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# 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 December 2021 issue, please have them submitted by November 15, 2021.

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

## Please submit to:

- [info@bccceliac.ca](mailto:info@bccceliac.ca)
- 604-736-2229 / 877-736-2240
- CCA British Columbia  
Letters to the Editor  
2675 Oak St, Vancouver, BC V6H 2K2

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**Newsletter Editor** - Val Vaartnou

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To be the leading advocate for Canadians with celiac disease and gluten disorders.

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## 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 weeks 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](mailto:val_vaartnou@telus.net) or [info@bccceliac.ca](mailto:info@bccceliac.ca)

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# President's Message



It's great to be back with the CCA BC! As you might have seen in our last newsletter, I became a first-time mom on April 29<sup>th</sup> when my daughter, Amaia was born. So far, it's been a whirlwind adventure trying to navigate parenthood with my husband. We've shared lots of laughs and a few tears as we learn everything for the first time. But we've had an excellent support system from our friends and family, which has made all the difference. Now that my life has settled into what you might call a semblance of a routine, my focus is returning to our busy work at the CCA.

BC's Restart Plan, coupled with the nice weather, meant that we've been able to host several of our support groups in person again this summer. Both Richmond and South Surrey, our most popular groups, have had backyard sessions. Our leaders commented on how refreshing it was to see everyone face-to-face, and how it makes the conversation that much livelier. That being said, we continue to offer virtual sessions, so be sure to check out [bcceliac.ca/support-groups](http://bcceliac.ca/support-groups) if you are looking for guidance or a chat!

Our team in the Scotiabank Charity Challenge did amazing work this year fundraising for our chapter! Over \$16,000 was raised, making it one of our most successful races since we started participating in 2016. Top fundraisers included Lizbeth Wall, Valorie Vaartnou, Pushpa Kapadia, Sandra Omichinski, Arica Sharma, and Marian Collins. Thank you to all the fundraisers for your hard work, and to those who donated! And a special shout out to Sharon David for completing the Threepeat Challenge (she finished a 5K, 10K, AND a 21K race) – an amazing achievement! We will announce where these funds will be allocated as soon as the decisions are finalized.

The rest of our summer will be quieter as we take time with our friends and families to reset and recharge. Our busiest months of the year tend to be between March and August with our AGM, Celiac Awareness Month, and the Scotia Run, and so this is our brief lull before we set our sights on new projects. Specifically, our board of directors have been discussing ways we might allocate leftover fundraising dollars from previous years. A number of potential initiatives are being considered, including both national projects that support the gluten-free community as well as local research that would explore and benefit those with celiac disease.

We're also approaching our first renewal period since our chapter launched its own membership program at the start of 2021. We plan to be open for renewals sometime around October, so keep an eye out for email and social media announcements! Membership continues to be an important factor in keeping our close-knit community in British Columbia strong and readily available to offer support to those that need it. But there are benefits of membership too. This past year, members received our quarterly newsletters, monthly email news, free product offerings and discounts, and free access to events. We're continuing to look for new opportunities to bring value to your membership, and we hope you will join us again with your renewal for 2022!

As I wrap up here, I just want to take a moment to thank Val Vaartnou, Julie Clement, and the other members of our team for picking up my president's duties while I took a mini maternity leave. I still have several months left before I head back to work, and I will do my best to make the most of this quality time with my daughter. I hear the time flies by in the blink of an eye!

*Jessica Mejia*



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# Scotiabank Charity Challenge 2021 – Thank You!

Another successful Scotiabank Charity Challenge – the CCA BC fundraisers smashed our goal of \$10k all the way over \$16k! A huge thank you to volunteers, fundraisers, vendor partners and donors for making this year's fundraising activity so successful. Your support is so appreciated and contributes toward medical research, support programs and activities for all ages, and more!

Top fundraisers	Raised
Lizbeth Wall	\$3,275.00
Arica Sharma	\$2,001.00
Val Vaartnou	\$1,600.00
Sandra Omichinski	\$1,561.00
Pushpa Kapadia	\$1,400.00
Marian Collins	\$1,025.00
Jennifer Arntorp	\$820.00
Sharon David	\$781.00

**Thank You for prize donations from our sponsors!** The top fundraisers received some exciting rewards for their efforts. We hope this year's prizes will entice you to join our team for our next fundraising event!



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# Celiac In The News

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

## **Mucosal reactivity to cow's milk protein in celiac disease**

This is a 2007 study, however, it helps to explain why patients with coeliac disease (CD) on a gluten-free diet may still have gastrointestinal symptoms. Cow's milk (CM) protein sensitivity may be suspected. Six of the patients who reacted to CM were also challenged with  $\alpha$ -lactalbumin and casein (found in CM). 18 of 20 patients showed a strong reaction to a gluten-challenge. Ten of these 20 patients also showed a similarly strong inflammatory reaction to CM challenge. Six of the CM sensitive patients were challenged with specific CM proteins: casein and  $\alpha$ -lactalbumin. Casein, in contrast to  $\alpha$ -lactalbumin, induced an inflammatory response like that produced by CM. A mucosal inflammatory response like that of gluten was produced by CM protein in about 50% of the patients with coeliac disease. Casein seems to be involved in this reaction.

For more information: [Clin Exp Immunol](#). 2007 Mar; 147(3): 449–455. doi: [10.1111/j.1365-2249.2007.03298.x](#)

## **Number of children with celiac disease has doubled in the past 25 years**

A study in Italy presented at the World Congress of Paediatric Gastroenterology, Hepatology and Nutrition this year found that “At the moment 70 per cent of celiac disease patients are going undiagnosed and this study shows that significantly more could be identified, and at an earlier stage, if screening were carried out in childhood with non-invasive screening tests,” says Lionetti one of the researchers. “Diagnosis and avoiding gluten could potentially prevent damage to the villi, finger-like projections that line the gut, which can lead to malabsorption of nutrients and long-term conditions such as growth problems, fatigue and osteoporosis.”

For more information: <https://www.studyfinds.org/gluten-free-children-ceeliac-disease-doubled>

## **Gluten neuropathy: electrophysiological progression and HLA associations**

DQA1\*02-positive patients were more likely to suffer with gluten sensitivity compared to the DQA1\*02 negative patients (60% versus 13.8%). DQB1\*06 allele and the DQA1\*01/DQB1\*06 haplotype were found more frequently in patients with gluten neuropathy than in healthy controls.

For more information: Zis, P., Sarrigiannis, P., Artemiadis, A. *et al.* Gluten neuropathy: electrophysiological progression and HLA associations. *J Neurol* **268**, 199–205 (2021). <https://doi.org/10.1007/s00415-020-10137-6>

## **COVID-19 pandemic may increase diabetes, celiac cases in Turkey**

Professor Tufan Tükek, head of the Faculty of Medicine at Istanbul University warned that COVID 19 could increase the rates of autoimmune diseases like Type 1 diabetes and celiac disease. “Viruses serve as a mechanism that pull the trigger for autoimmune diseases”, he stated.

For more information: <https://www.dailysabah.com/turkey/covid-19-pandemic-may-increase-diabetes-ceeliac-cases-in-turkey/news>

## **Can serum anti-tissue transglutaminase (tTG) and anti-endomysium antibodies (EMA) be helpful in differentiating giardiasis from celiac disease?**

Intestinal inflammation or autoimmune disease can increase markers for celiac disease. A team of researchers in Norway, found elevated serological markers after Giardia infection.

