

March 2019

Volume 1 Issue 152

Charitable Registration #

CCA-VC 855544896RR0001

CCA 106844244RR0001

Vancouver Chapter

Celiac News

\$5.00 /Issue

Canadian Celiac Association

L'Association canadienne de la maladie coeliaque

2018 Board of Directors

President & Membership

Lizbeth Wall

Email: lizabeth@novuscom.net

Vice President

Luisa Ceconello

Email: luisasceconello@yahoo.com

Treasurer

Betty Wong

Email: tsuiye@hotmail.com

Secretary & Marketing

Cynthia Loveman

Email: caloveman@gmail.com

Director

Jessica Mooney

Email: jmooney003@gmail.com

Director

Pushpa Kapadia

Email: pushpakapadia@gmail.com

Director

Jasmine Sidhu

Email: jaminesidhu@me.com

Director

Val Vaartnou

Email: val_vaartnou@telus.net

Thanks to our Facebook moderators Lynda Neilson and Sarah Makepeace.

2019 Board Members will be elected February 10, 2019 at Annual General Meeting.

CONTENTS:

Page:

3	President's Message
5	Nutrition Corner
6	Celiac In the News
7	Gluten Free Travel
11	Celiac In the Kitchen
32	Schedule of Events

NEXT ISSUE:

If you have any recipes, restaurant reviews/articles for the June 2019 issue, please have them submitted by May 15, 2019.

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.

ADVERTISING

As usual, the ads are accepted in a 'First Come, First Serve' basis based on space. All ads need to be submitted as *.jpg or *.tiff files. *PDF files are not acceptable*

Rates:

Full Page	250mm high x 190mm wide	\$ 100
Half Page	125mm high x 190mm wide	\$ 50
Quarter Page	125mm high x 90mm wide	\$ 25

Thank you to all our advertisers who continue to support our newsletter.

Submit your ads to: Cynthia Loveman Email: caloveman@gmail.com

NEWSLETTER SUBMISSION DEADLINES

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

DISCLAIMER AND EXCLUSION OF LIABILITY:

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

President's Message



Welcome to Spring as it breathes new life into the world around us.

In this issue you will find that we have been a busy and active Chapter and in between all our Chapter's actions and events over the past several months I have had time to fit in another travel adventure.

On February 10th we held our AGM, wrapping up 2018 in a snowstorm, at least from a Vancouverites' point of view. We appreciate all our members who support us and to those who were able to attend, braving the pending weather conditions, thank you, we easily made our quorum. We had a table full of goodies to give away thanks to our very generous sponsors, Cloud 9, Dr. Schar and New Age Marketing. You will find the details of our meeting in this issue.

We have also started Kid's Meet Up Group, led by Board Director Jasmine, enthusiastically supported by rest of the Board members. I am sure that there are many of you happy that all of Jasmine's hard work has come to fruition. You can read about the details of this group in this issue as well.

I have only been diagnosed with Celiac Disease since 2013, and except for the very rare tummy upset, I have always considered my self asymptomatic. I have listened sympathetically to those that suffer with merely a crumb and have always considered my self fortunate that I do not experience such extreme ill effects when glutened. We are often asked "what are the symptoms of having Celiac Disease," our reply is that there are over 300 symptoms, but until recently I never really understood just how accurate that statement is.

I had my "ah ha" moment when I got glutened while visiting Memphis. That evening my personality changed, I was not rational, I could not think, I was very depressed, and I felt like I had a hangover (without the benefits of a good bottle of wine). I had not realized what happened to me until the next day when I was feeling my normal happy self. There was no other explanation for my sad state. When I reflected upon past incidents, I realized that these are my symptoms when I get poisoned. I have witnessed friends who immediately vomit and one friend whose lips go numb and she cannot talk properly.

Every one of us is different which makes it difficult for family and friends to understand that we have a serious disease. "Cancer" scares the heck out of all of us but our disease is not recognized as being life threatening or altering and yet it is both.

The good news is that more and more people are beginning to realize that we do not choose to be Gluten Free and we are being treated more respectfully when we state that we must adhere to our medically restricted diet.

I wish you all the very best!

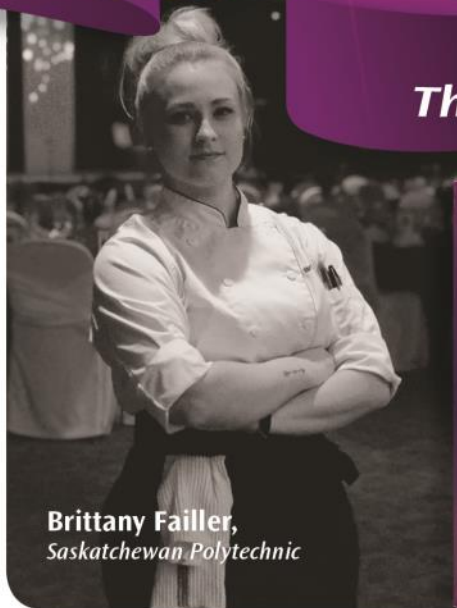
Liz



Judy G
Gluten-free

gluten-free
Pizza
sans gluten

Congratulations Brittany!
Thanks for Keeping Life Delicious



Brittany Failler,
Saskatchewan Polytechnic



Judy G
CANADIAN CULINARY SCHOLARSHIP

Scholarship winning entry!

B'S DESSERT PIZZA

Featuring decadent **chocolate chia seed pastry cream**, fresh berries, toasted pecans and a smooth homemade **peanut butter caramel sauce** — all topped on a **JUDY G GLUTEN-FREE PIZZA CRUST**.

Visit judygfoods.com/scholarship for the full recipe!

The logo for nuPasta, featuring the brand name in a red, sans-serif font with a small leaf icon above the 'a'.

Gluten free and al dente every time ! www.nupasta.com

Ask Jess: Nutrition Corner



Jess Pirnak is a Registered Dietician who kindly volunteers her time to write newsletter articles for us and answers questions from our members. Jess can be reached at nutrition@vancouverceliac.ca if you have any questions. She can be contacted for consultation at: <https://www.foodyourself.com/contact-1/>

Q. What are the top three foods to consume to maximize my intake of the critical nutrients needed for

someone newly diagnosed with celiac disease?

1. Kale...or any dark leafy green vegetable

Kale is probably the most famous of the dark leafy greens because its packed with nutrition - extremely high in vitamins A and K, it also provides a dose of vitamin C, calcium, and a small amount of omega 3 fatty acids. Kale's anti-inflammatory properties, along with the fact that it is a source of calcium, makes this dark leafy green one of my top three foods for someone newly diagnosed with celiac disease.

2. Avocados

And not just because avocado toast is super trendy right now! Avocados are packed with soluble fibre and B vitamins including folate. A deficiency in folate is not uncommon in celiac disease due to malabsorption and may contribute to gut symptoms and fatigue. Plus, gluten-free convenience foods tend to lack fibre (think rice cakes or rice crackers), so it is important to consume high fibre and folate foods.

3. And last but not least...cold water oily fish

Think salmon or mackerel. These fish, along with herring and sardines, are high in anti-inflammatory omega-3 fatty acids and a great source of protein and vitamin D. Bonus: mackerel is also one of the least expensive fish on the market, so no need to break the bank in order to eat at least two servings of fish per week. Omega-3 fatty acids and vitamin D are actually critical nutrients for everyone not just for someone with celiac disease.

Celiac Disease in the News

Submitted by Val Vaartnou and Ibreez Asaria

The following are summaries of research in progress or completed from credible medical journals and medical sites. Links are provided where further information can be found.

Do Celiacs Suffer from Headaches More?

A UK study looked at scientific articles from 1987 to 2017 found that the prevalence of headaches in adults with celiac disease was 26 percent and in children with celiac disease, 18 percent. More than 42,000 patients with either celiac disease or headaches with an unknown cause were followed in the studies. Headaches associated with celiac disease are predominantly migraines, but lack of specific information on the type of headache found in some articles made interpretation of the results less clear.

Up to 75% of adults and 71% of children saw their headaches reduced on a gluten-free diet.

For more information: <https://www.beyondceliac.org/research-news/View-Research-News/1394/postid--112419/>

New Blood Test May Help Monitor Celiac Disease Activity

A study at the Mayo Clinic is very promising in identifying and managing Celiac Disease. "We identified immunogenic epitopes of the tTG-DGP (tissue transglutaminase-deamidated gliadin-derived peptide) complex and found that an assay to measure the immune response to epitopes accurately identified patients with celiac disease, as well as patients with mucosal healing," the authors write in *Gastroenterology*, online October 17, 2018. The study was broad and looked at 85 patients with celiac disease that was treated and healed, 81 patients with treated but unhealed celiac disease (who had villous atrophy despite maintaining a gluten-free diet), 82 patients with untreated celiac disease, as well as 27 disease controls (who had villous atrophy without celiac disease) and 217 healthy controls.

Dr. Joseph Murray, the senior author on the study, agreed with Dr. Choung that this assay may make diagnosis easier, improve management, and avoid the need for follow up biopsies. "Indeed," he said, "we could move to a strategy that avoids biopsy for both diagnosis and follow-up, although a lot more work is needed for that to happen." This is new work and more study is required.

For more information: <https://www.mdlinx.com/internal-medicine/top-medical-news/article/2018/11/16/7549414>

What is really behind gluten sensitivity?

This is a very interesting article that looks at two different theories as to the cause of gluten sensitivity.

First, Alaedini, contacted researchers at the University of Bologna in Italy and he studied 80 patients who had been identified as gluten sensitive based on a gluten challenge. He wished to study the immune response but did not expect to see one. He found that these individuals had high levels of a class of antibodies against gluten that was short lived. "For Alaedini, the beginnings of a mechanism emerged: Some still-unidentified wheat component prompts the intestinal lining to become more permeable. (An imbalance in gut microbes might be a predisposing factor.) Components of bacteria then seem to sneak past immune cells in the underlying intestinal tissue and make their way to the bloodstream and liver, prompting inflammation."

