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Vancouver Chapter

Celiac News

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Canadian Celiac Association

L'Association canadienne de la maladie coeliaque

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NEXT ISSUE:

If you have any recipes, restaurant reviews/articles for the June 2018 issue, please have them submitted by May 15, 2018.

If you have any comments, praises or criticisms, quips or questions:

Please submit to:

- info@vancouverceliac.ca
- 604-736-2229 / 877-736-2240
- CCA - Vancouver Chapter
Letters to the Editor
360-1385 West 8th, Vancouver, BC V6H 3V9

Newsletter Contributors

Newsletter Editor - Val Vaartnou



CCA Vision Statement:
The gluten solution: Find. Treat. Cure.

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NEWSLETTER SUBMISSION DEADLINES

2018 Newsletters will be distributed:

March 1st - Easter & Spring
June 1st - Travel & Summer

September 1st - Fall & Back to School
December 1st - Christmas & Holidays

Also, Please submit your content to us a minimum of 3 weekends prior to the edition you'd like to be featured in. We will accept early submissions for upcoming editions as well, just let us know which issue you'd like to be in. You can submit your stories, recipes, photos, etc in a variety of ways. If you have any questions: EMAIL: val_vaartnou@telus.net or info@vancouverceliac.ca

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President's Message



Yeah!!! It is almost Spring can it be the rainiest months are finally behind us? Such an appropriate time for our Board to start our new year.

As we began to prepare for our AGM, which will be on March 4th, I started to reflect on the past year's accomplishments and found myself feeling so very proud to be a part of the Canadian Celiac Association and especially the Vancouver Chapter.

Thank you very much to my fellow Board members Val, Cynthia, Pushpa, Jessica, Cathy and Doris, without each and every one of you we would not have accomplished as much as we have done in 2017. We each have our passions and enthusiasm on how we see 2018 unfolding for our Chapter, which includes supporting anyone with CD or Gluten Sensitivity.

There is a misconception that Celiac Disease is a rare disease! How can that be when it is estimated that 350,000 people in Canada have CD but the majority are still not diagnosed? Those numbers are too staggering for our doctors to ignore.

We also owe our successful year to all of our members and sponsors who continue to support us and believe that we can and will make a difference. We continue to reach out to educate our community, whether that be medical, hospitality or our schools. We can do this because your membership gives us a louder voice. Thank you!

Please join us in the Scotia Charity Run on June 24th; whether to run, walk, saunter, donate or fundraise. It is a fun event where we do make a difference. Last year we had approximately 50 participants and we raised over \$14,000. Help us make 2018 an even greater success than 2017. Please reach out to your friends and family, we will make a difference with your support.

If you have any thoughts on how we can make an impact in your community please let us know. We appreciate hearing from you and are always open to comments and suggestions.

Take care of your body; it's the only place you have to live in.

New Logo for the CCA – More Background

Submitted by Mark Johnson, CCA Board Member

After much discussion and debate, the CCA board of directors decided on the new look for our organization, replacing the rather dated old logo and giving us a fresh new face!

Some may look at the logo and scratch your head. Others will immediately know what it resembles - the power button on an electronic device!

Why a power button? We feel that this logo demonstrates how the CCA is working at empowering all Canadians with celiac disease and gluten sensitivity - empowering them to shop safely with the Gluten-Free Certification Program, empowering them to dine out safely with the Gluten-Free Food Program, empowering them to enjoy social functions and family get-togethers through providing solid, science-based advice and support, and empowering them with potential treatments and cures down the road, through our support for exciting research projects.

As well, wheat is not crossed out. Why is that? Well, we know that food needs New CCA Logo! to be below 20 parts per million gluten to be safe for someone with celiac disease. So technically, there could be a bit of wheat and pose no threat to us. As well, work is going on to see whether wheat can be genetically modified to eliminate the gluten - so we'd be able to eat wheat again! Further, those who have travelled in Europe know that wheat starch is often found in gluten-free baked goods. Confusing, yes, but the wheat starch contains such low gluten levels that it is safe for someone with celiac disease.

The CCA wants to be on the cusp, welcoming the future and continuing to be an organization based on science. By not crossing out the wheat, we are recognizing the world of possibilities - from treatments, cures and new forms of wheat, that may let us eat "more normally" again! We can't wait to see what new scientific breakthroughs await us and let's "power" ahead together!!



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Ottawa Hosting 2018 CCA National Conference

- Registration Now Open!

The Ottawa Chapter of the Canadian Celiac Association is proud to be hosting the 2018 national conference, which will take place on June 9, 2018 at the Shaw Centre in downtown Ottawa, just steps from Parliament Hill, the Byward Market, the Rideau Centre and countless other attractions. Registration is now open at www.ccaconference.ca and we're looking forward to an amazing event!

We are presenting not one but two keynote speakers:

- Dr. Marios Hadjivassiliou, a professor in neurology at the University of Sheffield in the United Kingdom. Dr. Hadjivassiliou is a top world researcher in the area of the neurological manifestations of celiac disease and non-celiac gluten sensitivity. In particular, he has conducted extensive research into gluten ataxia.
- Dr. Joseph Murray, a gastroenterologist at the Mayo Clinic in Minnesota, and among the world's leading researchers in the area of celiac disease and gluten sensitivity. Dr.

Murray will be discussing the latest research breakthroughs.

Along with the keynotes, we're planning to welcome speakers on the following topics:

- Psychological issues relating to celiac disease and the gluten-free diet
- Operating a gluten-free bakery, securing safe supplies, and being aware of other major allergens as well
- Updates from Health Canada and Canadian Food Inspection Agency
- Ensuring safe gluten-free beans, lentils and pulses are available in the Canadian marketplace

Space is limited so we encourage you to register today. CCA members can attend for just \$80 for the day, which includes breakfast and lunch, access to all speaker sessions, and entrance to a gluten-free vendor market that will be taking place alongside the conference. This early bird rate is good just until the end of March so sign up right away!

Summary – 2017 University of Chicago Research

Headed by Dr. Guandalini – Past CCA Keynote Speaker

Complete Research Report found at: http://www.cureceliacdisease.org/wp-content/uploads/CdC_ResearchReport_17_WEBSITE.pdf

1. Viral Infections Trigger Celiac Disease

“Our study shows unambiguously that reovirus infections at the time of gluten introduction in children confuses the immune system and triggers the development of an aggressive inflammatory immune response against gluten as if it were itself a virus.” Based on this study, they are now studying the effects of the norovirus as well as looking at vaccine strategies associated with viruses.

2. Montelukast, a drug used for asthma, was found to have benefits for celiac disease by providing anti-inflammatory properties due to gluten ingestion. Further research is required in this area.

3. Celiac patients who do not respond to the gluten-free diet were found to have high levels of IL-15, a stress induced cytokine that is known to damage the gut lining. Celimmune is in a Phase II trial to block IL-15.

4. Role of the Microbiota in Celiac Disease

IL-15 is found to block butyrate production by the microbiota. “Butyrate is critical in the production of health inducing short chain fatty acids.” Studies are looking at how to restore butyrate production in the microbiota.

5. Mouse Models for Celiac Disease are being used to look at blocking tTG production to prevent Celiac Disease.

6. Understanding the Complexity and Heterogeneity of Celiac Disease (CD)

With very diverse symptoms, is CD in children the same disease as in the elderly? Why do some heal and others don't? Genomics will be used to try to understand better the significant difference in symptoms of those diagnosed with CD.

Celiac Disease in the News

Thanks to Mark Johnson, Ottawa Chapter and the Edmonton Chapter for content

Fructan – Not Gluten- Could be Source of Stomach Woes

Reviews new research suggesting that gluten intolerance might actually be caused by fructan not gluten. This is commonly referred to as FODMAPS. <https://www.healthline.com/health-news/fructan-couldbe-source-of-stomach-woes#3> Fischer, Kristen, Healthline, November 27, 2017.

Celiac Disease, Gluten Symptoms Linked to Eating Disorders, even Anorexia, Allergic Living.

Johnson explores the relation of eating disorders such as Anorexia with celiac patients as recent study in Sweden indicated that there is a higher incident of Anorexia Nervosa (AN) amongst celiacs compared to control group. <https://www.allergicliving.com/2017/12/14/ceciacdisease-gluten-symptoms-linked-to-eating-disorderseven-anorexia/> Johnson, Kate, Published December 14, 2017.

New blood test better identifies those with celiac disease, researchers say, CBC.

Delves into new research involving an experimental test that may be able to detect celiac disease even for individuals on a gluten free diet. ImmusanT has developed a blood test that looks at elevated cytokine levels to determine if the individual has celiac disease. For the test, patients would only be required to eat gluten one time. This would be the "first biomarker for measuring systemic T-cell immunity to gluten," said Leslie Williams, Chief Executive Officer of ImmusanT.

<http://www.cbc.ca/news/health/new-blood-testceliac-1.4466280>

Reuters, Thomson, Published December 28, 2017.

Genetically Modified Wheat – Gluten-Free

Would you eat bread with wheat flour, if it was safe? Scientists in the UK are experimenting with genetically modified wheat that does not include the gluten that would trigger a reaction in a celiac. It's still very early in the game, and much gene work remains to be done, but wouldn't that be exciting? Some trials with the new wheat are taking place in Mexico and Spain. It'll be interesting to see the results? For more information about the GM wheat, please visit:

<https://www.newscientist.com/article/2148596-genetically-modified-wheat-used-to-make-coeliac-friendly-bread/>

Celiac Disease Undiagnosed 90% of the Time

Researchers at the University of Toronto studied the blood work of nearly 3,000 people and found that celiac cases were undiagnosed approximately 90% of the time. Ahmed El-Sohemy, a professor of nutritional science at the University of Toronto, wanted to see whether celiac disease results in subpar nutrition because of poorer absorption of vitamins and minerals. To find out, he needed data on the frequency of undiagnosed celiac disease. The findings rein-

forced that celiac disease occurs in around 1% of the population, but the vast majority who have it do not know they have it. To read more, please visit:

<http://www.cbc.ca/news/health/ceciac-disease-1.4343691>

Celiacs – Issues with Oats

A lot of celiacs feel that cannot tolerate oats. But the science shows only about 4% of us actually have problems with oats. You may feel "glutened" after eating oats but remember that oats are very high in fibre and can cause gastrointestinal issues if you have too much too quickly. Ease back into oats slowly, to allow your system to adapt. And of course stick to safe, clean, uncontaminated oats like those from Only Oats and Cream Hill Estates. Oats are a healthy and delicious option for us - enjoy!