For more information: <https://www.celiac.com/articles.html/a-look-at-giardia-related-elevation-of-anti-transglutaminase-and-anti-endomysium-antibodies-r5522/>

## **Gluten induced neurocognitive impairment**

A 9-question online survey was accessed by 1396 individuals (1143 with CD; 253 with NCGS). The timing of the most common symptoms of difficulty concentrating, forgetfulness, and grogginess was similar between celiacs and those with non celiac gluten sensitivity.

For more information: [https://journals.lww.com/jcge/Abstract/9000/Gluten\\_induced\\_Neurocognitive\\_Impairment\\_Results.97407.aspx](https://journals.lww.com/jcge/Abstract/9000/Gluten_induced_Neurocognitive_Impairment_Results.97407.aspx)

## **Concerns raised over interpretation of a negative tTG test**

Researchers from the Division of Gastroenterology and Hepatology at the Mayo Clinic, in conjunction with others, conducted a study to investigate the accuracy of the immunoglobulin A tissue transglutaminase, or tTG-IgA, blood screen for CD. The researchers found verification bias due to people with positive tTG-IgA result being more likely to have an endoscopy and biopsy of the small intestine than people with a negative tTG-IgA result. Researchers concluded that there is no concern about positive tTG-IgA results, but that caution should be exercised when interpreting a negative tTG-IgA result when screening for CD. For more information:

[Estimating the Impact of Verification Bias on Celiac Disease... : Journal of Clinical Gastroenterology \(lww.com\)](#)

# Celiac In The News

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## **Young adults with celiac disease have greater social anxiety and hesitation regarding dating**

Lower quality of life and higher anxiety was seen in celiac disease patients aged 23 to 39 in a study done at Columbia University. 68% reported moderate to major impacts on their dating life. Explaining to waiters about their disease increased their discomfort and in 30% increase riskier eating behaviors while on a date. 39% hesitated to kiss their partner due to celiac disease.

For more information: <https://www.healio.com/news/gastroenterology/20210522/hesitation-with-dating-greater-social-anxiety-among-individuals-with-celiac-disease>

## **Composition of breast milk not affected by mothers with controlled celiac disease**

A study out of Mass General Hospital found no difference in the breast milk of those with controlled celiac disease to a control group. The study did find differences in the amount of several bacterial strains in the breast milk of the mothers with celiac disease compared to mothers who don't have celiac disease. Three bacterial strains were more abundant in the breast milk from the mothers with celiac disease. Additionally, four strains of bacteria and two strains of virus were higher in breast milk from mothers without celiac disease.

The differences may represent variations in maternal health and diet between the two groups. Researchers called for additional studies to be done.

For more information: <https://www.beyondceliac.org/research-news/celiac-disease-doesnt-affect-mothers-breast-milk>

## **Promotion of alternative medicine testing of celiac disease**

Over 500 complementary and alternative medicine clinic websites were reviewed for marketing practices. Many claims are either false or unproven, thus warranting a need for increased regulation of CAM advertising to protect the public.

For more information: [Promotion of Testing for Celiac Disease and the Gluten-Free... : Official journal of the American College of Gastroenterology | ACG \(lww.com\)](#)

## **A randomized Phase 2 trial of transglutaminase 2 inhibitor**

Small intestinal transglutaminase 2 causes deamidation of glutamine residues in gluten peptides, which enhances stimulation of T cells and leads to mucosal injury in the small intestine. Inhibition of transglutaminase 2 is a potential treatment for celiac disease. The preliminary study found that treatment with ZED1227 reduced gluten-induced duodenal mucosal damage in patients with celiac disease.

For further information: <https://www.nejm.org/doi/full/10.1056>

## **Persistently tTG results above normal (low positive) should be investigated**

Repeated low positive tTG results in children with symptoms were found to be indicators of celiac disease. These children should undergo endoscopy regardless of their EMA results.

For more information: [https://journals.lww.com/jpgn/Abstract/2021/05000/Diagnostic\\_Value\\_of\\_Persistently\\_Low\\_Positive.16.aspx](https://journals.lww.com/jpgn/Abstract/2021/05000/Diagnostic_Value_of_Persistently_Low_Positive.16.aspx)

## **Pancreatitis and celiac disease**

A review of 72M medical records in the US looked at those having both acute pancreatitis (AP) and chronic pancreatitis (CP) as well as celiac disease (CD). CD patients were at increased risk of both AP and CP and had more medical issues compared to non-CD patients. More study is needed to investigate CD as a potential cause of pancreatic disease.

For more information: <https://pubmed.ncbi.nlm.nih.gov/32809104/>

## **Vitamin D deficiency negatively affects both the intestinal epithelial integrity and bone metabolism in children with celiac disease**

Vitamin D deficiency was common in children diagnosed with celiac disease. Cellular pathway structures responsible for calcium absorption are disturbed in CD and this is aggravated by vitamin D deficiency.

For more information: <https://pubmed.ncbi.nlm.nih.gov/32952100/>

## **Celiac Disease and the thyroid: highlighting the roles of vitamin D and iron**

Vitamin D is assumed to be involved in the onset and progression of CD, presumably plays a substantial protective role for intestinal mucosa and affects the thyroid via its immunomodulatory effects. Iron is an essential micronutrient for the thyroid gland needed for effective iodine utilization by the iron-dependent enzyme thyroid iodine peroxidase (TPO). Despite being crucial for thyroid hormone synthesis, iron deficiency (ID) is a common finding in patients with hypothyroidism like HT and is frequently found in patients with CD.

For more information: <https://pubmed.ncbi.nlm.nih.gov/34064075/>

# Summer Social Media Recap

Submitted by Lia Fairbairn and Sasha Dobisz, CCA BC Directors

Our social media channels have been very active over the last few months with the Scotiabank Charity Challenge and the beginning of summer. Here is a recap of all of the initiatives that have taken place in June, July, and August:



In June, the chapter began a series of four weekly challenges to engage with participants in the Scotia Run. Each week, participants were assigned a task, such as posting a photo of themselves training for their run or relaxing afterwards. Successful completion of the weekly challenge earned the participant points towards prizes. We were thrilled by the enthusiasm of those who participated and it was fun to see the creativity the challenges inspired! Several runners also tagged us in their race photos on Instagram, which was fantastic to see.

In addition to weekly Scotia run challenges, our channels featured health and fitness content on Fridays. Our favorite Fitness Friday was when dietician Jess Pirnak helped with a “takeover” on Instagram. She answered health and nutrition questions submitted by followers, shared healthy gluten-free snack ideas, and celebrated completing her own Scotia Run. Stay engaged with our social media platforms for news about upcoming collaborations or takeovers.

The Director Spotlight series also commenced in June. Each week in June and July, a new Director from the board was featured on our Facebook, Twitter, and Instagram, sharing a short paragraph about their favorite Scotia Run memories, summer activities, or seasonal recipes. We hope you enjoyed learning a bit more about the wonderful people behind the BC CCA.

To celebrate the arrival of summer, we have been posting seasonal summer recipes, including dinners and desserts. If you have a recipe that utilizes local and seasonal produce, let us know! We would be happy to feature it!





# Canadian Food Inspection Agency Complaint Process

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CFIA processes if you suspect gluten in a product or inaccurate labelling:

If you believe a product was not labelled properly or had a reaction from a product that may have contained gluten (wheat, rye or barley), but it was not listed on the ingredient list, you can report the incident to the Canadian Food Inspection Agency (CFIA).

