

Celiac NL



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President's Message

2016 is the Year of the Monkey according to the Chinese zodiac. The Monkey is known as an intelligent, witty, and inventive animal that is playful, youthful, and is a joy to watch.

Just like the monkey, this year promises to be full of activity for the local chapter and the national association. The big event is the National Conference that is being held in St. John's from June 24-26, 2016 – "Waves of Change, Oceans of Possibilities". The local conference planning committee along with National representative Mark Johnson has been busy organizing the venue, entertainment, marketing, food, sponsors, registration and so much more.

Registration is open and can be accessed at <http://ccaconference.ca>

The keynote speaker at the conference will be Dr. Daniel Leffler, an associate professor of medicine at Harvard and a leading world researcher on celiac disease. We have GF travelling tips from Erin Smith, and a talk on celiac disease in children by Dr. Jeff Critch. There will also be talks on celiac disease and osteoporosis, GF cooking and, for light relief, Patrick Ledwell, a stand-up comedian who has celiac disease, will be giving a presentation.

Please get involved by attending local activities and the conference in June. We welcome any and all volunteers.

Wishing you a prosperous 2016!

Lisa Dooley, President
glutenfreenuggets@outlook.com

Celiac Pill Hype: Is there a pill that can break down gluten so celiacs can eat pizza and drink beer? Not yet, although there are a number of potential drugs in the formal drug testing pipeline. One type of product is on the market right now, variously marketed as *Gluten Ease*, *Gluten Cutter*, *Gluten Aid*, or *Gluten Relief*, but none make gluten safe for someone with celiac disease or gluten sensitivity. They have not been evaluated by the Food and Drug Administration which means the companies have not had to prove that the pills do what they claim they do. When there are treatments to augment the gluten-free diet, you will hear about it from the CCA, not from the popular press.

Adapted from an article in the CCA online newsletter by Sue Newell, National Office Manager

The scoop on added sugar



Too much added sugar can increase your risk of obesity, heart disease and other chronic diseases. Sugar gives you calories (from carbohydrate) but no other nutrients. Current guidelines recommend limiting added sugar to 25-50 grams, or 6-12 teaspoons, a day.

Some examples of added sugar you may be using are:

- White, brown or icing sugar
- Honey, molasses, maple syrup, corn syrup, agave, jam, jelly

All of these choices give you about the same number of calories and one type is not better than another. Sugar is added to many packaged foods, so it is important to read the ingredient list. Some gluten-free (GF) products may have more added sugar than the non-GF alternative as a way to improve texture or flavour. Look for words that indicate sugar, such as:

- Glucose, fructose, sucrose, dextrose, dextrin, maltodextrin, glucosefructose, invert sugar, barley malt extract
- Fruit juice concentrate, fruit purée

Also check the Nutrition Facts Table for the total amount of sugar in a product (4 grams of sugar = 1 teaspoon). If the product does not contain fruit

or milk then most of this sugar is added sugar. You do not need to count the natural sugar in whole, unprocessed foods like fruit, vegetables, milk and grains.

Cut back gradually on added sugar. You will soon get used to it. To reduce added sugar:

- Limit candy, chocolate, desserts and other sweets. Save these for special occasions.
- Reduce the amount of sugar you add to coffee, tea, and cereal.
- Use fresh or frozen fruit to add sweetness to plain yogourt, cereal, waffles, or pancakes.
- Choose unsweetened dried fruit.
- Choose plain yogourt rather than flavoured yogourt.
- Drink white milk or unsweetened milk alternatives.
- Love chocolate milk? Try mixing it half and half with white milk.
- Use smaller amounts of condiments like ketchup and barbecue sauce.
- Compare labels when choosing products

The largest contributor of added sugar to our diets is sugary drinks. Regular pop, iced tea, fruit punch, energy drinks, sports drinks, hot chocolate and specialty coffees can contain a lot of added sugar and few nutrients. If you choose to drink juice limit yourself to no more than 6 cups per day, even if it's 100% fruit.

Alternative drinks include:

- Unsweetened coffee or flavoured coffee, plain latte or espresso
- Unsweetened tea or herbal tea
- Homemade unsweetened iced tea flavoured with lemon or mint
- Water or sparkling water flavoured with lemon, lime, berries, cucumber or fresh herbs.