Research – Autoimmune Disease in Family Impacts

Researchers at the University of Surrey in the UK are looking to gain an understanding of how people who have one sibling with an autoimmune disease feel about and manage their own health. This is an area of psychology which has not been studied very much before. If you know someone who would like to participate, please direct them to https://surreyfahs.eu.qualtrics.com/jfe/form/SV_8d10Vbrvoo1iENn.

Reovirus May Trigger Immune Response To Gluten

According to a study conducted by the University of Chicago and the University of Pittsburgh School of Medicine, infection with reovirus, a common but harmless virus, may trigger the immune system response to gluten that leads to celiac disease. The study was published in the journal *Science* and it suggests that certain viruses play a role in the development of autoimmune disorders such as celiac disease and type 1 diabetes. This raises a possibility that a vaccine could developed in future to treat celiac disease! For more information, please visit: <https://www.ndtv.com/food/scientists-discover-another-reason-for-ceciac-disease-besides-genetics-1787157>

Research – Celiac Disease

Harvard Medical School and Massachusetts General Hospital are currently recruiting 500 infants (250 in the US and 250 elsewhere) to participate in their new study that plans to look at the various factors that affect celiac disease's development. A skilled group of doctors and scientists will conduct a study called Celiac Disease Genomic Environmental Microbiome and Metabolic (CDGEMM), in order to understand and identify the various factors that are associated with the development of celiac disease. The study is led by Dr. Alessio Fasano and they'll be hoping to find a pattern, which would lead the team to creating treatment and predicting the disease's development. For more information, please visit www.cdgemm.org

Link of Oral Symptoms to Gastrointestinal Symptoms

Research published recently concludes that oral symptoms can precede gastrointestinal symptoms in celiac disease, and be useful in diagnosis.

Celiac Disease in the News

In addition to celiac, oral problems can show up in the presence of Crohn's disease, ulcerative colitis, and gastroesophageal reflux disease. These symptoms may be key to identifying celiac earlier on, to reduce the current average delay of 11 years between the onset of symptoms and a firm diagnosis. To read more about this research, please visit <https://www.ncbi.nlm.nih.gov/pubmed/29167716>

Celiac Disease and the Gluten-Free Diet Found Unlikely to Impact IVF Outcomes or Fertility

Here's yet another reason why those without celiac disease or gluten sensitivity do not need to follow the gluten-free diet. Research presented in October by the Reproductive Medicine Associates of New Jersey (RMANJ) indicates that the gluten-free diet is not effective as a treatment for infertility. The findings are combined from 30 different scientific studies.

While healthy eating, including a low-carb diet, is part of a holistic, evidence-based approach to treating patients with infertility at RMANJ, adhering to a gluten-free diet has been shown to have no impact on increasing fertility for those trying to conceive.

The studies are the first large research projects to investigate IVF outcomes in gluten-free patients and the frequency of celiac disease in infertile patients. One study found that patients on a gluten-free diet had equivalent IVF success rates to those whose diet included gluten, proving that maintaining a gluten-free diet to improve IVF outcomes is a major misconception. The other study revealed that IVF success rates were equivalent between those with celiac disease (a disease with proven gluten intolerance) and those without.

More info: <https://www.prnewswire.com/news-releases/gluten-free-ivf-new-research-from-reproductive-medicine-associates-of-new-jersey-reveals-gluten-free-diets-and-celiac-disease-are-unlikely-to-impact-ivf-outcomes-or-fertility-for-those-trying-to-conceive-300545215.html>

Childhood Respiratory Infections Linked with Celiac Disease

Findings published recently in the journal *Pediatrics* reported that the number of at-risk children - or those with relatives who have celiac disease - who go on to develop celiac disease seems to be increasing. And recently, Dr. Renata Auricchio, from the University of Naples Federico II in Italy, set out to understand why this might be the case.

Studies have pointed toward infections in childhood as a potential trigger of celiac disease in those who are genetically susceptible. For instance, a 2013 study found that the presence of rotavirus antibodies could predict the onset of celiac disease.

Similarly, in the Norwegian Mother and Child Cohort Study, children who had experienced 10 or more infections before

reaching the age of 18 months had a significantly increased risk of developing celiac disease than children who had had four or fewer.

Many earlier investigations into infections and celiac disease relied on parental recall of infections and have included a general cross-section of the population. However, to gather more detailed information, the new study used a prospective cohort. In other words, the team studied a group of infants known to be at risk of developing celiac disease and followed them for 6 years.

As the authors explain, the study's aim was "to explore the relationship between early clinical events (including infections) and the development of CD [celiac disease] in a prospective cohort of genetically predisposed infants.

Across the study, 6 percent of the children were diagnosed with celiac disease at the age of 3, 13.5 percent at age 5, and 14 percent by age 6. They also found that "[c]ompared with gastroenteritis, respiratory infections during the first 2 years of life conferred a twofold increase in the risk of developing CD [celiac disease]."

When discussing how early infections might impact the later development of celiac disease, the authors write: "It is possible that [...] early infection stimulates a genetically predisposed immune profile, which contributes to the switch from tolerance to intolerance to gluten."

More info: <https://www.medicalnewstoday.com/articles/319702.php>

Study Confirms that a Majority of Torontonians with Celiac Disease Don't Know They Have It

Research at the University of Toronto, which focused specifically on Canada's largest city, found that around 87 of people living with celiac in the city are not aware that they have the disease.

Ahmed El-Sohehy, a professor of nutritional science at the University of Toronto and senior author of the paper that presented the findings, said researchers compared blood tests of about 3,000 Canadians with their responses to a health questionnaire. 90% of those who tested positive to the celiac blood test reported that they had not been diagnosed as celiac.

While the biopsy remains the gold standard, this study is a good indicator of how those who are diagnosed may be just the "tip of the iceberg"!

El-Sohehy also suspects (and we agree) that the vast majority of people eating gluten-free by choice don't actually have celiac disease.

More info: <https://www.thestar.com/news/gta/2017/10/07/majority-of-torontonians-with-celiac-disease-dont-know-they-have-it-study-shows.html>

Celiac Disease in the News

Danish Research Finds Huge Increase in Celiac Disease Prevalence

According to research published in October in the European Journal of Gastroenterology and Hepatology, the prevalence of diagnosed CD has doubled every decade in Denmark from 1986 to 2016, and in the same period the female/male ratio has increased and the median age at diagnosis has decreased. The prevalence of autoimmune comorbidity (having more than one) in 2016 was three times higher among celiac patients compared with the general Danish population.

The study included over 11,000 Danes. The prevalence of CD in 1986 and 2016 was 14 and 180 per 100,000 persons, respectively, with a female/male ratio changing from 1.3 to 2.0. Incidence rates (per 100,000 person-years) changed from 1.6 in 1980-1984 to 15.2 in 2015-2016, with the largest increase among females aged 0-9 years. In 2016, prevalence of autoimmune comorbidities was 16.4% among the CD patients compared with 5.3% in the general population.

More info: <https://www.ncbi.nlm.nih.gov/pubmed/29076940>

More Americans Eating Gluten-Free

The number of Americans who avoid gluten even though they do not have celiac disease more than tripled from 2009-2014, increasing to an estimated 3.1 million people, according to a study in the January issue of Mayo Clinic Proceedings.

Researchers at the Mayo Clinic in Rochester used a sample comprised of 22,227 people age 6 or older in the National Health and Nutrition Examination Surveys for their study. The prevalence of Americans without celiac disease who avoid gluten increased to 1.7% in 2013-14 from 1% in 2011-12 and 0.5% in 2009-10.

The study concluded long-term health consequences of a gluten-free diet warrant further investigation.

"The benefits of following a G.F.D. (gluten-free) diet in people without C.D. (celiac disease) have not been tested rigorously, and indeed nutritional concerns have been raised about deficient iron, calcium and fiber consumption," the study said. "In contrast to public interest in following a G.F.D., it remains uncertain whether there is any benefit of following a G.F.D. for people without gluten-related conditions."

More info: http://www.foodbusinessnews.net/articles/news_home/Consumer_Trends/2017/01/More_people_without_celiac_dis.aspx?ID={579BCDF6-7468-4761-A991-7F3AEF178C84}&cck=1

Type 1 Diabetes Continues to be Linked to Celiac Disease

Parents of young children with type 1 diabetes need to be on the lookout for symptoms of celiac, new research has confirmed.

The study found these youngsters appear to face a nearly tripled risk of developing celiac disease autoantibodies, which eventually can lead to the disorder.

"Type 1 diabetes and celiac disease are closely related genetically," explained study author Dr. William Hagopian.

"People with one disease tend to get the other. People who have type 1 diabetes autoantibodies should get screened for celiac autoantibodies," Hagopian said. He directs the diabetes program at the Pacific Northwest Research Institute in Seattle.

According to Hagopian, "Celiac is about three times more common in the general population than type 1 diabetes."

Previous research has pegged the co-occurrence of type 1 diabetes and celiac disease at around 5 percent to 8 percent, the study authors said.