## What to do:

1. Save the packaging and a sample of the product, or any unopened product with the same lot number.
2. Contact the Canadian Food Inspection Agency (CFIA). They have an **online form** ( <https://inspection.canada.ca/food-safety-for-consumers/where-to-report-a-complaint/report-a-food-related-concern> ) you can complete. Your submission will be referred to an inspector for follow up.
3. Keep a record of your emails and calls with CFIA – note the date and time, name of the person you spoke to, and what they said.
4. You should get correspondence back from CFIA that indicates the final resolution of your issue.

## Ask Jess: Nutrition Corner

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Jess Pirnak is a Registered Dietitian and kindly volunteers her time to answer your questions at: [nutrition@bcceliac.ca](mailto:nutrition@bcceliac.ca).

She is a member of the Registered Dietitians of Canada and you can read her blog at: <https://www.foodyourself.com/>.

She is also available for a one on one discussion, which is free for members up to 30minutes. She can be contacted at: <https://www.foodyourself.com/contact-1/>



### What's the role of using digestive enzymes (either pharmaceutical or natural source) in the management of celiac disease?

In celiac disease, partially digested gluten fragments damage the gut and incite an autoimmune response. So, theoretically, if gluten could be thoroughly digested, those fragments could not hurt the

celiac gut. Which makes this an interesting case for digestive enzymes.

Can you take an enzyme to break down gluten? And would that mean you could eat gluten?

Not yet.

Research on glutenases is ongoing and shows promise, particularly for an enzyme known as AN-PEP. However, while there are plenty of enzyme supplements on the shelves, there is currently no glutenase product on the market that bears approval for the treatment of celiac disease. And one 2015 lab study found that common commercial enzyme supplements did nothing to break down toxic gluten fragments.

This is important: adherence to a strict gluten free diet is the only way to manage celiac disease.

**What about supplementation with general digestive enzymes for overall digestive health? This remains controversial. There is a clear case for supplementing when the pancreas - which produces most enzymes - is malfunctioning. However, if you have a functioning pancreas, by definition you should not require digestive enzymes.**

### Take Away Points:

1. Stay tuned as a clinical glutenase product may become available in the future.
2. In celiac disease, there is a good case for using lactase...if you don't want to avoid dairy.

If you are curious about digestive enzymes, as long as you are not on a blood thinner (they can interact), talk to your health professional about giving them a try.

# Kid's Corner - Games

Submitted by: Arica Sharma, Director CCA BC



As the summer turns into autumn, farmers and home gardens start to grow yummy new fruits and vegetables. The ones you can buy from the stores that say "local" mean they were grown in British Columbia. These foods usually taste very fresh because they did not have to take a long journey from another country to find you!

What fruits and veggies are "local" and in season this fall?

I	S	S	S	I	R	U	T	A	B	A	G	A	S
U	R	P	S	M	A	Y	O	A	L	R	K	R	I
S	A	I	S	W	E	E	T	P	O	T	A	T	O
E	M	N	E	L	R	S	E	O	T	A	T	O	P
S	R	S	R	E	W	O	L	F	I	L	U	A	C
B	L	R	I	R	C	E	C	K	A	L	E	P	U
R	R	A	A	S	B	E	E	T	S	S	I	P	S
O	P	P	P	U	M	P	K	I	N	A	E	L	E
C	M	U	S	H	R	O	O	M	S	W	H	E	S
C	E	T	C	A	P	S	O	R	H	S	M	S	T
O	S	P	I	N	R	U	T	S	A	R	A	N	P
L	W	I	N	T	E	R	S	Q	U	A	S	H	B
I	L	R	U	O	U	M	U	S	A	E	K	E	T
M	G	R	A	P	E	S	P	P	S	P	L	T	O



- Pears
- Cauliflower
- Yams
- Mushrooms
- Broccoli
- Pumpkin
- Potatoes
- Squash
- Kale
- Beets
- Parsnips
- Apples
- Grapes
- Turnips
- Rutabagas
- Sweet potato



## Kid's Corner - NO CARVE PUMPKIN IDEAS



# Food Allergy Club at School

Reprinted with Permission from Cinde Little,  
<https://everydayglutenfreegourmet.ca/2021/05/21/food-allergy-club/>.

This article was written for Celiac Awareness Month, however, with back to school the ideas included are important to share.

**How to help school with safe food** is a topic of concern for parents of children with celiac disease. You quickly learn that there is already a food allergy community and you're a part of it. This isn't the time to discuss autoimmune disease versus allergies; this is the place to join forces with everyone concerned about safe food at school.

Each school has students and staff with celiac disease, food allergies and intolerances plus anaphylaxis, a life-threatening allergic reaction. Yet parents work and have other responsibilities so rather than expect them to show their concern the way you would, find out how you can work together. You're not the first parent to be concerned about safe food at school so connect through the school administration, their website, at school parent meetings or by word of mouth. Your kids may already have friends who also have food restrictions.

## Awareness Month

May is the month dedicated to raising awareness for celiac disease, food allergies and asthma; three topics near and dear to my heart. I've spent the past 30 years working as a health educator and 12 years involved at school advocating for health. My passion for food and volunteering with the celiac community continues to inspire me to share ideas and help increase awareness.

No matter how you're involved at school you can help create a safer environment by increasing awareness. Many years ago, our school had a Comprehensive School Health Committee and out of that came many ideas including a Food Allergy Club.

## School Parties and Food Allergy Club

**Dealing with food parties at school is not new.** How ironic that parties meant to create *community* almost always involve food and therefore exclude the kids with food restrictions. I've seen efforts to make gluten-free, dairy-free pancakes in a separate area, but parents don't know if it's really safe. It's easier to keep kids at home for a stress-free breakfast with safe food.

- There are many ways to deal with food parties at school and they all revolve around education. Here are three ideas that promote awareness of food allergies. Get help from the school to find the children with food restrictions. Create a Food Allergy Club or group and organize for them to sit at a separate table. Have them all bring their own food, something special to them, and demonstrate that it's no big deal.
- Be bold and have the Food Allergy Club not eat. Agree to eat a good breakfast or special dinner at home that day and at school do a craft at their designated table.
- Host a booth with the Food Allergy Club kids at a table inviting others to come and ask questions. Help them create a list of questions to post so the topics important

to them are discussed.

## Ideas To Help Food Allergy Kids at School

Ideas are endless so ask your kids what messages they want to share with the other students. **Keep the focus on awareness, not food.** Implement as many ideas as possible to empower your kids to keep sharing their messages.

Here are some ideas I've seen.

- Post awareness signs related to healthy eating, top food allergies, anaphylaxis and use of an Epi-pen, celiac disease, cross contamination, food bullying and mental health.
- Host a colouring contest.
- Use holidays and special awareness days to keep the enthusiasm going like Nutrition Month, Food Allergy Awareness Week, International Red Sneakers Day, Celiac Awareness Month, Food Bullying Awareness, Mental Health Week, the Teal Pumpkin Project and Halloween. Learn about local awareness campaigns started by parents of families whose children died from eating unsafe food.
- Demonstrate how to use an epinephrine auto-injector using practice pens.
- Have fun making a Food Allergy Survival Kit.



# Snack Ideas for Students

Submitted by Lia Fairbairn, CCA BC Director

One of the things I found hardest when transitioning to a gluten free diet was finding easy snacks to take with me to school, social gatherings, and events where gluten free food was not an option. Here I've compiled a list of some of my favourite plant-based, easily transportable snacks!

## Hummus

One of my favourite things in the world, hummus is easy to make and pairs spectacularly with bell peppers, carrots, celery, or gluten free crackers. The protein from the chickpeas and white beans means this is a snack that will keep you full for hours.