The other competing theory is FODMAPs. Initially observed by Dr. Peter Monash, in Melbourne Australia. He showed that only FODMAP symptoms were statistically significant (but barely). Carbs in wheat called fructans can account for as much as half of a person's FODMAP intake.

Dr. Elena Verdù, President of the North American Society for the Study of Celiac Disease, believes careful research will ultimately break through to find answers. This year the organization awarded its first grant to study nonceliac wheat sensitivity. She's hopeful that the search for biomarkers like those Alaedini has proposed will show that inside the monolith of gluten avoidance lurk multiple, nuanced conditions. "It will be difficult," she says, "but we are getting closer."

For more information: <https://www.sciencemag.org/news/2018/05/what-s-really-behind-gluten-sensitivity>

FDA Gives Approval to Fast Track Nexvax2

Nexvax2 is a therapeutic vaccine being investigated in a Phase 2 study, which is currently recruiting 150 patients in the United States, Australia and New Zealand for participation in a clinical trial. Nexvax2 is being developed to be used in addition to the gluten-free diet to provide protection from inadvertent gluten exposure, for example from cross-contact when dining out.

"Celiac disease is a life-changing condition that causes significant health problems due to cumulative damage from chronic and repetitive bouts of gluten-triggered inflammation," said Ken Truitt, M.D., chief medical officer for ImmusanT. "Using a novel panel of celiac disease-associated immunological markers, identified in early clinical studies, we can follow both acute symptoms and the underlying inflammatory response following gluten exposure. This helps monitor Nexvax2's effectiveness in altering the disease process."

For more information: <https://www.beyondceliac.org/research-news/View-Research-News/1394/postid--112674/>
Article by Amy Ratner.

Celiac Disease in the News

New at Home Test for Celiac Disease

A new at-home celiac disease test is being launched Microdrop Health, a Houston company. It is only available in the US and could help patients get their doctors to more quickly take the steps needed for CD diagnosis.

Called imaware™, the test measures the same antibodies to gluten as the tests that doctors use in their offices as the first step to diagnose celiac disease -- anti-tissue transglutaminase (tTG) and deaminated gliadin peptide (DGP) tests.

For more information: <https://www.beyondceliac.org/research-news/imaware-home-celiac-test-launches/> Article by Amy Ratner.

Larazotide Acetate Reduces Intestinal Permeability

Innovate Biopharmaceuticals, in a new preclinical study, assessed the effects of larazotide acetate on intestinal permeability and found it triggered a clear reduction in gut barrier permeability which could have implications for celiac disease.

For more information:

<https://www.celiac.com/articles.html/celiac-disease-diagnosis-testing-amp-treatment/larazotide-acetate-reduces-intestinal-permeability-in-a-nash-preclinical-study-r4653/>

What's the Relationship Between Celiac Disease and Endocrine Autoimmunity?

Between 10% and 30% of patients with celiac disease (CD) test positive for thyroid and/or Type 1 diabetes antibodies. 5% - 7% of patients with autoimmune thyroid disease and/or Type 1 diabetes for IgA anti-tissue transglutaminase antibodies, the antibodies associated with CD. CD and endocrine autoimmunity share common genetics, the HLA DQ2 and HLA DQ8 genes. Conclusions of the study were those with celiac disease should be tested for Type 1 diabetes and autoimmune thyroid disease.

For more information: <https://www.sciencedirect.com/science/article/abs/pii/S1568997218302301?via%3Dihub>

Incidence of Refractory Celiac Disease May be Higher than Previously Thought

Dr. Shailaja Jamma, MD and Dr. Daniel Leffler, MD, MS stated reasons for not responding favorably to the gluten-free diet. Recovery times vary from person to person and if the patient is improving continually non-responsive CD is usually an unnecessary label. The most common causes are gluten exposure, Irritable Bowel Syndrome, lactose intolerance, fructose malabsorption, microscopic colitis and small intestinal bacterial overgrowth. "Rare" is actual refractory CD, as is pancreatic exocrine insufficiency, motility disturbances where food moves too quickly or slowly through the intestine, food allergy and cancer which is very rare. Refractory CD responds favorably to a thiopurine medication versus steroids that used to be the main treatment.

For more information: <https://www.celiac.com/articles.html/journal-of-gluten-sensitivity/journal-of-gluten-sensitivity-summer-2011-issue/incidence-of-refractory-celiac-disease-may-be-higher-than-previously-thought-r4657>

Cystic Fibrosis Transmembrane Conductance Regulator Plays a Key Role in Celiac Disease

Exactly how gliadin causes problems with the intestinal mucosal defenses in CD is poorly understood. CFTR, cystic fibrosis transmembrane conductance regulator is an anion channel important for epithelial (gut cell wall) adaptation to cell-autonomous or environmental stress. The function of CFTR is reduced when energy production in the cell is reduced. CFTR plays a central role in gliadin (protein in wheat) activities and shows potential for new treatments for CD. Intestinal handling of dietary proteins usually prevents local inflammatory and immune responses and promotes oral tolerance. However, this is not the case for those with CD.

For more information:

<http://emboj.embopress.org/content/early/2018/11/28/emboj.2018100101>

Celiac Disease "Symptoms" May Not Accurately Determine Gluten Exposure

A presentation given at the American College of Gastroenterology Association, concluded the patients of celiac disease had difficulty determining if they had ingested gluten based on their symptoms. A study from the Mayo Clinic recruited 14 patients with celiac disease and 14 healthy controls for the trial. Each patient randomly received 6 grams of gluten suspension or a placebo. They received a questionnaire to understand their symptoms (if any) at the start of the study and then were asked to monitor symptoms every 30 minutes to 60 minutes for 6 hours and then daily for 3 days and were asked if they believed they had received gluten. Only 2 of the 7 patients who received the gluten suspension identified that they had received it. There was no statistical difference in symptoms in the gluten celiac disease group compared with the placebo celiac disease group. Most symptoms were nausea and abdominal pain.

Amanda K. Cartee, MD, stated that the symptoms were non-specific and based on this small sample seemed like an unreliable way to self-diagnose and identify gluten exposure.

For more information: Healio Gastroenterology, October, 17, 2018

<https://www.healio.com/gastroenterology/malabsorption/news/online/%7B80aad70a-f6df-4e87-a348-ec3b523f312b%7D/patients-with-celiac-disease-have-trouble-determining-gluten-exposure-based-on-symptoms>

Gluten Free in Bali

By Brett Duncan, www.glutenfreetraveller.ca

I am excited to share with you my experience of eating gluten free in Bali. I have Celiac disease and was there for two months while I toured the island and had a ton of fun. You can find some of my awesome gluten free adventures at www.glutenfreetraveller.ca. For a 2-week gluten free itinerary, [sign-up here](#).



Gluten Free Places to Eat in Ubud

Ubud Gluten Free Kitchen is a 100% gluten free restaurant with attached bakery. Everything is amazing on the menu. Here is the [Ubud Gluten Free Kitchen Menu](#). You can also get deserts and things to go and pre-order items to keep at your accommodation or for day trips.

Seeds of Life is a raw food café that offers gluten free. You can check out their [Facebook page here](#). They use gluten free oats and have no gluten containing items in their kitchen.

Dayu's Warung is a local place that actually serves gluten free food, which is pretty darn exciting. The nasi campur and mie goreng are great and gluten free. Not to mention that the prices are very reasonable compared to standard restaurants and they have gluten free snacks for purchase too! This is one of those unique opportunities to try real local food that is gluten free.

Gluten Free Places to Eat in Canggu

Made Banana Flour is a 100% gluten free bakery with meal options too. You can see their [Facebook page here](#) for pictures of their lovely food. I also purchased pies, pancakes and iced coffee. The brownie and apple strudel were amazing. Some evenings, when I didn't want to cook anything, I would take-away their meat pies for dinner.

Gluten Free Food in Bali at Supermarkets

We purchased lots of fresh fruits and vegetables from local

markets. I also like to snack on junk food, and I am a coffee addict, so we would frequent the supermarket to get these basic items, along with my favourite gluten free finds. My favourite grocery store that had many specifically gluten free items was Pepito. I found gluten free cereal, granola bars, almond milk, gluten free sausages and everything else I really needed. I know I love to know what kind of [Gluten Free Products are available in Bali](#), so I made a list of them in the article.

Gluten Free Eating in Bali

I share these stories as I know there are others out there who are wanting to travel and have major anxiety about doing so. I am passionate about sharing my story to encourage others. If you are considering a trip to Bali and have some questions, reach out and send me an email at [GlutenFreeTraveller](#). Follow me on [Facebook](#), [Instagram](#), [YouTube](#) and [Pinterest](#).



An Early Christmas Present

Let me first thank Two Stickers and the Canadian Celiac Association Van Chapter for a fabulous prize in December. I was fortunate to win the December draw of a generous supply of GF and Non GF stickers from Two Stickers. I would like to offer a review and a few surprise suggestions for the use of these stickers. A few details about my family first. I was diagnosed 3 years ago. My wife does not have CD but is happy to eat fewer carbs so all goes well.....until our adult non CD daughter moves back home. I say that in jest because she is very aware of food allergies with some of her friends. I could obviously tell you how labelling GF and non-GF food is helpful to avoid cross contamination in my kitchen. That is a given, but a few unexpected uses have become helpful in our home.

First unexpected use was when we hosted a hastily organized pot luck New Years Eve party. I prepared a cheese dish and served it with GF crackers. I put a **green GF Two Stickers label** on the dish. When guests arrived and brought dishes some very interesting questions arrived. I will leave you to imagine my answers. "What does this sticker mean?" "Can I just put some of these crackers on this dish?" "What if I dip these other non GF crackers in this cheese?" "Oh, then where should I put my dish?" (I did not say in the garbage but I was tempted.) This was so

educational for our friends and a great relief for me that now more people "get it". I am sure I started a discussion on FB a few years ago on this subject. Two Stickers has the solution.