More info: <https://www.medcircle.com/articles/14252-where-theres-type-1-diabetes-celiac-disease-may-follow>

Reduced Bone Mineral Density in Children With Screening-Detected Celiac Disease

New research published in the Journal of Pediatric Gastroenterology & Nutrition has found that children with screening -detected celiac disease have reduced bone mineral density (BMD), lower levels of vitamin D3, higher levels of parathyroid hormone (PTH), and signs of systemic inflammation compared with controls.

These differences were not found in celiac disease children on a gluten-free diet, indicating that children with screening -detected celiac disease benefit from an early diagnosis and treatment.

More info: http://journals.lww.com/jpgn/Abstract/2017/11000/Reduced_Bone_Mineral_Density_in_Children_With.11.aspx

Gluten Sensitivity

Want to know more about the causes of gluten sensitivity: view www.cbc.ca/quirks Saturday, December 2, 2017 show "Your 'gluten sensitivity' may have nothing to do with gluten." Thanks to Kaye Hipper for letting me know about this segment.

Board Highlights - CCA – Vancouver Chapter

- 2018 Scotia Bank Run is set for June 24, 2018. CCA – Vancouver Chapter has been set up in the system and planning meeting took place February 6 with Scotia Partners.
- Vancouver Chapter applied to the TELUS Community Fund funding for MyHealthyGut to create Android version of the application.
- Cathy Tostenson will take the lead on May Celiac Awareness Month and coordinate with National. Cathy Ateyo, who has experience will the media will assist.
- Given the new logos for the Canadian Celiac Association, Cathy Tostenson and Val Vaartnou will review the current pull-ups to see what wording changes should be made.
- The transition to the new BC Society Act was completed January 29, 2018. No changes to the current bylaws were made. All filings are now on-line.
- The Annual General meeting will take place at the Tommy Douglas Library in Burnaby, March 4. It is on bus routes and accessible by Skytrain. No charge for the facility.
- A planning session will be set up after the election of the new Board at the AGM.
- A booth will be set up at UBC during Celiac Awareness month to provide information to students.

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Celiac in the Kitchen

Please provide your favorite recipe to us for this newsletter! We search recipes to give you ideas about what to cook on the gluten-free diet, but if you have any “tried and true” recipes that you could share, it would be much appreciated by me (and I am sure the readers of the newsletter).

Asparagus Basil Salad

<https://elanaspantry.com/asparagus-basil-salad/>

Serves: 4-6

This is a very simple recipe that is great for spring and Easter, uses only a few ingredients and is very colorful and pleasing to look at. Using a medley of colorful grape tomatoes will add even more color to the dish.

Ingredients:

- 1 lb asparagus, trimmed and cut into 1 inch pieces
- 1 cup grape tomatoes, halved
- 1 ripe avocado, cut into cubes
- 1 cup sliced basil leaves
- 1/4 cup olive oil
- 2 teaspoons lemon juice
- 2 teaspoons dijon mustard
- 1/2 teaspoon celtic sea salt
- 1/2 teaspoon ground black pepper

Directions:

1. Steam asparagus for 5-7 minutes until fork tender
2. Place asparagus, tomatoes, avocado, and basil in a large bowl
3. Stir in olive oil, lemon juice, and mustard
4. Sprinkle with salt and pepper

Serve



Cabbage Roll Casserole

Reprinted “Together We’re Better for Life 25 Years and Growing” CCA p33, June Williams, Ottawa Chapter



Photo: www.familyfreshmeals.com

Ingredients:

- 1 lb ground beef
- 1 chopped onion
- 1 tsp salt
- 1/8 tsp pepper
- 3 cups coarsely shredded cabbage
- 1/3 cup catsup
- 3 tbsp rice
- 10 oz Italian style spaghetti sauce
- 2 tbsp gluten-free Worcestershire sauce
- 1/2 cup water

Directions:

1. In a large frying pan brown meat for a couple of minutes.
2. Add onion, salt, pepper and rice and mix well. Sauté 2 – 3 minutes.
3. Add spaghetti sauce and Worcestershire sauce. Mix well.
4. Place cabbage into baking dish.
5. Pour mixture over raw cabbage. Do not mix.
6. Bake covered with tin foil for 1 hour at 325 degrees F.

Celiac in the Kitchen

Biscotti

Submitted by Tina Savoy – from <http://www.pamelasproducts.com/biscotti> Reprinted with Permission.

Tina said this recipe was really good.



Ingredients:

- 2 tbsp butter
- 1/3 cup sugar
- 1 tsp almond extract
- 1/2 tsp vanilla extract
- 1 egg plus 1 egg white
- 1 3/4 Pamela's Baking & Pancake Mix
- 1/2 cup sliced almonds

Directions:

1. Cream together butter and sugar, then beat in extracts with the egg and egg white.
2. Add Pamela's Baking & Pancake Mix with almonds and combine.
3. On a greased cookie sheet, form a log 3 inch wide, the length of the cookie sheet. Make sure the log is about 2 inches from the edge of the pan, as the dough will spread when baking.
4. Bake in a preheated oven at 325 degrees for 35 minutes.
5. Remove the biscotti and turn down oven to 300 degrees.
6. When loaf is cool, slice in 1/2 inch slices with a serrated knife.
7. Lay pieces on the sides and re-bake for 25 – 30 minutes in the 300 degree oven.

For variation: add candied fruit, chocolate chips or raisins to the dough with or without the almonds. You can also try pecans, walnuts and macadamia nuts etc.

Carrot Cake Cupcakes

May 18, 2010 – Elana's Pantry- <https://elanaspantry.com/carrot-cake-cupcakes/>

Serves: about 10 cupcakes

Photo: recipecommunity.com.au



Ingredients:

- 1 1/2 cups blanched almond flour (not almond meal)
- 1/2 teaspoon celtic sea salt
- 1/2 teaspoon baking soda
- 1/2 tablespoon ground cinnamon
- 3 large eggs
- 2 tablespoons grapeseed oil or palm shortening
- 1/4 cup agave nectar or honey
- 1 1/2 cups carrots, grated
- 1/2 cup pecans, chopped

Directions:

1. In a large bowl, combine almond flour, salt, baking soda and cinnamon
2. In a separate bowl, mix together eggs, oil and agave
3. Stir carrots and pecans into wet ingredients
4. Stir wet ingredients into dry
5. Scoop a heaping 1/4 cup batter into a paper lined muffin pan
6. Bake at 325° for 18 to 22 minutes
7. Cool to room temperature and spread with Creamy Cream Cheese Frosting

Serve

Cream Cheese Frosting

Serves: 2 cups - <https://elanaspantry.com/cream-cheese-frosting>.

Ingredients:

- 3/4 cup heavy cream
- 1 cup cream cheese
- 1/4 cup maple syrup or agave nectar
- 1 tablespoon vanilla extract

Directions:

1. Whip heavy cream until stiff
2. In a separate bowl, whip cream cheese until smooth, then blend in maple syrup and vanilla
3. With a rubber spatula, gently fold whip cream into cream cheese mixture

Option: Add pecans or walnuts to top of cream cheese.

Lemon Cheesecake

A great recipe from our original Smoreables box.

Ingredients:

Crust

- 1 Package (8oz) Kinnikinnick S'moreables® Graham Style Crackers crushed
- **OR** 1-1/4 cup Kinnikinnick Graham Style Cracker Crumbs
- 1/4 cup granulated sugar
- 6 tblsp melted butter or margarine



Filling

- 2 x 250g (9oz) packages cream cheese, softened
- 3/4 cup granulated sugar
- 3 tblsp grated lemon peel
- 2/3 cup sour cream
- 1/2 cup ricotta cheese
- 1/4 cup fresh lemon juice
- 1 teaspoon vanilla extract
- 3 large eggs at room temperature

Directions:

1. In a bowl, combine crumbs, sugar and butter; mix until combined.
2. Grease and line base and side of a 9" spring form pan with parchment paper.
3. Press crumb mixture onto bottom and 2" up sides of prepared pan.
4. Place in fridge for 1 hour.
5. Preheat oven to 350 degrees F
6. Using an electric mixer, beat first 3 ingredients for the filling in large bowl until smooth. Do not overbeat.
7. Add sour cream, ricotta, vanilla and lemon juice & peel; beat until combined.
8. Add eggs one at a time, beating each until combined.
9. Pour filling into crust. Place pan on backing sheet. Bake uncovered at 350 degrees F for about an hour or until the filling has set.
10. Cover & refrigerate for 8 hours or overnight. Carefully run knife around edge of pan to loosen crust.
11. Remove springform pan sides.
12. Top with whipped cream and raspberries just before serving.

Serves 8-10

Cranberry Stuffed Pork Tenderloin

This is enough filling to stuff 1 1/2 -2 lb butterflied pork tenderloin.
Recipe provided by Kinnikinnick Corporate Chef Lori Grein

Filling:

- 1 medium apple (peeled, cored and diced) (140g)
- 1/2 cup cranberries chopped (65g)
- 2 tsp cinnamon (5g)
- 1/4 cup Kinnikinnick Panko Bread Crumbs (37g)
- 2 tblsp. olive oil (20g)

Crust:

- 2 1/2tblsp fresh rosemary (finely chopped) (4 g)
- 1 tsp. white pepper (2g) & 1/2 tsp salt (3g)
- 2 cloves garlic (minced) (6g)
- 1/4 cup Kinnikinnick Panko Bread Crumbs (37g)
- 1 tblsp. olive oil (10g)

Roast ingredients:

- 1 1/2 -2lb pork tenderloin (685g)
- salt & pepper
- 1 tblsp olive oil (10g)

Directions:

1. Combine all filling ingredients and set aside. Combine all crust ingredients except olive oil and set aside.
2. Butterfly pork tenderloin and flatten with a mallet, season with salt and pepper.
3. Spread your filling evenly over the surface or your butterflied pork. Roll and tie with cooking twine.
4. Rub the outside of your pork loin with olive oil and roll in prepared crust.
5. Place in an oven proof baking dish at 400°F (204°C) for 15 minutes uncovered. Reduce heat to 375°F (190°C) and continue cooking for 40 minutes or until done. Let rest tented for 10 minutes before slicing.