*Adapted from an article by Sarah Campbell Bligh, RD,
Sobeys Registered Dietitian,
Nova Scotia Chapter Newsletter December 2015*

10 Healthy Gluten- Free Foods

The following foods are gluten-free and a good dietary choice. Many can make quick and easy meals and the more colours you can get on your plate, the healthier it is.

1. Salmon and tuna are rich in protein, omega-3 fatty acids, and vitamin D, but not high in total fats or calories.
2. Spinach, Swiss chard and kale are excellent sources of vitamin A, iron, calcium and vitamin C. Use in a salad with strawberries and goat cheese, or sautéed.
3. Almonds, pecans and walnuts are rich in plant proteins, biotin, minerals and vitamin E. Sprinkle them over salads or vegetables.
4. Sweet potatoes and yams contain vitamins A & C, iron and calcium. Roast, bake or mash them.

5. Eggs are an excellent source of protein and biotin, and they contain vitamins A and E, iron and calcium.

6. Dry beans, lentils and soy are rich in protein, zinc, iron and biotin. As a salad a variety of cooked beans with red onion is quick to prepare.

7. Oysters are high in zinc and are great in soups or as an appetizer.

8. Dairy products are high in protein, vitamin D and calcium. Use low or non-fat milk and cheese to cut back on some of the calories.

9. Red bell peppers are high in vitamins A and C, low in calories. Use in salads, soups, stir-fries, etc.

10. Beef is an excellent source of protein and zinc. Choose lean cuts, preferably grass fed.

Modified from <http://nutrition.about.com/od/nutritionaging/>, and adapted from Vancouver Chapter October 2015 Newsletter

Recipe: Rolled Oats Pancakes



My wife was sent this recipe by her sister. Neither of them follow a gluten-free (GF) diet, but they love these pancakes. They are denser than the conventional pancake, and certainly than the ones made from commercial GF mixes, but we all like them.

Ingredients

- 1 cup GF rolled oats
- 1 cup cottage cheese

2 teaspoons agave nectar

1 tsp cinnamon

1 tsp vanilla

Pinch of salt

1 tsp baking powder

3 eggs

Your choice of berries, chocolate chips, etc.

Method

Blend the first eight items i.e. everything but the berries, etc., in a food processor. Stir in berries, chocolate chips or whatever you fancy. Then cook in the usual way.

Mervyn Dean

WHAT CAUSES CELIAC DISEASE?

Professor Ludvig M. Sollid and his colleagues at the University of Oslo have announced that they have discovered what causes celiac disease. We already knew that the immune system of celiac patients attacks their own body, flattening the small intestine villi and resulting in a multitude of symptoms.

Professor Sollid explained: "Human leucocyte antigens (HLAs) are found as genetically determined variants in all humans. Their task is to bind to fragments of proteins that are broken down in the cells, transport the fragments to the cell surface and present them to the T-lymphocytes (T-cells)."

The T-cells are a particular type of white blood cell that monitors cells for viral or bacterial infections, detecting them by finding remnants of viruses or bacteria as surface fragments bound to HLAs. When any are detected, the immune system kills the infected cell.

"The T-cells of people with celiac disease respond to gluten as a virus or bacterium, and therefore cause an immune reaction." said Sollid.

In the 1980's two types of HLA genes were identified that predispose a person to CD; HLA-

DQ2 and HLA-DQ8. The HLA types present gluten remnants to the T-cells and they initiate immune reactions that cause inflammation in the small intestine.

"We found that the bits of gluten that were presented to the T-cells have some changes caused by an enzyme in the body -- transglutaminase 2," says Sollid. Just before his group made this discovery, some German scientists had found that celiac patients have antibodies for this enzyme.

"The disease develops because the immune system reacts to gluten, which is an alien substance. At the same time, the immune system launches a reaction against the body itself by creating antibodies to transglutaminase," said Sollid. "It is possible that this type of reaction to alien substances may also be involved in other autoimmune diseases. We still do not know the exact cause of autoimmune diseases like [some arthritides] and multiple sclerosis."

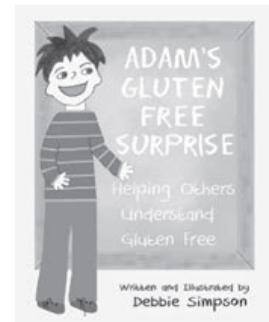
"Our research has also given us the opportunity to design diagnostic tests that look very promising. The tests will be far more precise, because we will be using antibodies created from the patient's cells as part of the tests," explained Sollid.