The second picture is what I call education for my daughter. When she doesn't clean up the kitchen properly, I will place a **Contains Gluten sticker** in the area and wait for her to respond. I am sure I will come up with more uses as I have only had these for two months.

FYI, Liz Wall tells me these are now available on Amazon. [Two Stickers](#)

Best Regards,

Dan Ketchell



kinnikinnick SINCE 1991

gluten free

s'Bread the word!

Here's where to find the tastiest bread of all

AT ALL SAFEWAY STORES

AT SELECT WALMART, SOBEY'S, CO-OP, INDEPENDENT & HEALTH FOOD STORES

Best things in life are free from™

free from NUTS, DAIRY, PEANUTS, SOY

kinnikinnick.com



THE GLUTEN-FREE CRAFT FOR FOLKS WHO LOVE BEER.

BROUGHT TO YOU BY



EXIM@AFICGROUP.COM

ENJOY OUR PRODUCTS WITH ALL OF YOUR SENSES. ESPECIALLY, YOUR COMMON SENSE. ©2019 LAKEFRONT BREWERY, INC., MILWAUKEE, WISCONSIN

KinniTOOS® Cheesecake Bars

*Perfect for school lunches or an afternoon snack.
Recipe provided by Kinnikinnick Corporate Chef Lori Grein*

Ingredients:

- 1 pkg. **Kinnikinnick Chocolate Cookie Crumbs** (300 g)
- 3 tbsp soft butter (40 g)
- 3 (8oz) pkgs. cream cheese (750 g)
- ¾ cup granulated sugar (125 g)
- 3 eggs (168 g)
- 1 tsp vanilla extract (2 g)
- 1 cup sour cream (full fat) (250 g)
- 1 pkg. **Chocolate KinniTOOS®** (crushed) (220 g)

Directions:

1. Line the sides and base of a 9x13 pan with aluminum foil and lightly spray with cooking spray. Set aside.
2. Preheat oven to 325°F (162°C)
3. With a pastry cutter or your hands, combine Kinnikinnick Chocolate Cookie Crumbs and butter in a medium bowl. Press into the base of prepared pan.
4. In a medium bowl beat cream cheese until smooth, scraping down in between mixing (approximately 5-7 minutes).
5. Add granulated sugar and sour cream, mix until smooth.
6. Beat in eggs one at a time, scraping down bowl after each addition.
7. Add vanilla extract to creamed mixture and fold in crushed Chocolate KinniTOOS® just until combined.
8. Pour batter over prepared chocolate crust base.
9. Place filled pan in preheated oven. Bake for 60-70 minutes. Cool for 15 minutes before cooling in refrigerator for minimum 4 hours. Remove from fridge and carefully lift out cheesecake from baking dish using tin foil to aid. Cut into desired sizes and place on serving tray. Serve with your favorite toppings.

Serves 20



Vegan Stuffing

*This sweet stuffing is a nice twist from the ordinary.
Recipe created by Kinnikinnick Corporate Chef Lori Grein*

Ingredients:

- 1 pkg. **Kinnikinnick Cinnamon Raisin Bagels** (cut into ½ inch cubes) (352 g)
- 2 tbsp olive oil (30 g)
- ½ cup dried cranberries (soaked/drained) (60 g)
- 1 med apple (peeled/cored/diced) (154 g)
- 2 celery sticks (chopped) (8 g)
- 2 cloves garlic (diced) (6 g)
- ¼ cup chopped fresh parsley (15 g)
- 2 sprig sage (stem removed/chopped) (2 g)
- ½ tsp salt (2 g)
- 1 tsp pepper (2 g)
- 1 cup prepared vegetable stock (240 g)

Directions:

1. Preheat oven to 350°F (176°C), line a baking sheet with parchment. Set aside.
2. Spread cubed bagel pieces evenly on prepared pan. Bake at 350°F (176°C) for 10 minutes, turning bagel cubes once in oven. Turn oven off, leave pan in oven for 10 minutes turning once. Remove from oven and let cool.
3. In a large skillet, heat olive oil over medium heat. Sauté apple, celery, garlic, salt and pepper for 5-7 minutes or until slightly soft.
4. In a large bowl toss together dried cubed bagel, celery mixture, cranberries and prepared herbs.
5. Moisten stuffing with 1/3 cup vegetable stock.
6. Preheat oven to 350°F (176°C).
7. Lightly grease a 4 qt. casserole dish.
8. Place prepared stuffing in casserole dish and moisten with remaining vegetable stock prior to baking.
9. Bake covered for 30 minutes at 350°F. For a crispier finish uncover for the last 5 minutes.

Tip

Stuffing can be prepped and stored in the refrigerator up to 24 hours ahead. Hold back 2/3 vegetable stock until just prior to baking in a casserole dish.



Celiac in the Kitchen

Sauerkraut – Home Fermented

By Val Vaartnou

This is so easy and so healthy for anyone who has a compromised gut, as healthy gut bacteria feeds on fermented foods.



Ingredients:

- 2 heads of cabbage (the fresher, the better)
- 4 tbsp of Himalayan salt or sea salt (iodine free salt)
- 2 tbsp of caraway seeds (optional), you could add finely grated carrots and/or garlic to mix if you choose.

Directions:

1. Chop or shred cabbage into a large bowl.
2. Sprinkle with salt.
3. Knead the cabbage with clean hands, or pound with a potato masher about 10 minutes, until there is enough liquid to cover.
4. Stuff the cabbage into a quart jar, pressing the cabbage underneath the liquid. If necessary, add a bit of water to completely cover cabbage.
5. Put weight on top of the cabbage to ensure that it stays under the liquid.
6. Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.
7. Culture at room temperature (60-70°F is preferred), cool, dry room, for at least 2 - 4 weeks until desired flavor and texture are achieved.
8. If using a tight lid, burp daily to release excess pressure. (Open the lid to release the pressure)
9. Once the sauerkraut is finished, put a tight lid on the jar and move to cold storage. The sauerkraut's flavor will continue to develop as its ages.

Pixie Dust- Seed Mixture

Replaces Xanthum Gum or Guar Gum in Recipes

Dr. Jean Layton, Bellingham

<http://www.drjeanlayton.com/>

Xanthan is created on corn, usually a genetically modified organism plant. If you are attempting to keep GMOs out of your food, this is the way. Organically grown Flax and Chia are readily available. If you find organic psyllium, let me know. This recipe has been in our newsletter previously, but it is a great replacement for something not so healthy.

Ingredients

- 20 grams Organic Flax Seeds
- 10 grams Organic Chia Seeds (either color)
- 5 grams Psyllium Husk Powder

Directions:

1. Grind the seeds and psyllium husk in a coffee grinder till floury.
2. If you wish to make more of the mixture in the same proportions as above, store in the freezer till you need for a recipe.
3. 10 grams (approximately 2 tsp) of this powder stand in well for ½ teaspoon of xanthan gum or guar gum.



Celiac in the Kitchen

Chia Chocolate Pudding

Source: *Lisa Kilgour, Nutritionist,*
<https://lisakilgour.com> January 21, 2019

Picture courtesy of www.silk.com



Ingredients:

- 2 cups non-dairy milk (I usually use coconut milk)
- 1 - 2 tbsp of maple syrup (to your taste)
- 4 - 6 tbsp cocoa or raw cacao (I like it rich, and I use Dutch processed dark chocolate cocoa)
- 1/2 cup chia seeds

Optional Add-Ons

- sliced banana or other fruit
- 1 tsp vanilla
- pinch of sea salt (brings out the sweetness, especially if you're a salt craver or like salted chocolate)
- 1 tbsp of coffee (brings out chocolate flavour, but don't use if your gut is crampy/painful)
- Whipped cream, coconut or regular

Directions:

1. Mix all ingredients, EXCEPT CHIA in a bowl or blender.
2. Whisk or blend until the cocoa is mixed thoroughly. Give it a taste - is it good? If so, proceed. If not, adjust the ingredients (like add more maple syrup or cocoa).
3. When it tastes good, pour the liquid into a serving bowl or 4 small ramekins.
4. Stir in chia (1/2 cup into a bowl, or 2 tablespoons into each ramekin).
5. Leave on the counter and stir occasionally until it sets (takes a few hours). Or, stir again in 10 mins and pop into the fridge overnight. Refrigerate any leftovers (if there are any leftovers :).
6. Not thick enough? Just add more chia :)
7. Don't want to wait? Just blend the chia with the liquid and it will set right away :). It'll be a different texture, but it's still healing and delicious :)

Serves 2 - 4, takes 10 mins to prepare and a few hours to set

Enjoy it on its own, or make it fancier with some whipped coconut cream. And enjoy!

Nanaimo Bars

By Val Vaartnou

This is my mom's recipe which just happens to be gluten-free when you use gluten-free graham cracker crumbs. It is very sweet so cut in small pieces.



Ingredients Chocolate Base:

- 1/2 cup butter
- 1/4 cup granulated sugar
- 5 tbsp cocoa
- 1 tsp vanilla
- 1 egg

Cream everything together until it is a smooth consistency.

ADD:

- 2 cups gluten-free graham cracker crumbs (Kinnikinnick)
- 1 cup semi-sweet coconut
- 1/2 cup chopped nuts (either walnuts or pecans)
- Mix together with chocolate base until combined and pack into a 9 inch square pan. Bake at 350 degree F for about 8 minutes. Remove from oven.

Filling:

- 1/4 cup butter
- 3 tbsp condensed milk (concentrated milk, sugar, lactose)
- 2 tbsp Bird's custard powder (corn starch, salt, color (tartrazine))
- 2 cups icing sugar

Melt butter until soft. Add condensed milk and custard powder and mix. Add icing sugar about 1/2 cup at a time and mix until smooth and all sugar lumps are out. Spread over the chocolate base.

Topping:

4 squares semi-sweet chocolate (sugar, unsweetened chocolate, cocoa butter, milk ingredients, lecithin (soy), natural flavour)
1 tbsp butter

Melt in pan over water until smooth and can be poured over filling. Spread thinly over filling. Refrigerate for at least 2 hours prior to cutting in small bars.