### Ingredients

- 3 cloves of garlic
- 1 can of chickpeas
- 1 can of white beans
- 1 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp avocado/olive oil
- ½ tsp salt
- 1 to 3 tbsp water



In a food processor or high-powered blender, add peeled garlic cloves and blitz until crushed into small pieces. Next, add in the chickpeas and beans (drained and rinsed), along with the tahini, salt, oil and lemon juice. After blending on high for a few minutes, slowly add in water until the hummus reaches your desired consistency. Enjoy served with your favourite veggies!

## Roasted Chickpeas

This is a versatile snack idea, and super easy to prepare. It is best eaten the same day, but still tastes good the next day.

### Ingredients

- 1 can of chickpeas
- Drizzle of avocado/olive oil
- ½ tsp salt
- Spices of your choice (cinnamon, cumin, garlic powder, turmeric, etc)

Drain and rinse chickpeas. Next, spread out onto a tea towel and pat dry with another towel. After chickpeas are relatively dry, place in a bowl and toss with the remaining ingredients. Spread out onto a baking tray and cook at 425° F for 20 minutes, turning the baking sheet and shifting the chickpeas a little halfway.



## Trail Mix

Trail mix is another totally versatile snack idea which you can adjust based on personal preferences. This is my favourite combination, but obviously each ingredient is completely adaptable. Finding gluten free nuts and seeds can be tricky, but buying online from sites such as Yupik is an easy way to make sure your products are safe.

### Ingredients

- 1 cup cashews
- ⅓ cup pumpkin seeds
- ½ cup flaked almonds
- ¼ cup vegan chocolate chunks
- Pinch of sea salt
- Other optional add-ins: dried fruit, m&ms, roasted chickpeas, crystallized ginger, popcorn, gluten-free pretzels.

Mix together all ingredients. If you have extra time on your hands, you can also roast the nuts at 350°F for 10 minutes to make it even tastier!

## Popcorn

I love to take this with me to friends' houses or to the movies. By using a mason jar, you keep the popcorn intact, and can easily shake to redistribute the flavourings.

### Ingredients

- ¼ cup popcorn kernels
- 1 tbsp avocado oil
- Generous pinch of sea salt
- ½ tsp garlic powder
- 1 tbsp nutritional yeast

Pop the popcorn kernels. Transfer into a mason jar (or two) and add remaining ingredients. Screw on lid and shake to distribute the spices.

## Energy balls

A delicious snack, and freezer friendly! Make a big batch of these, store in the freezer, and take when needed.

### Ingredients

- 1 cup pitted dates, soaked in hot water
- 3 tbsp nut butter of choice
- 1 tbsp chia seeds
- ⅔ cup gluten free oats
- Optional add ins: ¼ cup mini chocolate chips, dried fruit, desiccated coconut

Blend dates in food processor or blender. Add in remaining ingredients and blend. Form into small balls with wet hands and store in the freezer.



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# Celiac in the Kitchen



## My Favourite Make-Ahead Meals

*Submitted by Sasha Dobisz, CCA BC Director*

When I began university, I quickly learned that time was a luxury that I did not always have. As a student, I was constantly trying to balance my courses, clubs, volunteer work, and social life, while living gluten-free. Some days I would be too exhausted to cook dinner or have to choose between cooking and studying. Ready-made meals were great in a pinch, but I knew that eating processed food wasn't a sustainable long-term option, not to mention they can get expensive and boring! Devoting time on weekends to batch cook and freezing food for busy weeks helped me eat healthier and manage my time more efficiently. Here are some of my favourite things to make ahead of time:

### Chia Pudding

I love making these on Sunday evenings and having them ready to grab and go throughout the week. One of my favourite things about chia puddings is how customizable they are - you can use any kind of plant-based milk, fruit, and toppings. It's a great way to change up your breakfasts and use up leftover fruit in your fridge! Chia seeds are also very high in fibre so it's an easy way to incorporate more fibre into your diet. My go-to combinations are cocoa and peanut butter, apple cinnamon, vanilla, maple pecan, and coconut cream.

#### Base Ingredients:

- 3/4 of your favourite plant-based milk (almond, oat, coconut, hemp, soy, etc)
- 3 Tbsp chia seeds

\*this makes a fairly thick pudding so if you prefer a thinner pudding, adjust accordingly by adding more liquid

#### Topping Ideas:

1. 1 Tbsp peanut butter + 1 Tbsp cocoa powder
2. 1/2 tsp cinnamon + apple compote
3. 1 tsp vanilla extract
4. 1 tsp maple syrup + handful pecans
5. 2 Tbsp coconut cream + shredded coconut to top
6. 1-2 heaping tablespoons of vanilla yogurt
7. Handful of blueberries, raspberries, peaches or sliced strawberries

To assemble, measure milk into desired container, then stir in chia seeds. Let them sit for about a minute and give them a second stir. Add toppings and stir a final time. Refrigerate for at least 15 minutes, although I find they taste best the next day.

### Pancakes, Waffles, French Toast

To brighten up the week, I like to make extra pancakes, waffles, or French toast on Sunday morning. Whether you use your favourite packaged mix or your secret recipe, these items keep well in the fridge and are a nice treat come Monday. Bonus- if you make compote for chia puddings you can also have it as a side here!





## My Favourite Make-Ahead Meals

### Meatballs

Meatballs are one of my go-to items to freeze ahead of time because you can make several meals' worth at once and they freeze wonderfully. You can use them for a spaghetti night, stir fry, or add to broth to make a meatball soup.

#### Ingredients (makes 30 small meatballs)

- 2 lbs ground pork
- 1/2 tsp salt
- 1/2 black pepper
- 2 tsp onion powder
- 2 tsp garlic powder
- 2 tsp paprika
- 1 tsp thyme
- 1 tsp oregano
- 1 tsp coriander
- 1 tsp cumin

To prepare, combine all spices in a small bowl. Then, add spices to pork and mix well. Roll the meat into meatballs and place them on a baking sheet lined with parchment paper. Bake at 400F for about 15 minutes, until they are golden brown. Once cooled, meatballs can be placed in a freezer bag and frozen. To reheat, bake at 300F for about 15 minutes.

### Taquitos

This is another lunch/dinner recipe that freezes well. I typically make my taquitos with beef, but I'm sure that chicken or spiced lentils would also work. Serve with sour cream, guacamole, or pico de gallo!

#### Ingredients (makes 12 taquitos)

- 1 1/4 pounds ground beef
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1/4 tsp chili powder (or more if you prefer!)
- \*\*note that you can also substitute your favourite taco seasoning here
- 12 small corn tortillas
- 3/4 cup shredded cheese

To prepare, cook ground beef on high heat in a splash of oil. Meanwhile, combine spices in a small bowl. Add spice blend towards the end of cooking, stirring to coat meat well. Add 1/2 cup water and cook until the water evaporates. Let meat cool. Then, prepare your tortillas (I typically microwave mine with a moist paper towel just before using to prevent them from cracking). Place about 2 spoonful's of meat into tortilla and sprinkle in desired amount of cheese. Roll tortillas and place on baking sheet. Before baking, brush with a neutral oil. Bake at 400F for about 15 minutes or until tortillas are golden and crispy.

To freeze, place cooled taquitos in a freezer bag. To reheat, bake at 350F for about 15 minutes.