*Adapted from an article by Val Vaartnou
October 2015 Vancouver newsletter*

*Source: Celiac Disease & Gluten Intolerance Research,
19 Aug 2015*

Adam's Gluten Free Surprise: Helping Others Understand Gluten Free

(Also the identical girls' version, "Hailey's Gluten Free Surprise). These books by Debbie Simpson aren't just for kids; they help teachers, grandparents, and others understand gluten-free and how strict this diet is. The books share the child's experiences through the first six months of a new school year just after being diagnosed with celiac. They are about the acceptance that is required by the child with a special diet and the understanding required by those who are important in his or her life. For more information go to <http://www.dsimpsonbooks.com>





Waves of change ... oceans of possibility!

www.ccaconference.ca

The CCA National Conference is being held this year in St. John's, from 24-26 June. Speakers include:

- **Dr. Daniel Leffler**, Associate Professor of Medicine, Harvard University
- **Patrick Ledwell**, hilarious standup comic from PEI and himself a celiac
- **Erin Smith**, the "Gluten-Free Globetrotter", full of tales of gluten-free travels

For more information, check the conference website, or email: CCA2016Conference@gmail.com

Wheat Intolerance Syndrome

In a recent newsletter from the University of Chicago Celiac Disease Center, Stefano Guandalini MD, reported on the current work on non-celiac gluten sensitivity (NCGS). Currently NCGS applies to patients who do not meet the criteria for celiac disease (CD) or wheat allergy, but who do report a number of intestinal and/or extra-intestinal symptoms after consuming gluten-containing foods. These patients by definition have neither the autoantibodies nor the enteropathy characteristic of CD.

But there is no evidence from challenges that it is gluten that is responsible for symptoms. Such challenges commonly use wheat, not chemically purified gluten. Thus, these patients thought to have NCGS may be reacting to components of wheat that have nothing to do with gluten.

Adapted from University of Chicago Celiac Disease Centre Newsletter

Developing Childhood Celiac Disease

Wouldn't it be nice if Celiac Disease (CD) could be prevented by modifying early childhood feeding practices e.g. breastfeeding and timing of gluten exposure. Unfortunately, it can't. The most important thing is the child's genes. Double HLA DQ2 genes is the worst scenario and greatly increases the chances of developing CD. Dr. Daniel Leffler, presenting at Digestive Disease Week, Washington, DC in 2015, supports genetic testing of children in families that have CD to better understand the risk of the child developing the disease.

NL Chapter News

Upcoming Events

February 08 & 09: Pancake Breakfast for Housing & Homelessness NL:

08: 09:00-12:00, Memorial University of Newfoundland

09: 09:00 - 12:00, City Hall, St. John's

April: Local chapter meeting. Date, time and location TBA

May 14 2-4pm: Chapter BBQ, North Bank Lodge.

June 24: GALA Dinner & Event, Johnson GEO Centre

June 25-26: National Conference Holiday Inn

The Last Word

Eating gluten-free (GF), cooking GF. It's a challenge. It gets a little easier with time as one learns how to scan a label quickly for forbidden ingredients, and becomes familiar with the products to avoid. Cooking, especially baking with all those GF flours, can be frustrating, especially when one is trying to recreate a gluten-loaded old favourite. There are plenty of GF cookbooks around, magazines with GF recipes, and even more GF recipes available on the internet. But lately I've been finding a lot of them have, to my mind, been cheating.

For example, the other day I came across an article on GF cooking, which was followed by a series of recipes. At least half of the recipes would never have gluten in them in the first place. For example, there was one for baking brussels sprouts. Brussels sprouts do not contain gluten, neither do the onions or the vegetable or olive oil that are also in the recipe. I had seen a similar recipe years ago and continued using it after my celiac diagnosis. Now this recipe is being presented by the author as a

special GF recipe, but there never was any gluten in it. Technically speaking, it is a GF recipe, but usually when we talk of GF recipes we mean ones that have been adapted from gluten-containing versions. So to include a basically non-gluten recipe in a list of GF recipes is to my mind either cheating or lazy.

Cheating, because the author is implying that the original recipe contains gluten, which it does not. Lazy because the author couldn't be bothered to take a gluten-containing recipe and modify it. The latter are the really useful ones.

I wouldn't mind so much if the author was honest, and said something like, "There are a lot of standard recipes that are inherently gluten-free, and I include some of them here." Outside of baking it isn't difficult to find such recipes. Please remember this when you write your cookbook for celiacs.

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