Body Mass Index and the Gluten-Free Diet

Reprinted with Permission from *The University of Chicago, Impact Magazine, December 2018. Celiac Disease Center, www.cureceliacdisease.org*

By Hilary Jericho, MD and Stefano Guandalini, MD*



This study reviewed charts of children seen at the University of Chicago Celiac Center from January 2002 to May 2016.

Patients included in the study were confirmed to have a diagnosis of celiac disease based on the current guidelines (1). Our goal was to assess body mass index (BMI) changes occurring on the gluten-free diet in celiac children pre- and post- 2011, as this represents a potential cause of morbidity that may at least in part counteract the benefits of diagnosis.

The children's BMI was noted when they started the gluten-free diet and at least one other time over the next four-plus years. We compared the rate of BMI increase in children who were diagnosed before 2011 versus after 2011. The study included 147 children (66% female) with biopsy-confirmed celiac disease. The mean BMI at diagnosis was 17.8 for those diagnosed before 2011 and 17.1 for those diagnosed after 2011, when processed gluten-free foods became readily available on the market. Serologies were monitored after patients started the gluten-free diet and approached normal values, indicating that the patients were following the gluten-free diet.

We saw BMI values overall increase after starting the gluten-free diet, even at the first post-diagnosis appointment. We observed a trend toward higher BMIs in adolescent celiac patients post-2011 as compared to pre-2011, when there was a surge in the production of processed gluten-free foods on the market. We determined that younger celiac patients consume less processed gluten-free foods, most likely due to the influence of their health-conscious parents over their food choices; and that special attention must be paid to the adolescent celiac population to insure ongoing healthy food choices even after many years on the gluten-free diet.

OUR FINDINGS

The BMIs for both pediatric celiac disease groups on the gluten-free diet rose with time, even at the first follow up appointment, as soon as six months after diagnosis. BMIs continued to rise at increasingly larger intervals at 1, 2, and

3 years after baseline. The greatest percent change in BMI from baseline was at 4+ years after starting the gluten-free diet (14.9% in children diagnosed pre- 2011 and 11.5% in children diagnosed post- 2011). We also analyzed BMI trends by age group. Overall, as children aged, their BMIs increased with time on the gluten-free diet. While children aged 0-6 demonstrated little change in BMI over time at 0.5, 1, 2, 3, and 4+ years after starting the gluten-free diet, the 7-12-year old age group showed an increasing trend in BMI change over time, with further increases in the 13-18 group.

FOLLOW UP

We sent a follow up survey to further assess consumption of processed gluten-free food options pre-2011 as compared to post-2011. Thirty-one patients within the 13-18-year-old age group (now all 18 years of age or older) were contacted to complete a short survey on their consumption of processed gluten-free foods. We received 10 responses, four from patients diagnosed before January 1, 2011 and six who were diagnosed after 2011. The most common reasons they gave for consuming processed gluten free food versus natural gluten free food were convenience, ease, faster time of preparation, more availability of processed gluten-free foods on the market after 2011, as well as a desire to fit in with their peers.

All the post-2011 patients reported consuming processed gluten-free foods "sometimes to most of the time." In contrast, there was a greater variation in responses in the pre-2011 patients, ranging from "never" (one patient) to "always" (one patient). This last patient specifically reported never consuming processed gluten free food prior to 2011 but always consuming processed gluten free food after 2011, given the ease of purchasing them in grocery stores now. The BMI of this patient increased from 22 at diagnosis to 25.8 eight years after diagnosis. On the other hand, the BMI of the patient who reported "never" eating processed gluten-free foods decreased from 26.9 at diagnosis to 22.8 seven years after diagnosis.

The surge in processed gluten-free foods occurred around 2011, and we suspect this has contributed significantly to the ongoing rise in obesity rates in celiac patients. Processed gluten-free foods are often denser, and in an effort to compensate for this denseness, manufacturers may increase the fat and sugar content. It is not unusual for these processed gluten-free foods to contain more saturated fat and sodium and less fiber and protein than gluten-containing counterparts (2).

With appropriate instruction from a trained dietitian, the gluten-free diet can be balanced and healthy. However, many patients initiate the diet without guidance and lean toward the convenience of processed gluten-free options

Body Mass Index and the Gluten-Free Diet

CONCLUSIONS

While overall, we observed no significant changes in BMI before and after 2011, we did notice that in adolescent celiac patients there was a trend toward a higher postdiagnosis BMI in the years after 2011. We speculate that teenagers may be especially vulnerable to choosing quick and easy processed gluten free options over healthier, natural alternatives leading to a rise in their body mass indexes after the 2011 surge in production of processed gluten-free foods on the market. Therefore, this population needs special attention to ensure ongoing healthy food choices even after many years on the gluten-free diet. These findings indicate important clinical implications regarding processed gluten-free foods that are becoming more readily available and affordable on the market. The rising obesity epidemic in the United States underscores the importance of nutritional support at diagnosis and afterward, especially in the adolescent years. In this particular population, reasonable and convenient, but healthy, gluten free food options should be emphasized.

[This population needs special attention to ensure ongoing healthy food choices even after many years on the gluten-free diet.](#)

* This article is adapted from a recent study undertaken at The University of Chicago Celiac Disease Center. The authors are pleased to acknowledge Kristen Wroblewski, Biostatistician at the University of Chicago who provided assistance with statistical analysis. 1. Valletta E, Fornaro M, Cipolli M, Conte S, Bissolo F, Danchielli C. Celiac disease and obesity: need for nutritional follow-up after diagnosis. *European journal of clinical nutrition*. 2010;64(11):1371-2. 2. Miranda J, Lasa A, Bustamante MA, Churrua I, Simon E. Nutritional differences between a gluten-free diet and a diet containing equivalent products with gluten. *Plant foods for human nutrition*. 2014;69(2):182-7.

WHAT IS BMI?

According to the National Institutes of Health, Body Mass Index, or BMI, is a measure of body fat based on one's height and weight. "BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat. The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers."⁽¹⁾ A healthy BMI is a range between 18.5 and 25. However, this range does not account for special situations such as increased muscle mass in highly athletic people, or decreased muscle mass in older adults. You can figure out your own BMI on the National Institutes of Health website. The measures for BMI for children and teens are somewhat different and require a different calculator. There is one available on the website of the Centers for Disease Control and Prevention.

BMI

Underweight	Below 18.5
Normal	18.5–24.9
Overweight	25.0–29.9
Obesity	30.0 and Above

This chart displays BMI ranges for adults.

https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm#limitations

NOTE: In the formula below, mass is in kilograms and height is defined in meters.

$$BMI = \frac{\text{mass}}{\text{height}^2}$$

Cloud 9 Specialty Bakery and Cloud 9 Gluten Free – Strategy Change

By Val Vaartnou – Interview with Karen McKay, General Manager, and Mike Betcher, President, Cloud 9 Gluten Free and Cloud 9 Specialty Bakery.

Cloud 9 has been a huge supporter of the Canadian Celiac Association – Vancouver Chapter from their inception. They have willingly supported our events and have been a major contributor to the Scotia Run-- our main fundraising event. Last year, Karen ran/walked and had a great time with us and provided all runners with delicious granola bars after the run, designed our t-shirts and provided gift certificates to each of our runners. Their commitment to celiacs and the community is greatly appreciated. I met with them in February to review their strategy for Cloud 9.

I first met Mike Betcher in 2012 at a meeting introducing the Canadian Celiac Association's Gluten-Free Certification program to Vancouver Chapter members. Mike and his former partners had opened a gluten-free bakery and production facility and were very interested in the certification program and the ensuring that the baked goods and mixes they produced were safe for celiacs. As a result of their commitment, Cloud 9 was the first dry mix manufacturing plant in BC to be GFCP certified. They take their responsibilities very seriously and like us, view gluten as a "poison". They care that their products meet the highest standards and have proven this with their investment in the business.

Their motto, "gluten-free without compromise" meant that we celiacs could enjoy gluten-free baked goods that matched or were better than the gluten counterparts in taste, texture and flavour. And their dedication to achieving certifications for their blending plant, meant that the promise of great taste is backed up with a commitment to achieving the highest levels of food safety and quality.

Strategy

The strategy for Cloud 9 is based on three pillars-each one as important as the other: Cloud 9 Specialty Bakery, Cloud 9 Gluten Free Co-Packers and their brand, Cloud 9 Gluten Free.

The Cloud 9 Specialty Bakery

The bakery was initially set up at 1025 Royal Avenue, New Westminster and started out as a test kitchen where they could ensure the various recipes and flour blends were tested and proven to people like us. They welcome our feedback to improve what they offer and are always looking for new products that we would like. As well, they wanted to create a space that showed their customers that, like their packaging, their bakery could be just as creative. The bakery is 100% gluten-free but does also use nuts and eggs (allergens) so customers are forewarned about possible allergen cross-contamination.

The bakery has been successful with many loyal customers leading Mike and Karen, to believe that there are opportunities to expand into other communities in the Lower Mainland. The challenge is where they would best fit. Customer input would be greatly appreciated.

Production Facility - Cloud 9 Gluten Free Co-packers

The dry mix production and packing initially started at the bakery, however, growth and a desire to extend the brand meant a new facility was needed. The blending plant is a cornerstone of the business and Mike is very particular about its operation and the quality of product that it makes for their customers -so it is run with the utmost attention to cleanliness and strict adherence to a controlled environment that Mike both maintains and works in.

Today, not only are they a member of the Gluten-Free Certification Program but have attained a significant number of certifications including: SAI Global, global quality assurance, HACCP and food safety handling; Fraser Valley Organic Producers Association, organic certification program accepted in many parts of the world; Kosher Check, Non-GMO Project Verified and Costco certified.