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# Celiac in the Kitchen



## Curried Squash Soup

*Submitted by Sasha Dobisz, CCA BC Director*

### Ingredients:

- 1 large butternut squash, peeled and sliced into 2" cubes
- A few tablespoons of neutral oil
- 1 large onion, finely chopped
- 4 garlic cloves finely chopped
- 2 Tbsp curry powder
- 1/2 tsp ground ginger
- 1/2 tsp freshly ground pepper
- 3 cups chicken (can also use vegetable stock or water for dairy-free or vegan)
- 1 can coconut milk
- Leeks or green onions to garnish
- Sour cream or coconut milk to garnish



### Directions:

1. Heat oil in a pot, add onions and cook until they are clear and begin to break down. Add garlic and sauté for 2 min.
2. Combine spices in a small bowl on the side. Add spices to garlic and onions and sauté for about 1 minute. Add squash, stock, and coconut milk and bring to a boil.
3. Simmer for about 20 min. The squash should be very tender.
4. Blend until smooth then garnish with toppings!

## Gluten Free Puri

*Submitted by Pushpa Kapadia, Director, CCA BC*

A popular part of a meal during festivals like Diwali, try making your own GF version this year!

### Ingredients:

- 1 cup Cup4cup wholesome blend flour
- 3/4 cup warm water
- 1 tbsp of ghee
- Pinch of salt, black pepper and jeera powder (ground cumin)
- A little less than 1 tsp of psyllium husk

### Directions:

1. Mix dry ingredients together
2. Add ghee and water as you knead
3. Make the dough and set it aside for 20 mins
4. Make small balls and roll into rounds using rolling pin
5. Deep fry each round until puffy and cooked



# Celiac in the Kitchen



## Rosemary-Pumpkin Seed Brittle

Recipe and Image Source: [CountryLiving.com](https://www.countryliving.com)

<https://www.countryliving.com/food-drinks/a33944366/rosemary-pumpkin-seed-brittle/>

### Ingredients:

- 2 cups granulated sugar
- 1/2 cup unsalted butter, sliced
- 1/3 cup golden syrup
- 1/2 tsp baking soda
- 2 1/2 cups roasted, salted pepitas (pumpkin seeds)
- 1 tbsp chopped fresh rosemary
- 1/4 tsp freshly ground black pepper
- Large-flake sea salt (such as Maldon)

### Instructions:

1. Line a rimmed baking sheet with parchment paper.
2. Combine sugar, 1/2 cup water, butter, and golden syrup in a large saucepan. Bring to a boil over medium-high heat. Cook, without stirring, until caramel is light brown and registers 300°F on a candy thermometer, 10 to 15 minutes.
3. Remove from heat and carefully stir in baking soda (mixture will bubble up). Quickly stir in pepitas, rosemary, and pepper. Immediately scrape brittle onto prepared baking sheet and spread into a thin, even layer.
4. Sprinkle with salt. Cool completely, 35 to 45 minutes. Break into pieces.



## Ice Wine Martini

Submitted by: Arica Sharma, Director CCA BC

This is a delightfully customizable drink, don't be shy to experiment with Red, White, or even Sparkling Ice Wines!

### Ingredients:

- 2 parts Ice Wine (Try something Canadian!)
- 1 part Vodka

**Optional to taste:** Maple Syrup or Apple Liqueur (De Kuyper)

**Garnish:** Grapes or Apple slice

### Directions:

1. Add liquid ingredients into an ice filled cocktail shaker and shake!
2. Strain into a chilled martini glass
3. Garnish and Enjoy!



# Celiac in the Kitchen



## Three Ingredient Cobbler

Submitted by Julie Clement, Acting President, CCA BC

A super simple recipe for those of you who took advantage of our free Cup4Cup Muffin mixes, but you can use other cake mixes.

### Ingredients:

- 3 cups fresh blueberries or other fruit - works well with peaches or blackberries
- 1 bag Cup4Cup Muffin mix, or a boxed vanilla cake mix
- 475ml clear pop, e.g. 7 Up/Sprite - I used sugar free lemon/lime Sparkling Ice

### Directions:

1. Preheat oven to 350 degrees
2. Lightly spray a 9x13 baking dish with cooking spray
3. Spread the berries in an even layer in bottom of the dish
4. Add the dry mix over the top
5. Slowly pour pop over the top of the cake mix, making sure you moisten nearly all the dry mix which will give you your crust - DO NOT STIR - if you stir you will have a top more like cake - not crust. The pop should cover most of the cake mix – but you can gently take a fork and push down any cake mix so there aren't any dry spots
6. Bake 45-60 minutes watching closely after the 45 min mark - allow it to brown on top
7. Remove & allow to cool slightly before serving with ice cream



## Mango Lassi

Submitted by: Arica Sharma, Director CCA BC

### Ingredients:

- Yogurt (dahi)
- Alphonso Mango Pulp
- Optional: Rose Water

### Garnish:

- Ground green cardamom
- Saffron
- Pistachios

### Directions:

1. Mix liquid ingredients together using a blender or blend manually.
2. Garnish and serve!



# Celiac in the Kitchen



## Potato Leek Soup

*Submitted by Arica Sharma, CCA BC Director*

If you use a food processor or emersion blender, the soup will be smooth and creamy. Otherwise, mince as much of the ingredients as you can and use a sieve to strain before serving.

### Ingredients:

- 1 large leek (more if you like)
- 8 potato
- A small handful of pearl onions
- 3 cloves garlic
- 4 Bay Leaves
- Fresh Thyme – 3 sprigs or more to your taste
- Sage powder – a pinch or to taste, add extra slowly.
- 3 Tablespoons Butter
- 1 cup Half & Half or Heavy Cream
- 4 cups of broth (we used turkey broth)
- Salt + Pepper to taste
- Chives finely chopped to garnish

### Directions:

1. Melt the butter over medium-low heat in a pan, add chopped leek, garlic and onions and cook, stirring frequently until soft and wilted. Do not let them brown, so adjust heat as needed.
2. In a large pot, boil potato, broth, bay leaves and thyme until soft or mushy (add water as needed) then lower heat.
3. Scoop out the bay leaves, then add leeks, garlic and onions into the pot. Stir very well and let the ingredients and flavors get to know each other. Keep stirring and mashing out any chunks.
4. Then turn off heat, but keep stirring.
5. Very carefully, blend soup with emersion blender or food processor, or strain through a sieve, until the consistency you like is achieved.
6. Let the soup cool down a little, and add cream, keep stirring.
7. Garnish with chopped chives, more thyme or nuts, whatever you like!



## Red Lentil Curry

*Courtesy of Sweet Red Lentil Curry | Food Revolution Network, Ocean Robbins . With fall here, this is a healthy meal that will warm you.*

### Ingredients:

- 2 tbsp Thai red curry paste
- 13.50 oz coconut milk (light, BPA-free can)
- 2 garlic cloves (minced)
- 1 medium onion (diced)
- 1 inch ginger (minced)
- 2 tsp curry powder (mild)
- 1 ½ cups vegetable broth (unsalted)
- 2 sweet potatoes
- ¾ cup red lentils (very well rinsed and drained)
- salt (optional)
- pepper (optional)
- cilantro (optional)
- cashews (optional)

### Directions:

1. In a small bowl, whisk together the curry paste and coconut milk. Set aside.
2. Line a large pot with a thin layer of water.
3. Add the garlic, onions, and ginger and sauté until the onions are translucent.
4. Add the curry powder and stir to coat.
5. Pour in the vegetable broth, sweet potatoes, and red lentils.
6. Cover and bring to a boil.
7. Reduce heat to low and continue to cook until the potatoes are tender and lentils are cooked, about 20 minutes.
8. Re-whisk the coconut mixture, pour into the pot and stir.
9. Season with salt and pepper to taste.
10. Serve the curry on its own or over rice or quinoa.
11. Garnish with fresh cilantro or cashews, if desired, and serve.

