluten-free and gluten-containing products in the same facility.
4. Great baking successes (with both pictures and recipes).

Follow this link to check out the group: <https://www.facebook.com/groups/KWCeliacandGF/>

Magazines going gluten-free

Have you looked at your magazine stand lately? Take a peek next time and you may be surprised to see some gluten-free (GF) magazines. Not too long ago they were hard to find. Now there are five on newsstands: *Delight Gluten Free*, *Living Without*, *Gluten-Free Living*, *Simply Gluten Free Magazine*, and *Allergic Living*. (*Living Without* & *Allergic Living* also look at other food allergies/sensitivities). Other health magazines may also discuss specialized eating.



There are similarities: recipes, product info, Ask the Experts, and of course articles. It's the articles that create the difference between each magazine, but they all have food issues and lifestyle in mind. Some recent articles have been about: helping your child cope with celiac disease (CD); young adults living with CD;

eating a balanced diet; colleges and university becoming GF friendly; and a soldier navigating a GF diet while on tour in Afghanistan. Every issue also includes an article on travelling, detailing the writer's positive travelling experience.



The recipes are drool-worthy and there is something for everyone no matter your cooking skill level. Most recipes are also easily adaptable if they happen to contain some other allergen ingredients, like dairy or corn. Some magazines contain a cooking/baking substitution page with suggestions for replacing certain foods. One had a 'Quick-Start Guide' for GF and casein-free diets, while another had an easy to read measurement conversion chart at the back.

The GF magazines on newsstands are not just food magazines - they are about lifestyle. Just because one has gluten issues doesn't mean one should stop living. *Allergic Living* is a Canadian publication so the majority of products listed are obtainable, while the others are American and so products may be harder to find.



Samantha Maloney

Adapted from the Ottawa Chapter November newsletter

Editor's comment: I checked the websites for these magazines and they are all worth checking out for their sampler articles and recipes. Just Google the magazine name.

Art of Gluten-Free Baking

Formerly "Four Chickens". A gluten-free baking blog by Jeanne Sauvage. Based in Seattle, WA.

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

The Frilly Apron: Cook. Serve. Eat. Faint.

A New Brunswick-based recipe blog with many recipes that are either gluten-free or easily adaptable. "The Frilly Apron is a collection of food creations, advice, instruction, experiments, and occasional mishaps. Here you'll find lots of delicious recipes, how-to's, how-not-to's, and kitchen gadget trials, along with the occasional dry meatloaf, and lots of dry humour. You'll also find cookbook reviews and links to food articles and other food blogs."

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

Source: Peterborough Chapter Newsletter October 2013

Celiac Cross Border Shoppers Rejoice! FDA Announces Regulation of Gluten Free Labeling

By 05 August 2014 manufacturers must be in compliance with a new rule from the U.S. Food and Drug Administration regulating the use of gluten-free labeling in the United States. This rule will affect all foods regulated by the FDA, but not those of the USDA (meats and poultry, certain egg products) or TTB (most alcoholic beverages, including all distilled spirits, wines that contain 7 percent or more alcohol by volume, and malted beverages that are made with both malted barley and hops).

The rule regulates the use of any claims such as 'gluten-free', 'free of gluten' or 'without gluten'. The new labeling does not require gluten-free foods to be labeled as such, but does require those foods with the label to meet certain minimum requirements.

The FDA definition of 'Gluten-Free' from their Consumer Updates page is as follows:

In addition to limiting the unavoidable presence of gluten to less than 20 ppm, FDA will allow manufacturers to label a food "gluten-free" if the food does not contain any of the following:

1. an ingredient that is any type of wheat, rye, barley, or crossbreeds of these grains

2. an ingredient derived from these grains and that has not been processed to remove gluten

3. an ingredient derived from these grains and that has been processed to remove gluten, if it results in the food containing 20 or more parts per million (ppm) gluten

There are a few key differences that may mean that you will see more products labelled as GF in the United States than are permitted in Canada. First, pure uncontaminated oats are permitted to be labelled as gluten-free, as long as they contain less than 20 ppm gluten. Second, any product may carry a gluten free label, even a bottle of water. In Canada, only a "food for special dietary use" that has been specially processed or formulated to meet the particular requirements of a person with celiac disease is permitted to carry a gluten-free claim.

The differences between the regulations defining gluten-free products in Canada and the United States are of concern to both Health Canada and the CCA, and discussions about the key issues are already underway to determine the best way to approach the issues.

FDA Consumer Updates Website:

www.fda.gov/ForConsumers/ConsumerUpdates

NFCA Website:

www.celiaccentral.org

Adapted from articles in the Kitchenber-Waterloo Decemeber and Peterborough October Chapter newsletters

Gluten in Drywall and Building Supplies

"If you're renovating your home or even just doing some minor repairs, you should know that some of the products you may use contain gluten ingredients. For example, some brands of drywall and almost all of the compounds used to conceal drywall seams ("mudding" compounds) contain wheat as an ingredient, as do the spackle repair compounds used to fix small holes in walls. Gluten also can be found as part of the glue in some plywood, especially interior-grade plywood and pressed particleboard, and makes up the bulk of most wallpaper glues. When you cut, sand or even just work with these products, you'll be breathing (and swallowing) gluten dust, and that can lead to a horrible glutening. Wearing a full HEPA respirator (not just a dust mask) can help, but you'd be better off leaving very dusty home repairs to someone else."

celiacdisease.about.com/od/Coping_with_Celiac_Disease/tp/Make-The-Rest-Of-Your-Home-Gluten-Free.htm

Adapted from an article by Jane Anderson in the Victoria Chapter December newsletter



ICDS-13, or Ellen's Big Adventure

The opportunity to attend the International Celiac Disease Symposium 2013 while it was staged in North America was a once in my lifetime event. I am grateful to the [Victoria] Chapter and all of its members for underwriting the cost for me to do so.