Tips:

This is enough filling to stuff 1 1/2 -2 lb butterflied pork tenderloin.

- Medium Rare (internal temperature of 145°F/63°C)
- Well Done (internal temperature of 160°F/71°C)



Celiac in the Kitchen

Sausage Pie

Reprinted "Together We're Better for Life 25 Years and Growing" CCA Recipes, p 27 B.Hoggan, Calgary Chapter



Photo: www.bettycrocker.com

Ingredients:

- 2 cups cut up cooked gluten free breakfast sausages
- 1 cup (1/2 cup cheddar and 1/2 cup mozzarella) cheese, grated
- 2/3 cup Bob's Red Mill biscuit mix
- 1/2 cup chopped onion
- 4 eggs
- 1/4 cup oil
- 2 cups milk or water

Directions:

1. Heat oven to 400 degrees F.
2. Grease 10 inch pie plate.
3. Sprinkle sausage pieces, cheese and onions in plate
4. Beat remaining ingredients and pour into plate.
5. Bake until golden brown and knife comes out clean. About 25 to 40 minutes.

You may add chopped green, red and/or yellow peppers to the recipe if you would like it to be more colorful.

Reminder on Beer

Submitted by Mark Johnson, CCA Board Member, President – Ottawa Chapter

NO beer made with malt is considered safe for people with celiac disease. Not mainstream beers, and not enzyme treated beers. Examples include Estrella, Celia and Omission.

Current technology can not accurately measure the amount of gluten in beer. It doesn't matter whether the company says their beer tests at 3 ppm or 10 ppm, or whatever. We feel that those numbers are not reliable. Other people drinking the beer without apparent symptoms still doesn't make it safe.

Recognize that this restriction is just a bad part of having celiac disease and find your new drink.



Why a Gluten-Free Diet Could be Very Unhealthy?

Summary of Article by Dr. Mark Hyman www.drhyman.com

Just because it is gluten-free does not mean that it is healthy! Too many processed gluten-free foods are loaded with sugar, salt and are not fortified with vitamins and minerals like their non-gluten free counterparts. Gluten-free junk food is still junk food. Not only should you be reading labels to ensure there is no gluten in what you are buying, but you should also be checking the nutrient value. Many newly diagnosed celiacs gain weight as they are trying all the processed gluten-free options. As you heal you will absorb those calories much easier too.

“Don’t be fooled: Gluten-free junk food is still junk food loaded with artificial sugars, food coloring, added gums to help things stick together and additives to increase shelf life while decreasing yours.”

Dr. Hyman recommends that you cook at home as much as possible and go as far as avoiding anything with a label. The more whole fruits, vegetables and lean meats that you eat the better. Avocados and almonds are gluten-free too!

Check out the site, Good Foods on a Tight Budget for a good diet. <http://www.ewg.org/goodfood/>

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Gluten Free Traveller

Travelling along Colombia's coast and Eating Gluten-Free from Cartagena to Santa Marta



As I travel around the world in 2018 I am excited to share my experience and encourage others to make theirs come true too!

How I Survived Eating Gluten Free

The flight and layover can be a bit daunting at first. I was flying Delta on our way to Colombia and they did not have any gluten-free meal options. They did have GF Kind bars as

snacks though, so my husband asked for extras for me.

GF Tip #1 - I always pack travel day food in my carry on

GF Tip #2 - I did have security review the food I was taking, but they did end up letting me take it with me.

GF Tip #3 - After that experience, I asked my doctor for a note that states that I have Celiac and need to eat gluten free

GF Tip #4 - In Cartagena, we stayed at an Airbnb and checked out the local market and grocery store and stocked up on things for our fridge, which included bacon, eggs, peppers, onions, potatoes, rice, coconut milk, water, fruits, ketchup and beef.

GF Tip #5 - It's always interesting to see the different types of foods. I stick to wholesome foods, especially if I am in a country where I can't read the language, so I can shop with comfort.

GF Tip #6 - I always start by reviewing the kitchen items available and we had a hot plate and microwave, which is all you need. Another

huge tip for us with Celiac is to wash all the utensils, plates, pots and pans, then you know you don't need to worry about cross-contamination. If there is any item you are suspicious of or can't clean to your liking, remove it and put it somewhere out of the way.



GF Tip #7 - When we got to our second location, just outside of Santa Marta, we were staying at a hotel. We had buffet breakfast included which was provided by hotel staff and the utensils didn't touch any of the other food. I was lucky to have the basics where I had eggs, fruit, juice and coffee. When in doubt stay clear, it's not worth missing a vacation day being sick.

GF Tip #8 - I would snack through-out the day on fruit, vegetables and yogurt which did the trick in the hot weather on the Colombian coast. For suppers, I relied on fish, shrimp, coconut rice, potatoes and grilled plantain at restaurants. I never had coconut rice before Colombia and it soon became a favourite that I cooked at home. I used google translate to tell them I couldn't eat gluten and I had those print out cards in Spanish about Celiac I found a restaurant in Santa Marta (Ikaro) who catered to gluten free, which was exciting! I ate there twice while we were there, and I was happy to find it.

Cheers, Brett Duncan

You can find me at glutenfreetraveller.ca and on Facebook@[glutenfreetraveller.ca](https://www.facebook.com/glutenfreetraveller.ca) to see my travels.



Gluten Free Holiday Dinner



Thank you Nevada!

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POWER-C Study

Promoting Optimal Wellbeing, Education and Regulation for Celiac Disease – University of Calgary Study – Dr. Justine Dowd

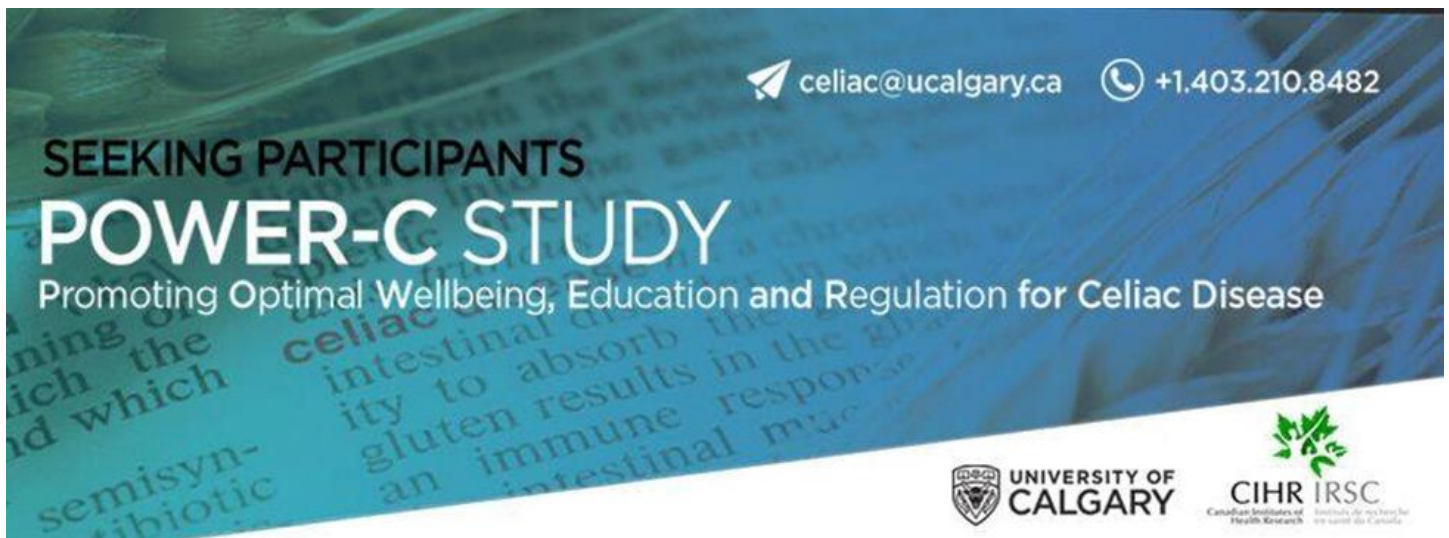
This study is for those who are:

- Newly diagnosed with Celiac Disease
- And/or those who feel they are struggling with Celiac Disease
- Adults (ages 18+)
- Diagnosed with Celiac Disease through blood test and/or biopsy

Participation in this study will involve:

1. Completion of questionnaires at the start of the program, immediately after completing the program, 6 months and 1 year after program completion (approximately 15-25 minutes for each questionnaire).
2. Completion of 4 bi-weekly online writing and activity modules (8 weeks total; approximately 30 minutes per week). You can complete the program at your convenience on a weekly basis. You will be entered into a draw to win one of eight \$25 Amazon gift cards after completing the study.

For more information or to sign up – please email me at celiac@ucalgary.ca and indicate that you are interested in the POWER-C study. This should be done immediately as the project will start soon.



The banner features a blue background with a faint, repeating text pattern related to celiac disease, such as "celiac", "intestinal", "gluten", and "immune response". In the top right corner, there is a white envelope icon followed by the email address "celiac@ucalgary.ca" and a white telephone icon followed by the phone number "+1.403.210.8482". The main text on the banner reads "SEEKING PARTICIPANTS" in a smaller font, followed by "POWER-C STUDY" in a large, bold, white font. Below this, the full name of the study is written in a smaller white font: "Promoting Optimal Wellbeing, Education and Regulation for Celiac Disease". At the bottom right of the banner, there are two logos: the University of Calgary logo, which includes a crest and the text "UNIVERSITY OF CALGARY", and the CIHR IRSC logo, which features a green leaf icon and the text "CIHR IRSC Canadian Institutes of Health Research Institut de recherches en santé du Canada".



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Ask Jess: Our Registered Dietitian



Q: As a newly diagnosed celiac I'm struggling with breakfast because besides avoiding cereal and toast I'm also avoiding eggs as I've heard they're bad for us. Is this true?