### Red Lentils

For this recipe, look for split red lentils. (They're orange in color and not as thick as brown or green lentils.)

### Storage

Store leftovers in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 30 days.



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# You are NOT your Diagnosis

*Submitted by: Korë Jackson, RCCH.*

As non-Celiac gluten sensitivities are on the rise, Celiacs are not the only ones wondering what they're allowed to eat! Read about Korë and her journey into dietary restrictions including non-celiac gluten, and other food sensitivities.

I am not a doctor, though in another life while I floated around in the ocean I used to be known as Dr. Crouton (the irony of this particular pseudonym when writing for the CCA BC...noted).

I have however spent a lot of time over the last 6 years being poked and prodded by a lot of doctors who were convinced that my chronic health challenges following being struck by a car as a pedestrian and suffering a "mild" traumatic brain injury were in my imagination. Health challenges I would just need to learn to live with. The truth is that doctors are in "practice" for a reason, and some get better at it than others. So much about the human body and brain is still a mystery, and every body is different.

Chronic stress and trauma can do tricky things to a body; a constant fight or flight response can have your body registering everything as an attack, and throw everything out of balance, including your nervous system. This can trigger all sorts of autoimmune disorders, which are difficult to diagnose because they mimic and often present with symptoms similar to one another, which can leave everyone scratching their heads.

In the beginning, I requested that my family doctor send me to be tested for Celiac disease because I had friends with this diagnosis and a lot of the symptoms matched. My test came back negative.

I asked to be sent to multiple allergists who all came back with a similar conclusion that because the scratch tests were inconclusive in proving any food allergies, that I certainly did not have any. Meanwhile I was sitting there sick and exhausted with an angry itchy rash on my chest, and with an allergy specialist who was looking at me as though I was crazy.

The best solution they could come up with was to prescribe a steroid cream for the rash, have me out of his office, and book a follow up appointment "if I felt I needed to". Condescending comments from medical professionals are least helpful in these moments when you are frustrated from being sick and tired of feeling sick and tired!

Continually looking for "any" answers from professionals whom we are led to believe have "all" the answers can be stressful and demoralizing and in a word, exhausting. Add to that, anxiety about what is actually causing these issues, and depression because no one can tell you what is "wrong" with you is more than enough to have you curl up into a ball and hope to be swallowed up by your blanket burrito never to be seen again.

The good news for me is that I finally found a naturopath who believed me when I told him about the extreme and chronic fatigue, sleeplessness, gastrointestinal issues, bloating, chronic pain and inflammation, headaches, brain fog, and itchy skin rashes. This is not an exhaustive list, but I'm sure it is familiar enough.

When someone finally believes you, comes up with a reason and/or diagnosis and can offer some solutions there is an odd sense of peace. There is finally an answer! The peace is often quickly replaced by sense of grief and loss, because these conditions are permanently life altering in some ways that we may not have been expecting.

In my case, I had already experienced the loss of my brain working at an efficient, lightening speed as it had done previous

to my brain injury. Now I had to alter everything about my diet to heal my body from attacking itself due to of all the stress it had been under. A diagnosis or a chronic condition (dis-ease) offers a label, and that label becomes part of our identity because it is something that needs to be adapted to and integrated into our lives.

I have been given a lot of medical diagnosis over the years, and I choose not to identify with these labels because frankly if I did, I would never leave the house! I acknowledge that they may be a part of me, but I will not allow them, myself, or anyone else define me. A wise therapist once told me "you are not a victim". I would have to agree.

Lets face it, food is a big part of our lives and it serves a lot of purposes. Food is for nourishment. Food can offer comfort. Food is part is often a big part of our social lives and our cultures. Food can heal and food can also harm. When you have to change the foods you eat in any significant way, it affects every part of our lives. The way we look at ourselves, and the way we interact with others. Change can be a challenge, especially when it comes to changing how we eat. Change can also offer the gift of a different / better way to do a lot of things, including how we care for our bodies and ourselves.

In the beginning of my journey to return to good health, I had a laundry list of foods that I had to cut out which included wheat, gluten, sugar, dairy, nightshades (potatoes, tomatoes, eggplant, peppers etc.) brassicas vegetables (broccoli, cauliflower, cabbage, kale, etc.), red meat, alcohol, white starches, shellfish & caffeine.

So... my social life was no more.

It's difficult to eat out at all without every server on the planet hating you, and the expectation for anyone who has kindly offered to cook for you to adhere to the restrictions when there are these many things, which are landmines in your system, is unthinkable. Even eating in the healthiest of restaurants is next to impossible because all of the "healthy foods" on the menu are potentially on your no-go list.

I told my naturopath that it was impossible to have friends with these many restrictions. He laughed and told me that friends were the worst things for your health! (Sadly sometimes this is the truth). It took about two years to get back to where I felt healthy and more like myself. I am so grateful to have found a way back, even through the challenges.

Fortunately I don't have to be quite as strict with my diet anymore. To this day, the safest foods for me I can count on one hand. (I eat a lot of carrots, spinach, cucumbers, hummus and chicken). When I am kind to my body, my body is kind to me. When I make choices, which are not as kind, I am swiftly reminded to get back with the program because my body rebels instantaneously. I've had to adapt to my more sensitive system, and that is OK.

In the beginning, I'm not going to lie. It sucked! Then it got easier. The better I felt, the less bitter I felt. Now I have found supportive friends that I can joke about these things with...and eat with, who even cook for me occasionally and don't mind having to adapt their menus to enjoy my company. Though...I do sometimes find I get a lot of bunny emojis!

Most of all I am grateful that I am now healthy, strong, vibrant and above all else, ALIVE. Changes can be good, and growth follows the understanding that you are NOT the sum of your diagnoses.



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# Running Gluten-Free: Fuel for this Celiac Runner

Submitted by Sharon David, RHN, CPT - Instagram: *i\_must\_run\_now*  
Personal Trainer, Run Group Leader, Nutritionist, Ultra Runner, Grandma  
& Newly Diagnosed Celiac



I am a runner. I run a lot! Recently, I completed the Scotiabank Threepeat challenge in support of the CCA BC and am currently deep into training for my 7<sup>th</sup> ultramarathon this October.

Running has been a big part of my life for the past 10 years. Running is also the reason I was diagnosed with Celiac Disease. It was the

persistent cramping during races that was making running challenging that finally got my doctor to test me. In 2018, I ran the Chicago Marathon and had severe cramping for most of the race. As I have multiple food sensitivities, I always carry all my own fuel/hydration during races. After 10K of agony, I had run out of my own electrolytes and had to resort to drinking the aid station Gatorade, even though I knew it would upset my stomach. I must have downed a litre and it did nothing to help the cramping. After I got home from Chicago, my doctor sent me for tests to find out why I was cramping – turns out my gut was in such bad shape that I was not absorbing nutrients, especially while under the stress of a race. After years of feeling unwell, I finally had the answer to all my symptoms and ultimately a way to fix them.

When I was first diagnosed, a fellow Celiac told me that I would never be able to run ultramarathons again – well, that just made me more determined to prove them wrong. It has taken some time to heal my gut and figure out what works for my body, but I am pleased to say that since that comment I have completed 2 more 50K races and am still going strong.

Now that I am back on track (pun intended), I have a pretty solid fueling/hydration plan that works for me.

Here's my fuel/hydration plan.