Cloud 9 Specialty Bakery and Cloud 9 Gluten Free. – Strategy Change

Because of their attention to detail and certifications, the facility is co-packing product for other companies either as a private label brand or sourcing ingredients, blending and packaging for mid-size companies and start-ups. Examples of other companies currently producing their gluten-free products there are: Healthy Options of the Philippines, Co-op's, Gold d'Or brand PURE, and more recently work for Epicure.

Grains, nuts and seeds are all high-risk foods for gluten cross contamination and Cloud9 is set up to handle these products in their GFCP facility.

Brand – Cloud 9

Cloud 9 has developed a strong, high quality product and strong brand. They have developed this through their other company, B3 Communications and use this like an in-house agency with full capabilities to design and develop packaging that is striking and functional. In the future, they would like to assist smaller start-ups in packaging and co-packing their products.

The investment in the business to date, although substantial, is nothing compared to the investment required to go nationally. The estimated costs to expand nationally is a huge undertaking but a move that Karen and Mike see as a natural progression of the business. They are currently in parts of Alberta and Saskatchewan and are looking to expand into the eastern Canadian market with the help of their broker.

With their local retail stores including Choices, Save-On-Foods, Buy Low Foods, Nesters, and several smaller independent, they are now available in Winners, Home Sense and Marshalls across Canada.

New Products

Currently in research and development are several health focused products, with reduced sugars and added natural fibre. Lowering sugar content by using Stevia or Monk fruit as sugar substitutes are all being tested.

Cloud 9 has perfected, pastry, pie crust, and pizza mixes but are now being tested with the addition of different protein flours, starches and binding agents, adding protein is huge – hemp protein is showing great possibilities. In addition, interesting starches and binding agents are all being considered as part of the development of new and improved product offerings.

All products are made with pride with no added preservatives, colouring, soy or artificial flavours. By carefully formulating their products, they naturally have a shelf life of 18 months. What comes across clearly in talking with Karen and Mike is that they care! They do not use ingredients simply because they are cheaper.

What they would really appreciate from the celiac community is input as to what we want. They are very open to suggestions for new products and now have the infrastructure to produce them.

Although Cloud 9 ships all over the world today, their roots are in BC. It is critical to support businesses founded in our local market and make them stronger going forward. They have two websites – one for the brand consisting of their dry mixes and co-packing and the other is for their bakery. Check out their beautiful bakery website at <http://cloud9specialtybakery.com/> or visit their bakery at 1025 Royal Avenue, New Westminster, BC. Special orders are available with advance notice. For great recipes: <http://cloud9specialtybakery.com/gluten-free-recipes/>

604.249.5010 | 1.800.979.0902
orders@cloud9specialtybakery.com

Open: Wednesdays – Saturday, 10 am to 6 pm and Sunday 10 am to 4 pm. Closed Monday & Tuesdays



Why a Support Group?

By Pushpa Kapadia, CCA Vancouver Chapter Director

The celiac disease diagnosis is life changing, and with that many questions arise - What can I eat? What can't I eat? Are there other factors to keep in mind? And that's why we have celiac support groups. The Vancouver chapter of the support group has helped so many people and continues to do so on a regular basis.

I took on chairing the South Surrey celiac support group in September 2017. At that time, we had 5 members - and now, only a year later we're up to 15 people. Our support group is filled with amazing people, and the community of us really helps new members feel like they're not alone in dealing with celiac or gluten sensitivity. The feedback that we've gotten is that our participants feel like the sessions are therapeutic and healing, and that they feel like they can express their feelings and challenges without of fear of being judged. Our members regularly have the opportunity to share their concerns, successes, stories, favourite restaurants and recipes. We learn so much from each other and really have created a strong community around this lifestyle. By sharing with each other, we've all gained knowledge, improved health, better blood test results, and with that, I think, an easier transition into a gluten-free lifestyle, especially for new members.

Our meetings are held every third Tuesday of the month at Choices Market ([3248 King George Blvd.](#)) and we are very thankful to Choices Market for allowing us to use their premises for these meetings.

I encourage anyone with celiac or a gluten sensitivity to check out a support group near you.



Benefits of Support Groups:

- Share personal experiences and feelings including your story, your fears and successes
- Realization that you're not alone
- Gain control of your disease and do your best to live with it.
- Gain comfort and know others share the same challenges and understand what you are facing.

A platform to express your feelings

- Sharing emotions and life circumstances with the group create a feeling of comfort.
- No one is judgemental, and others in the group will listen and praise you for your courage and openness.

Knowledge

- Tips and resources
- Answers to questions: What to do and what not to do? What to eat and what not to? Things to look for when going shopping. How to manage the kitchen when sharing space with non- gluten-free.

Hope

- It's powerful when you see others in the group who are further along their road to feeling better and healthier
- Success stories have a positive impact on our lifestyle.

Increase self-understanding

As you learn more effective ways to manage, transitioning into a GF lifestyle becomes easier, you'll feel more confident and this is a positive sign of progress being made.

Support others

- Help others who are newly diagnosed in the group to grow and make progress, giving back the support that you received when you first joined.
- Others will be positively affected by hearing about your successes and your kind, caring nature. You'll also notice you feel better when you are able to help someone else.

For information regarding our other Support Groups:

<http://www.vancouverceliac.ca/support-groups.html>

**NEW
FORMULA**

**Now with Organic
STEVIA**

Orange Flax Oil Blend is a great-tasting oil the whole family can enjoy.

It's easy to fit this rich source of omega-3 into your day. Just add to your morning smoothie, yogurt, or cereal bowl.



Omega Nutrition Canada Inc.

Visit our website to see more Omega Nutrition products

info@omeganutrition.com
www.omeganutrition.com



CCA Vancouver Chapter 2018 Financials

Submitted by Betty Wong, Treasurer

The following are the unaudited financial statements for the Canadian Celiac Association – Vancouver Chapter for 2018. Minor changes may occur when filing the T3010 (charity tax return) due June 30 as more information is received.

Revenue – 2017/2018

	2017	2018
Advertising – Newsletters & Scotia Run	6,200	6,157
Donation – No Receipt Awareness	3,228	3,826
Donation – No Receipt Research	97	279
Donation – Receipted Awareness	20,655	23,201
Donation – Scotia Run 2019	0	565
Sales of Books	104	122
GST Refund	203	228
Interest Income	181	209
Membership Revenue*	2,895	1,960
Total	\$33,563	\$36,547

2018 Revenues are higher primarily due to increased Scotia run donations. Thanks to Canadian Mattress Recycling Inc. for a \$4.2K donation. We are currently investigating the lower rebate from national for Membership. Lower advertising revenue for our newsletter was offset by higher Scotia Run advertising revenue. We are paid biweekly for donations for the Scotia Run, therefore have received some donations for the 2019 Scotia Run in 2018.

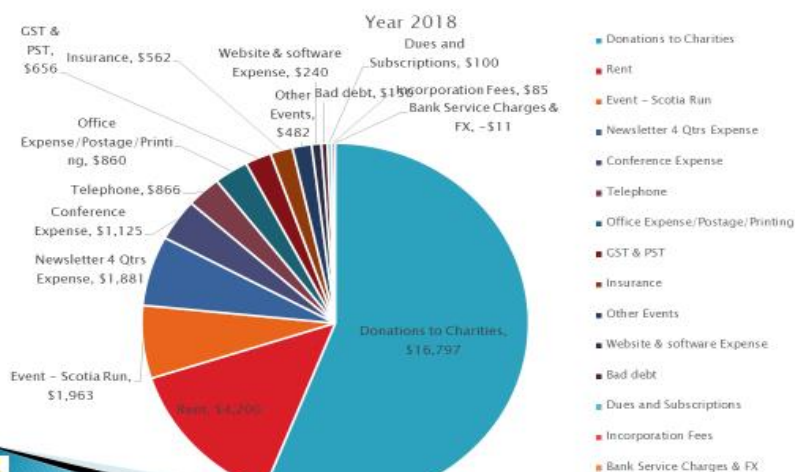
Expenses – 2017/2018

	2017	2018
Conference	912	1,126
Donations to Charities	15,444	16,797
Events	1,677	2,444
PST, GST	656	656
Insurance, Legal and Bank Charges	843	660
Newsletters	1,883	2,006
Office, FX, Training, Software and Website	699	549
Other Postage	698	326
Printing	181	326
Rent and Telephone	5,234	5,066
TOTAL	\$28,227	\$29,956

2018 National Conference was held in Ottawa, so conference expenses were higher than the Edmonton conference. As a result of Scotia Run, the Chapter gave \$12K to the J A Campbell research fund for Celiac Disease. \$4K was given to National for Operations and the development of webinars. Events expense were higher in 2018 due to more participants in the Scotia Run. Fewer members require a mailed hard copy which results in lower postage costs.

Thanks to Cloud9 Specialty Bakery, who donated gift cards for our volunteers in the Lower Mainland.

2018 Expenses



The graph indicates how money was spent in 2018. Note the \$4,200 Rent was donated back to our charity.

CCA Vancouver Chapter 2018 Financials

CCA - Vancouver Chapter Income Statement	2018	2017
Income		
Advertising - Newsletters	6,157	6,200
Donation - No Receipt Awareness	3,826	3,228
Donation - No Receipt Research	279	97
Donation - Receipted Awareness	23,201	20,655
Donation - Scotia Run 2019	565	0
Sales of Books	152	104
GST Refund	228	203
Interest Income	209	181
Membership Revenue	1,960	2,895
Total Income	\$36,577	\$33,563
Cost of Goods Sold		
Cost of Goods Sold	30	0
Total COGS	\$30	\$0
Net Income	\$36,547	\$33,563
Expense		
Bank Charges & Bad Debt	138	38
Conference Expense	1,126	912
Donations to Charities	16,797	15,444
Event Expenses	2,444	1,677
GST, PST	656	656
Legal Fees	85	55
Insurance	562	635
Newsletter Expense	1,881	1,883
Office, Software, Training	322	575
Postage/Delivery	326	698
Printing/Reproduction	326	181
Rent	4,200	4,441
Telephone	866	792
Website Expense	227	240
Total Expense	\$29,956	\$28,227
Net Ordinary Income	\$6,591	\$5,337
Other Income	0	
Net Income	\$6,591	\$5,337

CCA - Vancouver Chapter Balance Sheet	Dec 31, 2018	Dec 31, 2017
ASSETS		
Current Assets		
Chequing/Savings		
Term Deposit	21,178	20,971
Chequing	23,451	17,164
Accounts Receivable	1,938	1,925
Prepaid Expenses	0	96
Inventory Asset	112	80
Total Current Assets	46,679	40,236
TOTAL ASSETS	46,679	40,236
LIABILITIES & EQUITY		
Liabilities		
Accounts Payable	133	280
Equity		
Retained Earnings	39,955	34,619
Net Income	6,591	5,337
Total Equity	46,546	39,956
TOTAL LIABILITIES & EQUITY	46,679	40,236

* Financials may change slightly when T3010 information is filed as more information is received.