The International Celiac Disease Symposium was held in Chicago from Sunday, September 22nd to Wednesday, September 25th. The purpose of these symposia is to bring together scientists, practitioners, students and patients to better understand the facts and research behind celiac disease and gluten-related disorder. We were there to exchange ideas and knowledge and facilitate new research on celiac disease and gluten-related disorders.

The first symposium took place in 1979 in Interlaken Switzerland, when the European Society for Paediatric Gastroenterology Hepatology and Nutrition (ESPGHAN) convened to set the criteria for the diagnosis of Celiac Disease in Children and Adolescents. Since then, symposia have been staged every few years, mostly in Europe, until the increased interest in gluten sensitivity and progress in research has prompted an every-other-year meeting of the minds. The 2011 ICDS was held in

Oslo, Norway; in 2015 it will take place in Prague.

The ICDS 2013 was divided into two distinct yet overlapping forums. The Scientific Forum was geared to scientists, physicians, researchers, fellows and other investigators engaged in active research roles in the area of celiac disease and gluten-related disorders. It provided an opportunity for investigators from around the world to debate and discuss new theories and data and plot the trajectory for further research.

The Clinical Forum was designed for medical personnel and those living with celiac disease or non-celiac gluten sensitivity. Here, we learned about the latest research and scientific advances from the very experts attending and presenting at the Scientific Forum. And when they were not presenting, they joined us in the Clinical auditorium to learn from other presenters and, most often, witness how their research informed celiac care in clinical settings and in everyday living.

Parallel to the forums ran a truly Global Marketplace. 16 booths featured diagnostic, immunological and genetic testing, as well as support organizations, greeting-card fundraising companies, research patient recruiters and magazines. There were 23 gluten-free food vendors: international brands from Sweden (Fria) and Italy (Farmo Spa, Barella, Farabella and Dr. Schär) proved to be experts in creating delicious gluten-free bread, baking and pasta, both at the Marketplace

and for most of our nutrition breaks and meals. Local restaurants and bakeries plied us with cupcakes and pizza. The general public toured through the Marketplace on the first afternoon but we had the place all to ourselves for the rest of the symposium.

In future [Victoria] newsletters as space allows, I plan to provide summaries of every session. [*Similarly, as space allows I will publish some or all of Ellen's articles in the NL newsletter - Ed.*] Should you like to possess all 30 pages of my notes, I would be happy to email them to you.

ellen@theceliacscene.com



Adapted from an article by Ellen Bayens (above, at the ICDS Orientation Session) in the Victoria Chapter December 13 Newsletter



Canadian Celiac Association 2014 National Conference May 30 – June 1, 2014 Calgary, Alberta The Calgary Chapter of the Canadian Celiac Association invites you to join them for an informative weekend filled with fun, entertainment, great gluten free food and camaraderie at the 2014 National Conference in Calgary, Alberta. For further program information, conference rates and registration, visit: <http://www.calgaryceliac.ca>, Email: info@calgaryceliac.ca or call 403-237-0304.

NL Chapter News

1) Approximately 25 members attended our Christmas dinner at East Side Mario's on 05 December. The gluten-free pizza and meals were prepared and served with care by the chefs and staff. Our thanks to Chris Miller of "Nourish" bakery who donated some delicious gluten-free bread and a gluten-free carrot cake for dessert.

2) A children's Christmas party, complete with face-painting and a visit from Santa, took place at Sobey's Howley Estates. A gluten-free gingerbread house was assembled by the children. When winds blew the house

down everyone got to eat a piece of the collapsed building. Thanks to Barb Dooley and Edi Bosak for providing loot bags, and of course to the rest of the party crew - Kierra Dooley, Emily Hong, Emma Wells, Delaney Drover and Paige Brennan.

3) The executive have had a very productive meeting with Nancy Brace of the restaurant association of NL. This project will continue so stay tuned for details.

4) A schedule of meetings and new members' sessions will be emailed to the membership once they are confirmed.

Upcoming Events

04 March, 2014 the Celiac Association will be participating in the "Pancakes for Breakfast" project

with NL Houses and Homelessness Network. Gluten-free pancakes will be available at the City Hall location in the Foran Room.

The Last Word

Happy New Year. To my surprise, I am into my fourth year of editing this newsletter. As they say, time flies when you are enjoying yourself.

Over those years I've noticed one recurring area of concern - eating out. Whether one is eating at a friend's house or at a restaurant there is always the concern that the person cooking really understands what gluten-free means. An item in the Fall 2012 newsletter highlighted the fact that in the US and the UK many chefs, although aware of gluten sensitivity, were not fully knowledgeable e.g. could not name the three culprit grains. Several years ago in Toronto I saw an advertisement for a gluten-free restaurant that proudly boasted that they only used "pure" spelt flour! As Lisa highlights in her president's message, the situation is complicated by the "pretend" gluten-free diners who profess to avoid gluten but tell the server they can eat bread.

Even when the staff are more aware there is always, in a restaurant that is not totally gluten-free, the risk of cross contamination, as discussed in the article on page 2 of this newsletter. But, as Mark Johnson says, we should not be expected to barricade ourselves in our house and never venture out to eat. Instead, we take responsibility to ensure that wherever we are eating, be it at a friend's house or a restaurant, the cook (and staff if in a restaurant) really understand what gluten-free means. My experience is that restaurant staff are keen to learn and appreciate being made aware. As Mark says, if we have a bad experience we won't tip (so well) and we are most unlikely to come back to that establishment.

Happy gluten-free dining, out or in, for 2014.

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