## Short runs – up to 1 hour:

- Water or electrolytes – depending on how hydrated I am already – I use Vega Sport Hydrator
- Gels – I always carry one just in case I need some extra energy or end up running longer

## Longer runs – 1 to 3 hours:

- Water AND electrolytes – I carry 1 litre of water and two 500ml bottles of electrolytes (Vega Sport Hydrator)
- Sports energy products: Gels (Gu or Muir Energy), Gummies (Honey Stinger) or Waffles (Gu or Honey Stinger)

## Runs/Hikes- Over 3 hours:

- Water AND electrolytes – I carry 2 litres of water and two 500ml bottles of electrolytes
- **Food:** I try to have fuel every 5K or 45 minutes. I like to alternate between real food and sports energy products. Lately, I have been packing salted boiled potatoes, snack bars (Hornby Island or Luna Lemon Bars), grapes, mandarin oranges, grilled cheese or almond butter/banana sandwiches (Delish Bakery bread works well).

**Post Run:** I always have a shaker cup of Vega Recovery Accelerator ready to drink in my car. I find that it helps me recover faster and not have muscle soreness the next day.

Running Gluten-Free is easy to do if you have a plan for your hydration and fuel. There are lots of GF run energy products available. So try some out and find what works best for you. Now, go for a run!

Here's a photo of what I packed for my recent run up to Panorama Ridge in Garibaldi Park. I did not eat it all, but it was nice to have options.







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# Canada's 100 Best: Restaurants: West Coast & Celiac

Submitted by Arica Sharma, Director CCA BC

I was a “foodie” before I even realized I loved food. Before I understood that tastes, textures, smells and plating can take me on an extraordinary journey, and around the world! If the pandemic has left you eagerly anticipating your next fine dining, mouth-watering experience, read on!

We found a few of the West Coast's best restaurants that can also accommodate the Celiac Community, and asked the following questions:

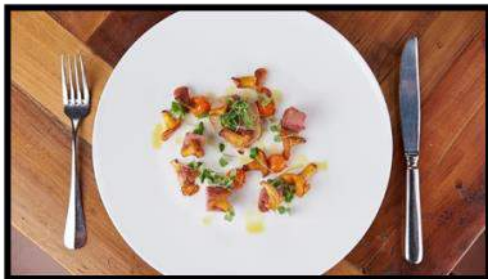
What precautions do you take for a Celiac?  
What meal do you suggest?  
How much notice do you need?

## Cioppino's Mediterranean Grill & Enoteca

“No other restaurant in town delivers luxurious Italian dining—and drinking—of such estimable range, passion and authenticity.”

1133 Hamilton Street, Vancouver, BC

- Keeping GF away from any contaminants and potential gluten.
- If the menu says gluten free, it is granted 100% gluten free!
- No notice required, we are set up regularly for GF as we care about people! Even dessert, we take the extra step to make them gluten free (the ones that state that are GF).



## Botanist

“Ethereal plating, dotted with colourful oils, foamy froths and dustings of edible soil, is grounded with bold herb infusions, spicy vinaigrettes and layered textures.”

Fairmont Pacific Rim, 1038 Canada Place, Vancouver, BC

- When preparing celiac dishes (as well as anaphylactic allergen concerns), there are several steps taken, including separately sanitized cooking surfaces, cookware, plating and implements. Clearly marked allergy-dedicated cutting-boards, knives and storage containers protect ingredients to eliminate contamination and each member of our front of house, kitchen and stewarding team has undergone professional allergy training to understand the necessary steps throughout the process of storing, preparing and serving our guests.
- With notice, we can accommodate a celiac friendly full

6 course “We'll Take it From Here” chef's tasting menu. We can also modify a large portion of our a la carte menu for celiac guests as well. The specifics of what is offered changes frequently, based on the availability of seasonal ingredients.

- We do ask for some advance notice of dietary restrictions whenever possible. We have the means to accommodate a limited number celiac dishes without it, but notice will allow the chef to be able to prepare dishes with celiac friendly sauces and garnishes in advance that will allow for a much more varied and enjoyable dining experience.



## The Courtney Room

619 Courtney Street, Victoria, BC

- We take many precautions to keep our celiac diners safe, including using only gluten free products in our deep fryers. All of the fried menu items are gluten free.
- We suggest our Fried Chicken & Waffles, which features gluten free buttermilk fried chicken and gluten free waffles for brunch take away. Our Fried Chicken Dinner is available gluten free, as well as our Date Night In package for 2, which includes a bottle of wine. Most of our menu has been designed to be gluten free, with the exception of pastas.
- We do not need any lead time. We are always ready for gluten free diners.



**Reminder: Advocate for your Health! Before you dine, always remember to inform your server that you have Celiac Disease, and of any other food intolerances and allergies!**

# Coming soon... UBC Student Celiac Support Group!

Submitted by Sasha Dobisz and Lia Fairbairn, CCA BC Directors

Calling all young adults and students in the UBC area! Starting in September 2021, the BC CCA will be offering a support group specifically for celiac university and college students! Meetings will occur monthly and will be led by Directors who are also UBC students. These Directors have experienced first-hand the challenges of having celiac disease whilst living on campus, and are prepared to answer questions and give guidance. An emphasis will be placed on creating a welcoming environment and sense of community on campus. We hope that this opportunity will be a valuable resource, whether you are beginning your university career and are new to UBC Vancouver, or are a returning student.

The first meeting is scheduled for Wednesday, September 15th at 5pm at the AMS Nest. We will be offering coupons for gluten-free groceries as well as resources to help celiacs find safe choices on and around campus. Further meetings will be scheduled in accordance with the schedules of those who attend the first meeting. We are excited to see you there! Follow our social media feeds for updates about future meetings.



## mandarin spice cake

1 pkg. Namaste Foods Spice Cake Mix  
3 eggs  
2/3 cup oil

Two - 11 oz. cans mandarin oranges in juice or water

Preheat oven to 350° F. Lightly spray 9" x 13" pan with non-stick spray.

Pour juice from oranges into a 3/4 cup measuring cup. (If the oranges are packed in water or simply if you prefer, use orange juice instead.) Combine cake mix, eggs, oil and juice in large mixing bowl. Beat with electric mixer or by hand until blended well. Fold in mandarin orange slices.

Pour batter into prepared pan and bake for approximately 45 minutes, or until toothpick inserted into center comes out clean.

For Fun: Top with cream cheese frosting and candied orange slices for a special occasion!

enjoy!

# Ghostfish: A Gluten-Free Craft Beer – Coming Soon

*Submitted by Val Vaarnou – Interview with Ashok Fogla, founder of Tru-Craft Beverages, BC Distributor of Ghostfish*

Ghostfish may be a gluten-free craft beer, but it competes with all beers and is enjoyed by celiacs and craft beer aficionados alike! “At Ghostfish we love craft beer and we challenge the tradition of barley-based brewing by pushing boundaries - and perception! We are on a mission to show the world that 100% gluten free beers can lead the beer industry in flavor, quality, and innovation. We love to brew beer that pays tribute to classic styles but also expands your expectations of what gluten free beer can be. That’s why you see a variety of styles from a light Lager or refreshing IPAs to a spicy Saison or rich chocolate/coffee inspired Stout. And at the end of the day, no matter what, Ghostfish can be enjoyed by everyone - gluten free or gluten full.”



Ghostfish Brewing was an early pioneer of brewing with malted and unmalted grains that are 100% gluten free by nature - grains like millet, buckwheat, and rice. Malting is the process of sprouting grains (or seeds) under carefully controlled conditions, and then drying in a kiln at specific temperatures. From the onset, Ghostfish has operated an entirely dedicated gluten-free facility that today houses a large Taproom and restaurant. Ghostfish is the only 100% dedicated gluten-free brewery in Washington state.