* Financials may change slightly when T3010 information is filed as more information is received.

Chart of High Fiber Foods

High fiber foods are good for digestion and health. Fiber is found only in plant-based foods and is either insoluble or soluble. Insoluble fiber absorbs water as it goes through the intestine and improves regularity. Soluble fiber dissolves in water to form a gel-like substance. This helps lower cholesterol in the body. When adding fiber to your diet do it slowly.

This list was modified to exclude gluten containing foods (beans, or any other canned food, you must read the ingredients on any label)

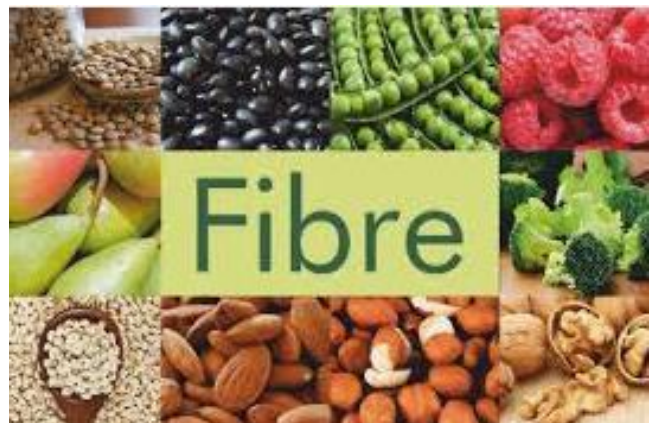
Always consult with your physician before you make any significant changes in your diet.

Fresh Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8
Pear	1 medium	5.5
Apple, with skin	1 medium	4.5
Banana	1 medium	3
Orange	1 medium	3
Strawberries	1 cup	3
Vegetables	Serving size	Total fiber (grams)*
Green peas, boiled	1 cup	9
Broccoli, boiled	1 cup chopped	5
Turnip greens, boiled	1 cup	5
Brussels sprouts, boiled	1 cup	4
Potato, with skin, baked	1 medium	4
Sweet corn, boiled	1 cup	3.5
Cauliflower, raw	1 cup chopped	2
Carrot, raw	1 medium	1.5
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5

Legumes, nuts and seeds	Serving size	Total fiber (grams)*
Split peas, boiled	1 cup	16
Lentils, boiled	1 cup	15.5
Black beans, boiled	1 cup	15
Baked beans, canned	1 cup	10
Chia seeds	1 ounce	10
Almonds	1 ounce (23 nuts)	3.5
Pistachios	1 ounce (49 nuts)	3
Sunflower kernels	1 ounce	3
Whole Grain Gluten Free Flours	Serving size	Total fiber (grams)*
Flax meal	1 cup	32
Teff	1 cup	12
Amaranth	1 cup	12
Buckwheat	1 cup	12
Oats	1 cup	12
Chickpea	1 cup	10
Quinoa	1 cup	8

References:

<https://gluten.org/resources/diet-nutrition/adding-fiber-to-your-gluten-free-diet/>
 USDA National Nutrient Database for Standard Reference, Legacy Release
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>



First Degree Relatives and the Prevalence of Celiac Disease

Summary of articles on Subject by Val Vaartnou, Thanks to Lynda Neilson for providing the links to the articles.

Based on articles reviewed, the risk of first-degree relatives of celiacs developing Celiac Disease is 10% - 15%. (1)

"The actual prevalence varies among the published studies, between 4-16%. Our own experience when testing for celiac disease in 1st-degree relatives is a prevalence around 5%, or 1:20. In 2nd-degree relatives (aunts, grandparents, uncles) a prevalence around 2.6%, or 1:39." February 2016 (4)

In a published 2012 study, 195 patients' first-degree relatives were given blood tests for Celiac Disease. The study identified 23 undiagnosed cases of celiac disease among 484 first-degree relatives of 195 patients with celiac disease, confirming the high prevalence (4.8%) of the disease in this specific group. (5)

First degree relatives of anyone diagnosed with CD should also be tested as Celiac Disease symptoms are varied or may not be noticed, but the damage to the small intestine is still taking place.

References:

- Follow up Care Resource Guide, <https://www.celiac.ca/healthcare-professionals/management/>
Celiac Disease – Defined <https://www.celiac.ca/gluten-related-disorders/celiac-disease/>
Atypical Symptoms of Celiac Disease <https://www.celiac.ca/awareness-month/atypical-symptoms/>
University of Chicago – Celiac Disease Research Center <http://www.cureceliacdisease.org/faq/what-is-the-prevalence-for-others-in-my-family-to-have-celiac-disease-since-ive-been-diagnosed-with-it-2/> <https://www.ncbi.nlm.nih.gov/pubmed/22241509> *Journal Pediatric Gastroenterol Nutrition*. 2012 Aug;55(2):205-8. doi: 10.1097/MPG.0b013e318249378c.

Children's Meet Up Group



By now, the first Children's Meetup Group has taken place. We listened and responded to our members. Thanks to Jasmine Sidhu, for coordinating this effort. When Jasmine's daughter was diagnosed two years ago, she would have appreciated having a place where her daughter could meet other children who had celiac disease. Knowing you are not alone and sharing experiences is just as important for children as it is for adults.

The events initially will be quarterly for children ages 5 – 12. It is not meant to be a support group, but rather is a place for positive peer relations for kids and their parents. The first meeting was held Feb 19th at BC Children's Hospital.

This meet up will be a free-from food event. No snacks or food will be served or should be brought to the group, as we want the group to be inclusive of those with food allergies and sensitivities.

There will be no cost for members and a \$5 charge for non-members to cover the cost of materials for these meetings.

Please RSVP to info@vancouverceliac.ca if you are interested in attending future events.

We are also proposing to have a meet up group for teens ages 13-18 as well. We would like to assess interest in this. If you could send an email to info@vancouverceliac.ca to let us know if your teenager would like to meet up with other teens with celiac disease. Please provide the name and age of the teen when you email us. We would appreciate hearing from you.

Safety of Products That Do Not Carry A GF Claim

Originally Created by Sue Newell for the CCA Facebook Page

You need to think about risk when you decide how much to worry about contamination from gluten grains in food products.



Source of Picture:

<https://healthjade.com/what-is-celiac-disease/>

*** RISK LEVELS ***

Super High Risk - products containing gluten-free oats which may have barley and wheat mixed in with the oats when they are harvested.

High Risk - products that contain a significant amount of non-gluten grain products, especially flour. Non- gluten products that are processed into flour form in the same facilities that process gluten flours.

Lower Risk - products that do not contain gluten ingredients and do not fall into product categories where gluten grains are commonly used.

*** **RECOMMENDED ACTIONS** for various types of food risks***

Super High Risk - products made with gluten-free oats.

The CCA recommends that you consume only gluten-free oats grown under the purity protocol (isolated from wheat and barley from seed to processing equipment) or cleaned-oat products that have been certified by the Gluten-Free Certification Program (GFCP), no matter what the package claims.

High Risk - gluten-free flour, gluten-free baked goods, breakfast cereal, processed nuts, processed seeds that may be exposed to wheat, barley or rye during processing (hemp, flax).

The CCA recommends that you look for a "gluten-free" claim on products in this category. Products in Canada that carry this claim must be made using specific practices to prevent gluten-contamination. In general, this means that these products are produced in dedicated gluten-free facilities. Dedicated facilities are essential for flour-based products.

Many people choose to consume only GFCP products in this category. In order to gain this certification, products must demonstrate to an external auditor that they have adequate processes in place to avoid gluten contamination.

Lower Risk - single ingredient foods and products that do not normally contain gluten ingredients.

The CCA recommends that you make your decision based on the ingredient list and package information. Many people unnecessarily exclude many safe food choices by requiring a GF label on all processed foods they consume. In Canada, you can trust the food label to provide accurate information.



In Memorium

We would like to give our condolences to the family and friends of two active Canadian Celiac Association - Vancouver Chapter members who recently passed away.

Joanna Shephard passed away November 7, 2018 and Vilia Sadler on January 25, 2019.



**YOUR GLUTEN FREE WARRIORS
ARE FULL OF DELICIOUS SURPRISES!**

NEW WRAPS!



**SINFULLY
HEALTHY
DESSERTS!**



KETO CHICKEN BITES!



Your body will thank you!

Enter code **#GLUTENWARRIOR** at checkout to receive a
\$20 credit towards your first purchase!

hello@2guyswithknives.com
www.2guyswithknives.com
778-828-9478

GET IN TOUCH



@2guyswithknives

Scotia Run – June 23, 2019

..... This is our Fourth annual “fun”raising experience, The Scotia Run Half-Marathon (21K) and Run/Walk 5K – June 23rd, 2019 Register EARLY!

2018 in Review – Scotia Run



Thanks to everyone who has already signed up for the Scotia Run for 2019 and for supporting the Canadian Celiac Association – Vancouver Chapter! **THE SIGN-UP PROCESS IS DIFFERENT THIS YEAR.** We greatly appreciate your support!