A: Eggs are back in style and are a part of a healthy diet! Not too long ago, the egg industry suffered from bad press surrounding dietary cholesterol and heart disease. Today's research shows that there are lots of reasons why you may have high blood cholesterol levels such as genetics or body weight.

Eggs make a great breakfast! The egg yolk is a great source of Vitamins A, D, E & B12, riboflavin, selenium and folate. While the egg white provides a good source of high-quality protein.

You might also see eggs labeled as "Vitamin D" or "Omega-3". What separates these egg varieties from the others is the hens' diet. Hens producing these eggs are often fed a diet similar to the conventional "Free Range" and "Free Run" hens but are supplemented with plant sources of vitamin D or flax seed for omega-3.

However, I'm skeptical of how much of these nutrients are passed along to the consumer...if a hen eats some flax seeds then lays an egg, how much omega-3 can we really expect to consume from that one egg? Apparently, one omega-3 fortified egg contains 340 milligrams of ALA (plant source of omega-3) and 75 to 100 milligrams of DHA (oily fish source of omega-3).

There is no official recommended intake for DHA and EPA (the other omega-3 in oily fish). Many experts recommend a daily intake of 1,000 mg of DHA + EPA (combined) for heart health. Therefore, eating an omega-3 egg each day will deliver only a fraction of this amount. Depending on your diet, you might not need to pay extra for omega-3 eggs. If oily fish is a regular part of your diet or you take a fish-oil supplement, eating an omega-3 egg now and again won't do much to boost your DHA intake

Going back to your question – eggs are a part of a healthy diet, so enjoy one whole egg per day or two eggs every other day!

For a quick easy breakfast, hard-boil half a dozen eggs on Sunday to enjoy during the week.

Please send in your questions to nutrition@vancouverceliac.ca

Non-Celiac Gluten Sensitivity

Submitted by Mark Johnson – CCA Board Member, President, Ottawa Chapter

For those of you with gluten sensitivity, please do not feel abandoned by the celiac research community. We can understand it is frustrating when friends and family may think you are lying and when popular media continually leaves you out of the "must eat gluten free" group.

There are a lot of top name researchers who are making real progress in identifying what is triggering these reactions. The scientific community has made significant strides and is continuing to study why this is happening and what the indicators might be.

Today there is some pretty good evidence that some people may be dealing with FODMAP issues and others may be reacting to another component of wheat (amylase/trypsin inhibitors). This was in the theoretical discussion stage two years ago at the International Coeliac Disease Symposium in Prague. There is even some progress on bio-markers to allow a positive diagnosis rather than a "rule out" diagnosis.

The CCA changed its mission to focus on "any one adversely affected by gluten" despite the concern expressed by long term members who were afraid we were going to forget about people with celiac disease. We recognize that we all face the same challenges eating safely.

To read more about non-celiac gluten sensitivity, please visit <https://www.celiac.ca/gluten-related-disorders/non-celiac-gluten-sensitivity/>.

Featured Local Business: 2 Guys with Knives

Submitted by Val Vaartnou



You may already be familiar with our friends at '2 Guys with Knives' and not even know it! Their delivery vans can be seen all over the city providing gluten free "Healthy Nutrition On-The-Go!" Their mouth-watering menu changes every single week to ensure your taste buds are always tantalized. Each menu item is a balance of lean protein, low glycemic carbohydrates and tasty veggie combinations that are entirely gluten free, customizable to suit a variety of dietary parameters and allergies and designed around the highest of fitness nutrition guidelines.

Founders, Patrick Carr - Athlete Extraordinaire & Sergio Pereira – Master Chef, saw a need in the market for gluten free nutrition which was affordable, convenient and adaptable to suit each person's unique dietary needs. With this vision, '2 Guys with Knives' was born!

So who are these guys?

Sergio Pereira embarked on his adventure to Canada 12 years ago, a fresh graduate from the culinary institute of Brazil with passion in his blood and only a few words of English in his back pocket. His original intention was to stay for 6 months to study English but fate would change that as he quickly grew from

Dishwasher, to chef, to sponsored Canadian citizen at a local Vancouver restaurant. Since his achievement of Canadian citizenship he has grown from a leader within corporate culinary to a master of nutritional decadence, pairing his fantastic knowledge of world cuisine with Patrick's healthful twists of fitness nutrition.

Patrick Carr is an athlete with a passion for travel. As a competitor, sport has taken Patrick adventure chasing through Europe, Australia and the Canadian Rockies. It was on one of these trips that Patrick's health took an unexpected turn, landing him in Vancouver to recover and rebuild his immune and digestive systems. Vancouver quickly became his home and inspiration. He certified with CANFIT-PRO as a personal training specialist, metabolic nutritionist, and obstacle course race guru where he built a strong repore within the local industry. Patrick's functional approach towards movement and body awareness balances sound nutritional components with Sergio's flavourful twists to meet the needs of all levels of activity.

When Patrick and Sergio met, their complimentary skill sets organically intertwined. As requests amongst Patrick's clients and Sergio's colleagues for meal planning grew, it was only a matter of time before they found themselves at the beginning of what '2 Guys with Knives' is today.

In the early days everything operated through social media, fulfilling orders via Facebook, text and email. Exposure

snowballed and the demand required a professional website and a much larger space to cook!

As they battled the restrictive usage availability of shared commercial kitchens in Richmond and Surrey they began their search for a space that was all their own. In July of 2016 they found it, an open warehouse in south Vancouver full of potential. They sold their Yaletown home and poured everything they had into building their beautiful 3500 square foot commercial production kitchen and office which is now home to their booming business.

Looking back on their journey, they admit, it was certainly not easy. For the first two years they both worked full-time jobs while getting the business up and running. Finding a kitchen for their growing needs, staffing with the right personalities and developing the logistics for their operation to run efficiently were all challenges that they had to overcome.

One of their most exciting moments is when they received news from their TD Small Business Manager that they had been put forward and won a nationwide competition to be a part of the 'TD Big Dreams Campaign.' They were featured on multiple radio stations, interviewed for TD small business magazine and highlighted throughout a social media campaign. This success equalled a 40% rise in their business in only 6 weeks. They could not have been more pleased!

Today they are full of smiles with a passionate team of more than 25 employees, 4 delivery trucks and service operating throughout the entire lower mainland. They have cultivated not only fantastic consumer direct service but have also collaborated with numerous crossfit facilities, gyms and local retailers. Being a part of their community is something they care deeply about with appreciation and support being at the core of their motto. Partnering with local athletes and organizations such as CCA, Positive Living and others continues to inspire them to do more.

The guys want everyone to love what they do and have translated that by creating a workplace environment that supports work life balance for all of their employees. They encourage education with strong onboarding training and empower their team to pursue their passions.

What's next for the 2 Guys with Knives?

The future is full of opportunity! They plan to grow into a full lifestyle brand, offering an interactive online platform providing not only their delicious meal service but also extend on Patrick's background in film and athletics with on demand fitness videos, tutorials and cooking classes. Expansion to other major Canadian cities is also on their radar.

For more information on '2 Guys with Knives' and to make your gluten-free life much easier and healthy too, head to www.2guyswithknives.com

Featured Local Business: 2 Guys with Knives





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PS FOOD DESIGN INC

Cheerios - What's the Deal?

Submitted by Mark Johnson, CCA Board Member, President, Ottawa Chapter



The CCA recently celebrated that the “gluten-free” Cheerios would no longer be labelled as such. This voluntary decision followed complaints from the CCA to the Canadian Food Inspection Agency. To be clear, the problem we had was that we could not determine if their testing protocol was adequate to confirm whether the cereal is safe for people with celiac disease. The concern is with both testing protocols and sampling protocols (choosing the oats to test).

Testing works great when a contaminant is spread evenly through the product. When you make a cup of tea, the tea is infused to the same concentration through the whole teapot. You can take a sample from anywhere and get a reliable measure of the concentration of tea. This also works with a batter where all the ingredients are thoroughly mixed.

Wheat and barley are not homogeneously (evenly) spread throughout the oats, though. The contamination is heterogeneous (spotty).

Suppose I have two cups of sugar and I add 10 grains of salt into one spot in the bowl. I ask you to decide if there is any salt in the sugar. That might seem like an extreme example, but it is not that far off the situation with cleaned oats.

If you just randomly pick a spot to sample, you might or might not find the salt depending on where you happen to take your sample from. You might hit the hot spot, you might miss. If you take more samples, you are more likely to find the salt. If you take bigger samples, you are more likely to find the salt. You can't test the whole bowl, though, because the test destroys the sample.

The concern with General Mills is that they have not shared their sampling strategy or the results so it is almost impossible to figure out how big risk is.

Another concern is that there are conditions a company can put on farmers to reduce the amount of contamination in their oats e.g. don't grow oats the year after wheat. We don't know what General Mills is doing on this account.

Finally, since cleaned oats started to be used, there have been some significant concerns raised about testing. Some test protocols have increased the recommended sample size to get better results. The AOAC, the scientific organization that approves tests, has created a working group on testing cleaned oats to review the entire protocol that is currently working on the issue.

The CCA is two years through a set of projects funded by Agriculture and Agri-Food Canada with the goal of determining the amount of contamination in a variety of crops, including oats. The goal is to determine how large the problem is and where most contamination happens (seed planting, in the field, during harvest, during milling etc.)

This work is just one example of how the CCA is working to make sure you have the right to safe food. And we'll keep working hard for all Canadians with celiac disease or gluten sensitivity!