One system will make it easier for you. Your fundraising page is set up for you and you simply tell your story.

Charity discount is 15% of entrance fee and **entrance fee cost rises as we get closer to race day June 23rd**

The Scotiabank Charity Challenge operates on a participant recruitment commitment model. All official charity partners must commit to recruiting a minimum of 5 paid registration in any distance and there is no participation fee charged to the charity. The Scotia Bank pays for all administrative costs of the run. (As of January, we met the commitment.)

A Charity Promo Code is required. This Charity Promo Code will apply a **15% discount** to the current posted price for registration. The CCA – Vancouver Chapter will reimburse each participant who fundraises \$200 or more, \$30 of their entrance fee. To be classified as a fundraiser you must raise at least \$50 in donations. NOTE: These are new codes specific to the CCA – Vancouver Chapter and should not be shared. Original codes are no longer valid for new registrations.

Half-Marathon discount code: 19CCAV5K

5K discount code: 19CCAV5K

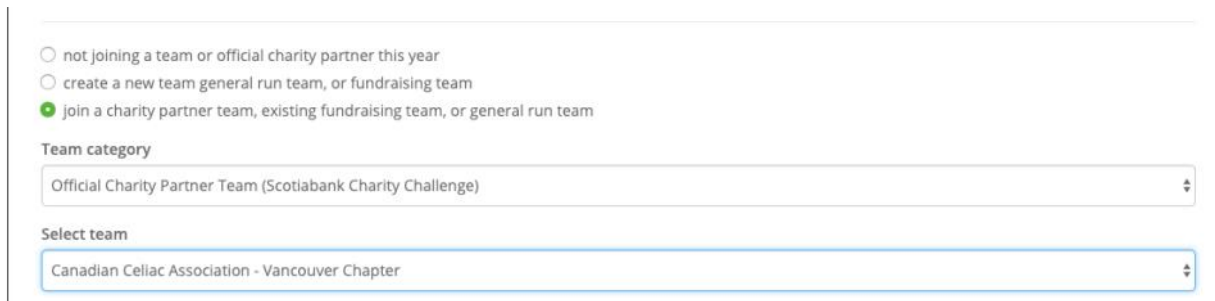
Featured Local Business: Chick Pea

How to sign up – the earlier you register the lower the cost: Go to the following link and you will automatically be signing up for the Canadian Celiac Association – Vancouver Chapter team.

<https://raceroster.com/events/2019/19534/2019-scotiabank-vancouver-half-marathon-5k/register?team=148347>

Follow directions and ensure you use the Charity Promo codes above.

The only confusion for those signing up thus far has been the question regarding Team Category. Using the link above should automatically assign you to our team and you should not have to choose your team. However, if you have issues you may see this screen, and this is how you should answer the question.



The screenshot shows a registration form with three radio button options: 'not joining a team or official charity partner this year', 'create a new team general run team, or fundraising team', and 'join a charity partner team, existing fundraising team, or general run team'. The third option is selected. Below the options are two dropdown menus. The first is labeled 'Team category' and is set to 'Official Charity Partner Team (Scotiabank Charity Challenge)'. The second is labeled 'Select team' and is set to 'Canadian Celiac Association - Vancouver Chapter'.

Lastly, if you have any trouble joining a team, continue through registration and contact support@raceroster.com afterwards to verify that you are on the correct team.

Any questions contact either Val Vaartnou val_vaartnou@telus.net (604-271-8828) or Lizbeth Wall lizabeth@novuscom.net (604-602-7175)

From funds raised at last year's run, we donated:

\$15,000 to the J A Campbell Research Fund that provides funding to Celiac Disease research in Canada.

"A Grant of up to \$25,000 is offered by the Canadian Celiac Association for research projects in Canada of a scientific, applied science, and/or medical nature relevant to Celiac Disease, Dermatitis Herpetiformis, and/or non-celiac Gluten Sensitivity, or the socio-economic implications of delayed diagnosis and/or living with these conditions.

This Award is to encourage research and further the understanding of the full range of implications of Celiac Disease (gluten-induced enteropathy), Dermatitis Herpetiformis, and/or non-celiac Gluten Sensitivity."

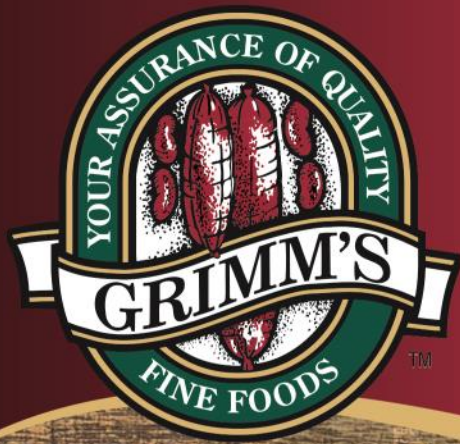
The J A Campbell fund also provides Young Investigator Awards of \$5,000 to newly graduated students at universities in Canada. These grants often start a new researcher to investigate Celiac Disease.

\$3,000 to the Operations of the Canadian Celiac Association for the development of webinars to support newly diagnosed and support those with Celiac Disease. Already a Gluten Free 101 runs on a monthly basis and other webinars have been set up on Reading Labels, Handling Christmas and various Dietary topics.

The Event

All the information regarding this event is found at www.vancouverhalf.com . Hope to see you at the event June 23rd. Later I will send out details of the event and our wonderful sponsors.





GRIMM'S GLUTEN FREE TORTILLAS

AVAILABLE AT

Buy Low
Nesters
Choices
Country Grocers
Fairway Market
Federated Coop
Freson's
IGA
Quality Foods
Safeway
Your Independent Grocer
Walmart



GRIMMSFINEFOODS.COM

- ✓ GLUTEN FREE
- ✓ CHOLESTEROL FREE
- ✓ TRANSFAT FREE

Can a Common Food Additive Trigger Celiac Disease?

<https://medicalxpress.com/news/2019-01-widely-food-additive-celiac-disease.html> Summary by Val Vaartrou

The three-legged stool has been the requirement for individuals to get celiac disease. The three legs being: environmental factors like infections, food and toxins, vaccination, drugs and surgery; the genetic risk; and, gluten which creates an immune response in susceptible individuals. Now, food additives and specifically, microbial transglutaminase, that is a bacterial enzyme used in dairy, meat, baked and other processed foods are being viewed as culprits.

"Microbial transglutaminase can glue together proteins, so it's used to improve food texture, palatability and shelf-life," says co-author Aaron Lerner, visiting professor at the Aesku.Kipp Institute in Germany. "This enzyme functions like the transglutaminase produced by our body, which is known to be the target of autoimmunity in celiac disease."

Unfortunately, the chemical structure of the microbial transglutaminase is not the same as the transglutaminase produced in our bodies. "Microbial transglutaminase itself could also increase intestinal permeability by directly modifying proteins that hold together the intestinal barrier," adds Lerner. Microbial transglutaminase (bound to gluten fragments) could in fact be the target of the immune response in celiac disease—and the attack on our own transglutaminase merely a case of mistaken identity. Microbial transglu-

taminase present in processed foods is therefore a potential environmental cause of celiac disease.

The researchers indicated that it is extremely important that microbial transglutaminase be included on all labels (it is currently on the labels in Switzerland) and that foods containing it be avoided by Celiacs.

The Canadian Food Inspection Agency (CFIA) got back to me on a question that I sent them and stated that in meats in Canada, if microbial transglutaminase is in the meat, it must be identified on the label. However, they referred me to our local office of the CFIA regarding other food labelling. I have not received a response back as to whether microbial transglutaminase must be identified clearly on food labels. I will communicate a response in the next newsletter if I receive one.

For more information: Matthias Torsten et al, Microbial Transglutaminase Is Immunogenic and Potentially Pathogenic in Pediatric Celiac Disease, *Frontiers in Pediatrics* (2018). DOI: [10.3389/fped.2018.00389](https://doi.org/10.3389/fped.2018.00389)

Namaste
foods for everyone!

Keepin' it
real

USDA Organic
Perfect Flour Blend
Parfait Mélange de Farine
gluten free
sans gluten

Namaste
foods for everyone!
rawgoods
gluten free • sans gluten
organic • biologique
tapioca starch
féculé de tapioca
net wt 250g (8.8oz)

Namaste
foods for everyone!
gluten free
Spice Cake Mix
makes two cakes!
nut free
FREE FROM
the Top
Allergens
Wheat, Eggs, Dairy, Soy, Peanuts, Tree Nuts

FREE FROM THE
Top
Allergens

Certified
USDA ORGANIC
NON GMO
Project
VERIFIED
PLANT BASED
K

www.namastefoods.com

Promise Gluten Free

By Mary Horkan, Promise Gluten Free



Promise Gluten Free means there is absolutely no compromise on taste and quality. We have found a way to bring a baked goods experience to consumers where they no longer have to compromise, no longer do they need to sacrifice the great taste and texture that we love about bread, while also feeling good about their choice. Through combining the best natural ingredients, our brand offers an award-winning taste experience, superior to other Gluten Free breads, inviting those consumers who follow a Gluten free diet to be able to enjoy consuming bread again and have the same experience as if they were enjoying regular bread. Our Breads also lower in fat, lower in sugar and higher fibre, enabling consumers to get the right level of fibre required in their diet when consuming this product. We believe that we have the best tasting Gluten Free product in the world, and we benchmark our products against standard bread and confectionery and like to think it is great bread that happens to be Gluten Free. We believe it's the best tasting bread, like eating real bread again and it now available in Sobeys (Safeway) and Metro.

We know that Promise Gluten Free wins head to head on a taste test (65% consumers agreeing its v good compared to 22% for a competitor product). Texture is superior, our breads hold together and remains soft and more-moist compared to other brands that fall apart (usually have to be toasted and are considered drier, not able to butter without breaking or going crumbly. It is close to real bread.