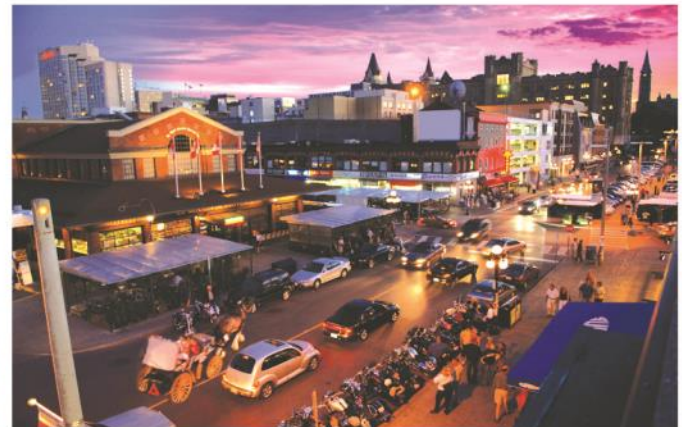
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Here and There

Submitted by Mark Johnson, CCA Board Member, President – Ottawa Chapter

Some people are still reading and promoting the Wheat Belly book. The CCA has reviewed and this is not a scientifically-valid publication. We do not recommend reading this book, nor following its advice. To read a quality, scientific book on celiac disease, we encourage you to look at books like that of Shelley Case, who sits on the CCA's Professional Advisory Council.

Confused about ingredient lists and whether there might be "hidden gluten"? Worry not. In Canada, any ingredient that contains wheat, rye, or barley gluten **MUST** be identified on the ingredient list. No "hidden" gluten is allowed. The only way to be certain is to look at the ingredient list on the package you are about to use.

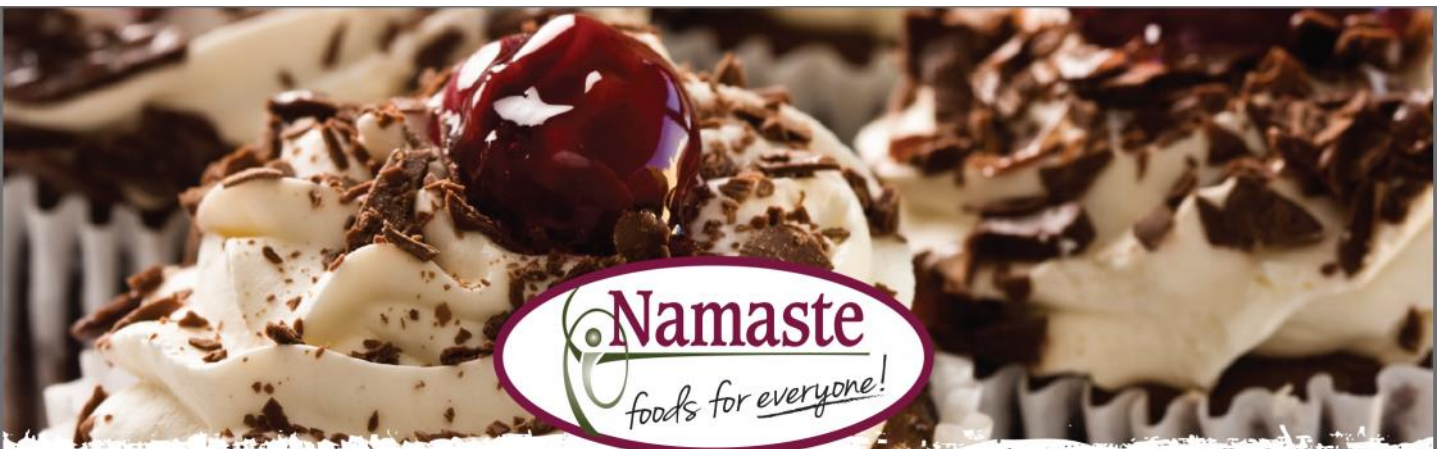
Allergen and gluten labelling is a challenge for manufacturers. The upper limit for gluten is 20 ppm, but the limit for wheat and other primary allergens is zero. This means, legally, that a product can be gluten free but not wheat free. This is why you may see products labelled GF but with warnings such as "may contain wheat" or "made in a facility that also processes wheat". The gluten-free claim, which the manufacturer must be able to defend, indicates it is safe for people with celiac disease. So that's what you need to look for as a celiac. If it has the "may contain" warning without the gluten-free claim, avoid the product. But if there's a GF claim, it should be safe for you. The "made in a factory..." warning does indicate that it

may not be safe for someone with a wheat allergy, however.

A gluten-free market analysis by Grand View Research showed that the global gluten-free products market size was valued at USD \$14.94 billion in 2016 and is expected to grow. Increasing incidences of celiac diseases & heightened gluten sensitivity in consumers has generated high demand for gluten-free foods & products in recent years. For more information, please read the full report (110 pages) at: [https://www.grandviewresearch.com/industry-analysis/gluten-free-products-market?](https://www.grandviewresearch.com/industry-analysis/gluten-free-products-market?utm_source=pressrelease&utm_medium=referral&utm_campaign=Abnewswire_Nov20&utm_content=Content)

[utm_source=pressrelease&utm_medium=referral&utm_campaign=Abnewswire_Nov20&utm_content=Content](https://www.grandviewresearch.com/industry-analysis/gluten-free-products-market?utm_source=pressrelease&utm_medium=referral&utm_campaign=Abnewswire_Nov20&utm_content=Content)

One of the common past times (understandably) for celiacs is to complain about the high cost of gluten-free baked goods. It's true, the cost is often over 200% higher than "regular" products. However, these higher costs are a result of the need for pure, gluten-free supplies. It can cost a LOT more to a) get gluten-free flour alternatives and b) to make sure those supplies test below 20 parts per million. The testing itself is expensive, but necessary because sick consumers and/or a recall by the CFIA can potentially ruin a business. Competition in the marketplace is fierce and that has lowered prices, but please be understanding with the pricing. If you want to learn more, we're sure that gluten-free food manufacturers would be pleased to tell you more about the high production costs they face. Please support these businesses, who make life easier for us!



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Osteoporosis and Celiac Disease

by Nicole LeBlanc, Dt.P. (Translation by Mark Johnson)

Osteoporosis is a frequent complication of celiac disease, linked to the malabsorption of calcium. This nutrient is absorbed in the first portion of the small intestine, which is also the main area of intestinal damage in someone with untreated celiac disease.

Osteoporosis is a condition that affects the skeleton and is characterized by low bone density and the deterioration of bone tissue, rendering the bones more fragile. This problem can lead to pain as well as deformities in the spine.

Prevalence

Indeed, osteoporosis is a major public health problem in Canada, and the prevalence is only increasing with the aging population. Looking at gender, women are four times more likely than men to have osteoporosis - the decline in estrogen production results in a 2-5% loss of bone density per year over the course of the first few years post-menopause. Osteoporosis is also more common in people with a new celiac diagnosis than among the general population - and with celiacs, men have the same percentage of risk as women do.

Risk Factors

People are at greater risk if they present with the following factors:

- Family history of osteoporosis (e.g. fractures in the hip, wrist or vertebrae)
- Being a woman and over 50 years of age
- Weakened bone structure and a weight at the lower end of the healthy range - BMI between 18.5 and 25)
- Early menopause (before the age of 45)
- Smoking
- Lack of physical activity
- Low intake of dietary calcium
- Excessive caffeine consumption (more than four cups per day)
- Excessive alcohol consumption
- Using certain medical drugs, including cortisone, for more than three months
- Diseases that interfere with the absorption of nutrients (e.g. Crohn's disease, celiac disease)

How to prevent osteoporosis

To prevent osteoporosis, medical experts advise above all to have a balanced diet, heavy on plant consumption, and sufficient intake of calcium and vitamin D, and be sure to get physical exercise. In celiac patients, strict adherence to the gluten-free diet is the most important factor that will contribute to the regeneration of the intestinal mucosa, ensuring better absorption.

Get physical exercise

Physical activity, from childhood onwards, promotes the formation of strong bones. Throughout your life, exercise helps to maintain optimal bone mass and musculature, which supports your body's weight. For example, walking, running, tennis, soccer, etc. Exercise that requires handling or pushing heavy objects is also beneficial.

Choose foods that are rich in calcium

Calcium is an important mineral. It contributes to bone metabolism, the maintenance of blood pressure levels, muscle contraction, and the activation of many enzymatic systems involved blood coagulation. Though the matter continues to be debated, currently calcium requirements are estimated at between 700 and 1,300 mg per day, depending on age and sex. These recommendations may change in the future, depending on the findings of research that is underway.

Choose foods that are rich in vitamin D

This vitamin helps the body to better absorb calcium, no matter the source (food or supplements). It is difficult to meet your vitamin D requirements without the regular consumption of dairy products or milk substitutes that are fortified with calcium and vitamin D. Very often, one's vitamin D requirements can only be met through food. In addition, living in the north (as we do) and aging both make it more difficult to produce vitamin D following sun exposure. It is therefore recommended that people over the age of 50 take a daily supplement of 1,000 IU of vitamin D.

Reduce excess intake of calcium, alcohol, salt and meat

Bien que leur influence sur la santé osseuse demeure encore imprécise, il est suggéré de modérer la

Although their influence on bone health remains unclear, it is suggested to moderate your consumption of animal protein, caffeine, alcohol and salty foods as these promote an increase in calcium loss through the urine.

Quit smoking

Stopping smoking has long been encouraged to support heart health and to help prevent lung cancer. Many studies confirm that smoking is also harmful to bone density.