Gluten free is often a cue for 'highly processed, low quality, a label that does not always automatically equal a 'healthy choice'. This is not the case with Promise Gluten Free. We have a product that is a nutritionally superior, high quality, offering with an amazing taste and texture. Unlike some others, we are also free of dairy, soy and wheat, non-GMO, low in sugar and high in fibre.

Safety is a point of difference; it is also a growing concern and we have been listening to our consumers and understand the cross-contamination risks. Our ingredients we get from our suppliers are currently testing to 5ppm (parts per million) compared to 20ppm, which is the industry standard and which we believe is a rule that is not strict enough.


PROMISE™
GLUTEN FREE



Available at

sobeys & **metro**



Schedule of Events

Restaurant Events – 2019

We have set aside the following dates for our 2019 dinner events. The locations after March are yet TBA. The time: 6:00 p.m. for each event.

Please let us know at info@vancouverceliac.ca if you are able to attend.

When: February 20th (Wednesday)
Where: Bin 4 Burger, 2996 Granville Street, Vancouver

When: March 18th (Monday)
Where: Chickpea, 4298 Main Street, Vancouver

When: April 16 (Tuesday)
Where: Tentatively: Bistro 101, 1505 W 2nd , Vancouver

Future Dates:

May 23rd (Thursday)
June 10th (Monday)
July 23rd (Tuesday)
August 21st (Wednesday)
September 16th (Monday)
October 22nd (Tuesday)
November 20th (Wednesday)

May - Celiac Awareness Month

Stay tuned for this year's Celiac Awareness campaign. Last year's Go Beyond the Gut campaign provided information to the public and health care professionals regarding symptoms that may not be commonly associated with Celiac Disease. In BC we had the Province, Vancouver, and Richmond proclaim May 16th International Celiac Awareness Day and this was celebrated by lighting BC Place, the Science World and the Burrard Street Bridge green.



June 23, 2019 - Scotia Bank Charity Run



Don't forget to sign up for the Scotia Charity Run on June 23rd. Prices started going up February 19th and will continue to escalate towards race day. The discount codes to get a 15% discount for running with our charity are:

Half-Marathon discount code: 19CCAV5K

5K discount code: 19CCAV5K

Please do not share these codes on social media. Refer anyone who would like to fundraise for us to: info@vancouverceliac.ca

This following link will take you to the page to register. If you need any more info or have any questions do not hesitate to contact us. This is such a rewarding event for our Chapter's friends and family.

<https://raceroster.com/events/2019/19534/2019-scotiabank-vancouver-half-marathon-5k/register?team=148347>

Oct 30 – Nov 2 - College of Family Physicians Conference

Canadian Celiac Association – Vancouver Chapter will have a booth at this conference on behalf of national.

Check our website: www.vancouverceliac.ca and our Facebook page for updates regarding restaurants events, Children's Meet Up Group and other events.

Plexus Worldwide



- ✓ Plexus' all natural, **GLUTEN-FREE** supplements work to support healthy glucose metabolism, reduce inflammation, and increase healthy gut bacteria. Healthy gut bacteria promote digestive health, metabolic health, immune health, mental health, and cardiovascular health.
- ✓ Plexus products work to reduce the bad microbes in your microbiome and increase the good microbes, restoring balance to your body. Many scientific studies are now linking Celiac Disease to the balance and type of bacteria present in the microbiome.
- ✓ Plexus products are created with high-quality ingredients, using bioavailable forms proven to be better utilized by the body. Plexus uses a capsule delivery system that reduces gastrointestinal irritation and helps to maximize absorption.
- ✓ All products are Health Canada approved and have a 60-day money back guarantee.
- ✓ Products include probiotics, multivitamins, protein shakes, meal replacements, weight loss supplements, skincare products, and the famous, great-tasting Plexus Slim pink drink that supports healthy glucose metabolism and contains a prebiotic fiber to feed the good gut microbes.

Weed + Seed + Feed + Protect

Think of your gut as a garden — a veritable garden of life. Take care of this garden, and your health flourishes. Neglect it, and your health may be compromised. Let Plexus® help you manage your inner garden with our gut care system.



Join us at Plexus Worldwide for a free health fair coming to Langley on **Monday March 11th from 7-9pm**. This is a free event with tons of information, personal testimonies, and swag bags for all guests.

PLEASE NOTE: To attend email Stacey Noren at viplexus@shaw.ca

To purchase products as a retail customer, preferred customer, or as an ambassador (wholesale price) please visit the website: mysite.plexusworldwide.ca/staceynoren

Stacey Noren, Independent Ambassador ID 2765954 Phone: 250-287-1567 Email: viplexus@shaw.ca

What We Know and Don't Know About Our Gut Microbiome

Summary of Key Points from BBC article: <http://www.bbc.com/future/story/20190121-what-we-do-and-dont-know-about-gut-health>

The microbiome contains trillions of micro-organisms, including fungi, viruses and bacteria. Our diets have a huge influence on the microbiome. Increased animal fat and protein and low fibre increase the production of cancer-causing compounds and inflammation throughout the body. The Mediterranean diet which is low in red meat and high in fibre has the reverse effect and improves the immune system. Those who eat lots of fresh vegetables and fruits seem to have healthier microbiomes.

Prebiotics and Probiotics although used in treatments of Crohn's, ulcerative colitis and inflammatory bowel diseases still require further research. Some individuals are immune to probiotics. Personalized probiotics are required to be effective.

Babies born naturally do have higher gut bacterial counts than those delivered by Caesarean section. This is very important to develop their immune systems. Fecal transplants have been used to treat the intestinal bacteria *Clostridium difficile* which infects the bowel and causes diarrhea.

Antibiotics can alter our gut microbiota causing certain bacteria to spread.

The brain and gut have a two-way communication through the vagus nerve, however the exact gut bacterium that are crucial to brain development are not understood. Research in this area is currently taking place at the University of Oxford. Gut bacteria from humans that have depression, when colonized in the guts of mice, change their behavior to depressed state.

There is a lot yet to be learned however, "most scientists can advise is to eat our greens."

A High School Student's Experience as a Celiac

By Ibreez Asaria

High school is one of the most challenging times in our journey on this planet. Filled with awkward social interactions, changes in height, pitch, and body shape, high school is a time many of us never want to relive. What made and continues to make my high school experience challenging is not the rigorous curriculums and university planning, but rather, dealing with Celiac Disease (CD). In this brief section, I will inform you of how important it is to find out more about your health, and how to deal with anxiety and stress while living with CD.

My story starts in late February, 2017. On the day that I was admitted into the hospital for a biopsy my parents and I felt a shared sense of anxiety and uncertainty. The reason for this visit was my constant bloating, dramatic weight change, and frequent bowel movements. After the procedure was completed, I was informed that I did in fact suffer from the autoimmune condition "Celiac Disease". Since I did not know what that meant, I was not too worried, but when I dug a little deeper, I grew fearful. As a lover of donuts from Tim Hortons and pizza, I was devastated. But even more than that, as a high schooler I knew that I would have a tough time hanging out with friends and having to explain to them why I cannot eat bread, or pizza or birthday cake. Not being able to eat the same things my friends ate made me feel isolated, until I started to become confident in what I knew about myself. Every day after school, and even during a few science classes, I would research what CD is, and what exactly was going on in my body! After becoming aware of my condition, I started to feel less like

an alien, and more like a CD activist, who could now face my friends with facts and knowledge. But even then, it was hard to adjust fully to the new diet.

Having to go to school with a gluten free sandwich that didn't taste very good was hard to get used to, and so I would sometimes pick up a donut or two from the bakery nearby. Soon enough my belly started to growl, and I knew I had made the wrong decision. After coming home, I would reflect on the importance of sticking to a gluten-free diet as the irritation I felt in my gut distracted me during class and made it much harder to focus. If it weren't for the pain, I probably would not be that dedicated to improving my health, which would lead to major health complications down the road. Therefore, my biggest piece of advice to you is educate those who are scared or uncertain, and to encourage them not to think of themselves as different or isolated just because their disease cannot be seen as a broken arm or leg, it's still there and you should be confident in your understanding of it! This is why the Vancouver Chapter of the Canadian Celiac Association is so amazing! We are a united community, and as individuals we are invested in our own disease.





Messages From Your Leaders

[The Celiac Scene](#) is proud to announce that the 'Celiac Parent Page' is now 1000 families strong!

A place for 'celiac parents' or 'parents of celiacs' to care and share about their journeys. If you have a gluten-free little one in your life, ask to join [facebook.com/groups/CeliacParents](https://www.facebook.com/groups/CeliacParents)

List of 2019 Gluten Free Fast Food for Canada and US

<https://theceliacscene.com/2019-gluten-free-fast-food-list-canada-united-states/>

Keep in touch with what is going on through the Canadian Celiac Association – Vancouver Chapter social media:

Website: www.vancouverceliac.ca

Facebook Group: <https://www.facebook.com/groups/ccavancouver/>

Facebook Page: <https://www.facebook.com/vancouverceliac/>

Twitter: <https://twitter.com/VancouverCCA>

Instagram: https://www.instagram.com/vancouverceliac_cca/

Drop-In Groups

Chilliwack Drop-In - First Saturday of each month. Location changes each month. Contact: Geraldine David 604-792-2119 or gddavid@uniserve.com

Powell River Drop-In – Contact: Liz Kennedy: lizkenedy@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 to let her know you will be attending the meeting. 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. Tea, 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 utet@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.

CLOUD 9
GLUTEN FREE



Only You'll Know It's Gluten-Free.

Whether it's from our pre-made mixes or a creation of your own made with our unique blends, we strive to deliver delicious in every bite you make with Cloud 9.

**PICK UP CLOUD 9 AT YOUR FAVOURITE GROCERY STORE AND CONFIDENTLY
MAKE GLUTEN-FREE THAT YOU'LL BE PROUD TO SERVE TO ANYONE.**



Cloud9GlutenFree.com



- NUT-FREE • SOY-FREE • DAIRY-FREE
- NO ARTIFICIAL COLOURS OR FLAVOURS