Osteoporosis and Celiac Disease

<i>Recommended daily intake levels for calcium and vitamin D</i>		
	Calcium (mg/day)	Vitamin D (UI/day)
Child aged 1-3	700	600
Child aged 4-8	1000	600
Boy or girl aged 9-18	1300	600
Man or woman aged 19-50	1000	600
Man aged 51-70	1000	600
Man aged 71+	1200	800 to 1,000
Woman aged 51-70	1200	600
Woman aged 71+	1200	800 to 1,000

MAIN FOOD SOURCES OF CALCIUM AND VITAMIN D

Food Product	Portion Size	Calcium (mg)	Vitamin D (UI)
<i>Dairy products</i>			
Milk - skim, 1%, 2%	1 cup (250 ml)	315 mg	100
Hard cheeses (cheddar, brick, gouda, colby, ...)	1 oz (30 g)	225 mg	< 10
Dairy beverage with 33% more calcium	1 cup (250 ml)	425 mg	100
Cottage cheese	¼ cup (60 ml)	60 mg	nil
Plain yogurt (low fat)	½ cup (125 ml)	235 mg	Check label
Flavoured yogurt (low fat)	½ cup (125 ml)	150 to 175 mg	Check label
Ice cream	½ cup (125 ml)	90 mg	nil
Homemade daily desserts (e.g. blancmange)	½ cup (125 ml)	150 mg	50
<i>Fortified foods</i>			
Fortified soy beverage	1 cup (250 ml)	300-320 mg	100
Frozen orange juice, calcium enriched	1 cup (250 ml)	315 mg	Check label
<i>Red/white meat alternatives</i>			
Canned salmon, with bones	(½ 213 g can)	180 mg	350
Sardines, with bones	5 (small)	100 mg	80
Sesame seeds, unhulled	1 tbsp (15 ml)	90 mg	nil
Almonds	¼ cup (60 ml)	100 mg	nil
Sesame seeds, hulled	1 tbsp (15 ml)	12 mg	nil
<i>Vegetables</i>			
Broccoli, cooked	½ cup (125 ml)	40 mg	nil
Kale or napa cabbage, cooked	½ cup (125 ml)	95 mg	nil
<i>Legumes</i>			
Kidney beans or chickpeas, cooked	1 cup (250 ml)	between 40 and 65 mg	nil
White beans	1 cup (250 ml)	170 mg	nil
Soybeans	1 cup (250 ml)	185 mg	nil
<i>Others</i>			
Margarine, enriched and non-hydrogenated	1 tbsp (15 ml)	Traces	50
Egg	1	24 mg	Traces

This article originally appeared in the spring-summer 2017 edition of *InfoCoelique*.

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Scotia Run 2018 – Join us June 24



..... This is the third annual “fun”raising experience, The Scotia Run Half-Marathon (21K) and Run/Walk 5K

The 5K walk starts at 9:30 am and finishes about 1 hour later. The Half-Marathon starts at 7:30 am at UBC and finishes in Stanley Park about 10:30 am. Your commitment is to a few hours on a Sunday morning. You don't have to be a runner to take part in the Scotia Run. This is an opportunity to raise funds for Celiac Disease in your community.

Run/walk fully supported by a fun team with confidence knowing that every dollar you raise goes to work helping those with celiac disease or gluten sensitivity, increasing the awareness of gluten related disorders at health focused events and supporting Canadian research into Celiac Disease. Whether you take part to achieve a personal best time in the race or you are there to enjoy the scenery and the company of friends and family, you do it for a cause you are familiar with: Celiac Disease. You will be part of a team, with t-shirts “Running Gluten-Free” to show your support for the cause.

The first year we raised over \$7,400 and in 2017 over \$14,400 in donations and \$1,700 in partner advertising. As a result, last year we contributed \$10,000 to the J A Campbell Disease Research Fund, \$3,000 to national CCA programs and webinars and \$2,000 for local initiatives.

This year, any fundraiser who raises donations of \$200 or more will have their race registration fee rebated once donations are received from the Scotia Bank. To be classified as a fundraiser and receive the benefits of our partners, you must raise a minimum of \$50 in donations.

All the information regarding this event is found on www.vancouverhalf.com . If computers make you uneasy and you would like to participate contact me, val_vaartnou@telus.net or Liz Wall at lizabeth@novuscom.net and we can assist you.



Scotia Run 2018 – Join us June 24

DO NOT SIMPLY REGISTER.

In order for the CCA – Vancouver Chapter to benefit and you to get the savings benefit of our **charity PIN code – you must enter our PIN code on your registration.**

Registration increases to \$120 for the Half-Marathon and \$60 for the 5K. With the PIN code, it stays at early bird rates of \$64 and \$34 respectively. Be aware, if you register for the Under Armour East Side 10K and the Scotia Run together (an on-line promotion from Canada Running Series), you will not be part of our Charity Challenge and we do not benefit from your participation.

1. Go to www.vancouverhalf.com and click “Register”
2. Select the registration option for Scotiabank Vancouver Half Marathon & 5K
3. Scroll down to click “Register” below the prices.
4. When prompted, create a personal Race Roster account or sign in with a pre-existing account.
5. Choose your desired race distance, fill in the required information and agree to the waiver
6. Indicate whether or not you are a Scotia Bank employee.
7. At the Scotia Bank Charity Challenge section chose “yes” and select “Canadian Celiac Association – Vancouver Chapter” as your charity.
8. In the field “**Your Charity Pin Code**”, use one of the discount codes below depending on the race you are entering.

Half-Marathon discount code: 18CCA21K

5K discount code: 18CCA5K

This provides you with a “discounted entry” and your entrance fee will be either \$34 for the 5K or \$64 for the Half-Marathon (unless you qualify for other discounts). Rates escalate to \$60 for the 5K and \$120 for the half-marathon, but not if you use our discount code. We need a MINIMUM of \$750 in registrations determined by the entrance fee for each of our participants. Registration fees directly cover the costs of the race including insurance, portable washrooms, prizes and logistics and are not given back to the charity.

Under “I would like to create a fundraising account or make a donation” choose to “create a fundraising account” to create a place for others to donate. NOTE: if you choose to donate to the CCA Vancouver Chapter we do not receive credit for this for prizes from the Scotia Bank. It is best for us if you set up a fundraising account and donate to yourself.

9. Create a username, password, and fundraising goal and submit any personal donations. (There are 2 systems involved: Race Roster, for the race registration and Artez (owned by Frontstream) that is used to capture the Charity Challenge information. Due to privacy requirements, the 2 systems are kept separate.
10. Complete your registration at the check-out.
11. Happy training and fundraising!

Children 12 and under - \$19 entry for the 5K event. Participants get an event t-shirt (a \$40 value) and a “virtual goodie bag”, an invitation to access exclusive offers on-line, giveaways and messages from the sponsors of the event.

Please consider joining us for a fun day in Stanley Park!

Newly Diagnosed with a Chronic Condition

Reprinted with Permission – *In the Loop*, University of Victoria, December 20, 2017- CD is Chronic

According to the 2016 Health Care in Canada Survey by McGill University, 53% of Canadian adults reported having any kind of chronic health condition. Chances are you or someone you know is living with a chronic health condition. Being diagnosed with such a condition can come as a blow - your life can be shaken, impacting your life physically, emotionally and socially. When you are newly diagnosed, you can feel a lack of security and control with an unknown future. While these conditions are lifelong, as cures are not currently available, you can make the most of your life by choosing to be an active self-manager. Like the manager of an organization, this involves deciding what you want to achieve in terms of your health goals, identifying ways to achieve your goals, making weekly plans, carrying them out, assessing the results, making changes as needed, and rewarding yourself for success. The good news is that you are not alone - a number of helpful resources are available to support people living with chronic health conditions in BC. The following are some helpful strategies to live a healthy life with a chronic condition:

Learn about your condition

The old saying "Knowledge is power" rings true. Without an understanding of what you are dealing with, it is impossible to manage. As Harvard Medical School notes, take responsibility for your care and do not leave it all to your doctor to manage.

Family Doctor - the hub of your care is your family doctor. Ask your doctor for the best places to get medical information.

Your public library - librarians are an underutilized resource and in this day and age of information they are even more important as information brokers. You can tap into their expertise at no cost.

Internet - when using the Internet, look for reputable sites. For example, those that display the [HON code](#) have met certain criteria as credible websites. Other good websites for medical information include the HealthLink BC [website](#), Harvard Medical School [website](#), Mayo Clinic [website](#), and WebMD [website](#).

Patient education opportunities - ask your doctor if there are any programs available. For example, a number of communities have programs for diabetes, healthy heart and stroke recovery.

Self-Management Programs - consider taking a self-management program from the University of Victoria. Available in-person or online, the programs provide you with the knowledge, skills and confidence to manage the day to day challenges of living with a chronic condition. Programs are available for all chronic conditions, chronic pain, diabetes and cancer. One of the valuable features of these programs is the opportunity to meet people who are living with similar challenges. If you live in an area that doesn't have an in-person program, the Chronic Conditions Self-Management Program is available online. These programs are available at no cost, and participants receive a resource book entitled *Living a Healthy Life with Chronic Conditions* or *Living a Healthy Life with Chronic Pain*. Visit their [website](#) for more information.

Disease-specific organizations - a number of organizations are available to support people living with specific conditions. Many have websites, hold webinars or educational sessions in the community, have support groups and publish newsletters. Connecting with these organizations is a good way to keep abreast of up-to-date research and treatment information. To find an organization, you can phone 2-1-1 or visit their [website](#).

The team approach

Other health professionals that can support you in the management of your condition include: specialists (depending on your type of chronic condition e.g., gastroenterologist, endocrinologist, rheumatologist, cardiologist, oncologist), nurse, dietitian, physiotherapist, occupational therapist, pharmacist, social worker and counselor. These professionals are experts in their field. For example, you will receive the best information on nutrition from a dietitian. To support you to achieve your health goals, a free resource called the Self-Management Health Coach program is available from the University of Victoria. A trained peer will contact you via telephone once a week for a period of three to six months to help you achieve your health goals. In this program, you can develop problem solving, goal setting and decision making skills. Another resources is HealthLink BC, where you are able to communicate with a pharmacist (in off hours), dietitian and exercise physiologist. Visit their [website](#) for more information.

Coordinate your care

You may have a number of different healthcare providers on your team, each providing you with information for your treatment. Ensure that the information is shared among these healthcare providers so that they have a complete picture of your medical situation. Consider keeping a personal health record (look for online examples or ask your pharmacist) or get a free record by taking a self-management program from [Self-Management BC](#) of the University of Victoria.

Newly Diagnosed with a Chronic Condition

Assess your ability to work

If your chronic health condition is impeding your ability to work i.e., you are unable to sustain and regularly work full-time, you may qualify for disability. Some health programs have access to social workers who can assist you to navigate the appropriate services. One such resource is [Disability Alliance BC](#), a provincial non-profit organization providing support, information and one-to-one assistance for people with all disabilities. The website has a list of fact sheets on provincial and federal programs.

Caregiver support

A chronic condition affects not only the person diagnosed, but also the people supporting that person. If you are living with someone who has a chronic condition, you can get information and support from Family Caregivers of BC at www.familycaregiversbc.ca.

Beware of depression

According to WebMD, up to one-third of people living with chronic conditions are depressed, and depression is one of the most common complications of living with chronic conditions. Depression can be a result of the experience of loss, the physical effects of the condition or side effects of medication. Most people with a chronic condition sometimes feel depressed. These feelings are on a spectrum from feeling occasionally 'blue' to serious clinical depression. Clinical depression is characterized as severe, long-lasting and recurrent. You may feel hopeless, helpless and worthless or even feel numb. Other signs and symptoms include being unable to find pleasure or interest in doing things you like to do, having difficulty falling asleep, staying asleep or sleeping all the time, having little energy, eating too much or not enough, and having trouble concentrating. You may have thoughts of harming yourself or ending your life. Keep the lines of communication open with your family doctor, and let your doctor know if you are experiencing signs and symptoms of depression. A free provincial service is the Bounce Back® program from the Canadian Mental Health Association. This program teaches effective skills to help individuals (aged 15+) overcome symptoms of mild to moderate depression or anxiety, and improve their mental health. Visit their [website](#) for more information.

Now is the time to adopt a healthy lifestyle

A healthy lifestyle becomes even more important when you are diagnosed with a chronic health condition. Lifestyle changes include stopping smoking, participating in regular physical activity, eating in a healthful way and getting adequate sleep. Harvard Medical School points out that people who are able to make changes to a healthier lifestyle are more likely to successfully manage their chronic condition compared to people who do not. Not only will you feel better, but chances are you will live longer. Your family will also benefit by joining you to make changes to their lifestyles.

Source: Harvard Medical School [website](#), Health Care in Canada Survey [PowerPoint](#)

Schedule of Events

Sunday, March 4, 2018 - Annual General Meeting

Where: Burnaby Library, (Tommy Douglas Branch)
7311 Kingsway, Burnaby, BC
When: 1:00 pm – 4:00 pm

Presentations:

“Canadian Income Tax – GF Medical Expense Deduction”
– Lynda Neilson
Governor General’s Sovereign’s medal for Volunteers –
presented to Val Vaartnou.

We need a quorum of 10 members to enable the new Board members to be voted in for 2018. Please confirm attendance at info@vancouverceliac.ca

Stay Tuned: Announcements Regarding Monthly Restaurant Events

Saturday, June 9, 2018 – CCA National Conference

Where: Ottawa, Shaw Conference Centre
<https://www.celiac.ca/news-events/2018-national-conference/>

Sunday, June 24, 2018 – Scotia Bank Half Marathon and 5K Walk/Run – see article in newsletter for details.



Awesome Breakfast - Wholesome Snack

Delicious Nutritious Celiac-Friendly Granola and Bars

Ingredients: organic quinoa flakes, organic peanuts, almonds, pasteurized Canadian honey, organic sulphur-free coconut, organic pumpkin seeds, organic Thompson raisins, organic sunflower seeds, cranberries, pure olive oil, sea salt. Nut-free versions are made on separate days with dedicated equipment.


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Messages

From

Your

Leaders

Messages From Your Leaders

National - The CCA National Board nominations are now open. Information has been posted on the CCA website at <https://www.celiac.ca/cca-national-board-call-nominations/>. We are seeking people who have experience in fundraising, healthcare (family doctor, NP, RN) or financial background and of course celiac disease or gluten sensitivity.

Val Vaartnou – Just a reminder or information to new members that UNFI, Unit 153, 12757 Vulcan Way, Richmond, BC holds a Saturday Market, 9:00 am – 3:00 pm, where they sell gluten-free and natural health products at discounts. The product is overstock or close to

due date but can be some real savings for you. Only cash or debit card can be used and it can be very busy around 9:00 am. Later is less busy but the real deals are usually gone.

Drop-In Groups

Chilliwack Drop-In - First Saturday of each month. Location changes each month. Contact: Geraldine David 604-792-2119 or [gdavid@uniserve.com](mailto:g david@uniserve.com)

Powell River Drop-In – Contact: Liz Kennedy: lizkennedy@shaw.ca or Val Harding: valhar@shaw.ca for location and time.

Richmond Drop-In – Second Monday of each month at 6:30 pm. The meeting is at Waves Coffee House in Steveston on Bayview and 1st, 1231 1st Ave, Richmond. Contact: Val at val_vaartnou@telus.net. Tea, coffee and gluten-free cookies are available for purchase.

South Surrey Drop-In – Meetings are the 3rd Tuesday of each month, starting at 6:30 pm at the South Surrey Choices, 3248 King George Highway, Surrey. Please contact Pushpa Kapadia at pushpakapadia@gmail.com or phone her at 604-721-0098 to let her know you will be attending the meeting.

Vancouver Drop-In – Meetings are the second Thursday of each month at 6:30pm. The Gluten Free Epicurean - 633 East 15th Avenue, Vancouver, BC Contact: Val at val_vaartnou@telus.net. Coffee and goodies are available for purchase.

Contacts for Newly Diagnosed in areas where there is no Group Meeting:

Abbotsford: Ute Tindorf will continue to support newly diagnosed in Abbotsford. If you are newly diagnosed and would like the assistance of someone with many years of being and supporting celiacs', contact Ute at 604-853-2610 or email at fluffyceliac@shaw.ca.

North Shore Drop-In - Eugenia Mooney will meet those who would like help with the gluten-free diet or who have questions. Please contact her at 604-985-0719 to set up a convenient time and place to meet. Eugenia also has a brunch meeting the first Saturday of every month. If you would like to attend call Eugenia for the details of the location, as it changes monthly.

If you have any questions, you can also phone our help-line at 604-736-2229 and leave a message and a volunteer will get back to you. The purpose of our helpline is to offer support to newly diagnosed celiacs and those who are having difficulty with the gluten-free diet. If you just feel the need to talk to someone with the same illness who has been on the diet and living well as a celiac, please leave a message with your name, phone number and a brief description of your inquiry.

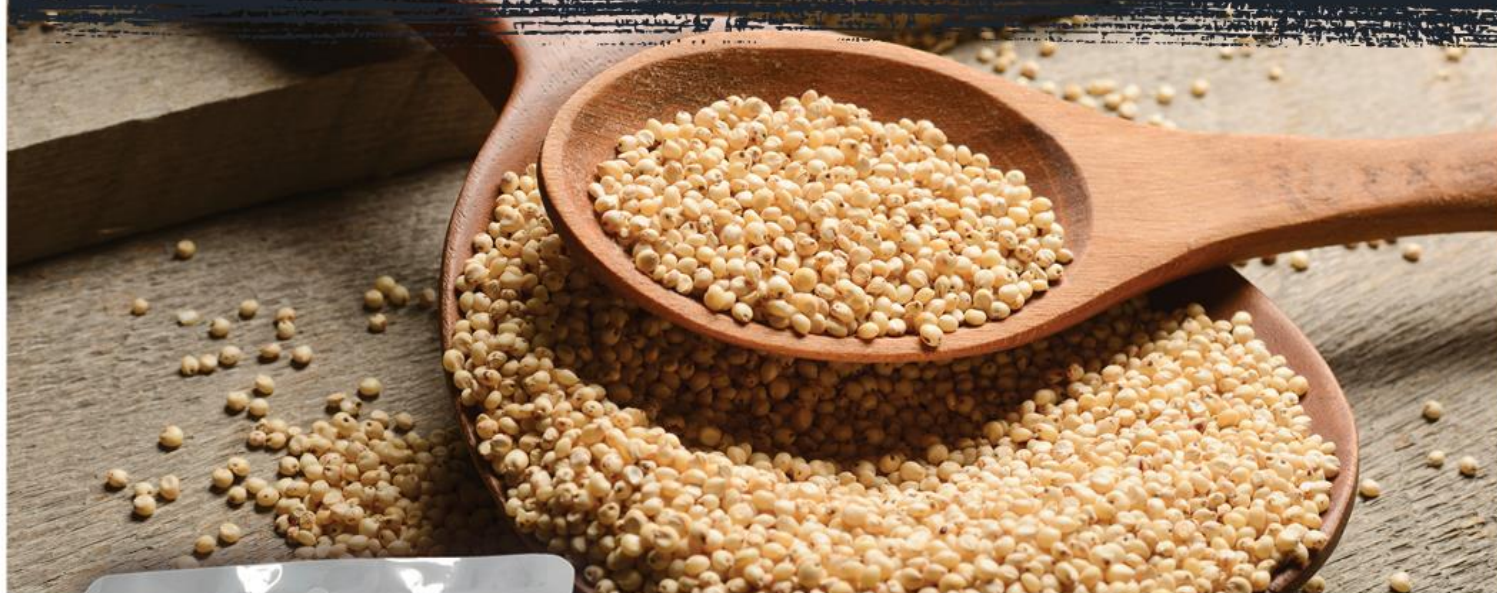
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FOR OUR FRIENDS AT THE CANADIAN CELIAC ASSOCIATION

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Cloud 9 Sorghum has a soft bite, fast cook time and its neutral flavour can be paired with your favourite foods and spices. Bring variety to your meals with this new ancient grain!

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We'd love you to try Cloud 9 Sorghum and tell us what you think. Go to this special web link and we'll ship you a sample pack.

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