Ghostfish Brewing Company was established in February of 2015 and is located in the historical district of SODO in Seattle, Washington. Co-owner and co-founder Brian Thiel was the driving force in establishing Ghostfish as a gluten-free brewery, having family members suffering with celiac disease. For 25 years, Brian had worked in the aluminum can industry and witnessed the rise of craft brewing, trying the home brewing experience himself. His wife had been diagnosed as celiac and longed for a good beer. Attending the Great American Beer Festival in 2013, Brian sampled all of that year’s award-winning gluten-free beers, but was underwhelmed by their quality and variety. With this information and renewed purpose, Brian, along with the other founding members of Ghostfish, set off with a vision to produce the highest quality gluten-free beer that could be enjoyed by all beer drinkers, gluten-free or not.

Today, Ghostfish is marketed to everyone, and the gluten-free label does not stand in their way as the flavor of the beer speaks for itself. Ghostfish has become one of the most acclaimed gluten-free breweries in the world, with five Great American Beer Festival medals and numerous additional awards and accolades both in and out of the gluten-free category. All the flagship beers have won at least one major award, and the Grapefruit IPA received a judged score of 93. Anything over 90 is exceptional.

By September 2021, the following Ghostfish beers will be available in specialty liquor stores across BC:

- Grapefruit IPA – bracing and bright with a pungent grapefruit aroma and powerful citrusy bitterness. A real hop bomb.
- Meteor Shower Blonde Ale - light-bodied and malt-forward, with notes of honey, sweet rice, corn and honeydew melon. Easy drinkin’!
- Shrouded Summit Belgian White Ale - bursting with classic Belgian-style aromatics and banana, clove, and sweet orange, you won’t believe there’s no wheat!
- Watchstander Stout – a dark beer with flavors of rich chocolate, coffee, plum and a campfire marshmallow.

Initial stores carrying Ghostfish beer are Cask and Barrel (West Kelowna), Legacy (Vancouver), Stag Head (Kamloops) and Chef and Grape (Maple Ridge). This list will expand over time and information on availability can be attained by contacting [exim@aficgroup.com](mailto:exim@aficgroup.com)

After being in business for over six years, Brian Thiel likes to think of all the wonderful celiac customers he’s met along the way as being part of the Ghostfish family. For more information on Ghostfish Brewing Company, visit their website at [www.ghostfishbrewing.com](http://www.ghostfishbrewing.com).

## Ghostfish Brewing Company

2942 1st Ave S, Seattle, WA 98134

206-397-3898

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# Board Highlights - CCA BC – May to July 2021

- Cynthia Loveman reviewed the possibility of partnering with the Michael Smith Foundation for Health Research to support celiac disease research projects in BC. The foundation matches funds so it is an opportunity to double the value of our Scotiabank donations.
- Scotiabank Charity Challenge raised over \$16K for local initiatives and research. Thanks to all who organized, fundraised and donated. This was significantly more than our \$10K objective.
- May Celiac Awareness month was extremely busy for the social media team. As well several Lower Mainland buildings were lit up “green” to build awareness for celiac disease and proclamations were received from several municipalities either proclaiming May Celiac Awareness month or May 16 International Celiac Awareness Day. Recipe contests, a coloring contest for kids and advertising in local papers to generate awareness were all included in the events. A Children and Parents brownie cooking class was well attended and enjoyed by all on May 26<sup>th</sup>.
- A Zoom meeting was held June 22 presenting “Osteoporosis and the Celiac Disease Connection” Liz Wall and Val Vaartnou hosted the meeting.
- A new support group is being started at UBC. The first meeting is scheduled for September 15<sup>th</sup>. Lia Fairbairn and Sasha Dobisz will facilitate the group.
- No restaurant events due to COVID 19.

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Our products are available on Amazon



# Shared Kitchen

Submitted by Jessica Mejia, CCA BC President

It's one of the first challenges a newly diagnosed celiac faces: how do I ensure a safe eating environment at home when not everyone in my household requires a gluten-free diet? If your plan is to overhaul your entire kitchen so that there are no gluten-containing products present at all, then there isn't much to worry about. However, many households do not find this a practical solution, especially if only one member of the family is required to eat gluten free. Most kitchens will have a combination of products, some of which will contain gluten. So, what can you do to keep your kitchen safe for those that require gluten-free food? This is an issue not only faced by those with celiac disease, but also by those with food allergies, such as peanut and wheat allergies.

If you do plan on going the route of creating a kitchen that is 100% gluten free, make sure to clear out your cupboards of anything that came into contact with gluten (e.g., condiments), and check if any packaged foods need to be thrown out. Specifically, it is important to check the labels on:

- Snack foods
- Bars
- Chips
- Spices
- Teas
- Grains, nuts, seeds, beans
- Candy and chocolate
- Marinades, curry paste
- Specialty cheeses
- Deli meats

For combination kitchens, the risk factor will be **cross-contamination**. Individuals with celiac disease and severe food allergies should be concerned with the smallest crumbs leftover on counters, plates, appliances, and utensils. These need to be washed thoroughly prior to being used to prepare food for those in the house with diet restrictions.

But there are some items in the kitchen that should be dedicated to gluten-free foods only. You can probably guess the most obvious appliance that would require this: the toaster. Bread crumbs can easily become trapped inside the device, so it's best for there to be a separate toaster in the home that only toasts gluten-free bread. Alternatively, toaster bags can be used if you don't use the toaster very often, or if you need to use a toaster in a public space, such as at work or school.

Dips, spreads, and condiments may also need to be purchased in twos, and labelled "contains gluten" or "gluten free". This is because any knives or spoons that touch gluten (such as a knife on bread) cannot be dipped in the gluten-free container. In other words: no double dipping! You may want to label any condiments you bring to work or school too. You can purchase sticker labels online that say

"gluten free" if that interests you, as they can be quite convenient. Or make your own!

If you can, dedicate an area of counter space in your kitchen to preparing gluten-free food. If this is not possible, you may want to place a cutting board down to prepare your food, or otherwise scrub the area down thoroughly prior to use. But be aware of older cutting boards: scratches in the surface can trap gluten. The same can be said of scratched pots and pans, or utensils with porous surfaces, such as wooden spoons. You may want to purchase new dishware and keep these items separated for gluten-free food only to be on the safe side.

Other good practices to avoid cross contamination include:

- When planning to cook or bake regular food alongside gluten-free food, make the gluten-free items first (and safely store them away if they are not meant to be consumed immediately). It'll be easier starting with fresh surfaces and utensils rather than having to clean in between. Flour dust in particular can be difficult to contain and clean off kitchen surfaces, and can easily contaminate gluten-free food items.
- It can be helpful to have a shelf in your cupboard dedicated to gluten-free food. If this is the case, it's best to use a higher shelf for gluten-free, and store regular items underneath. This will reduce the risk of dust or crumbs falling onto the gluten-free food.
- Glass, metal, and silicone are easiest to clean when it comes to dishware and utensils. Plastic and wood are prone to dents and scratches that hide gluten, and so it's best to only use them if they are only used with gluten-free food.
- Utilize tinfoil, parchment paper, paper liners (for muffin tins), and silicone grill mats (for barbecues) to ensure a clean cooking surface.
- A colander is another common kitchen item that may be made of plastic, and/or have very small holes that are difficult to clean. It's best to purchase a new one.

Overall, managing a house with differing diet requirements can be a challenge at first. But it's certainly not impossible! Once you have your space organized, it won't take long for everyone in the home to adapt, and soon you won't have to think twice about it. If you do have family members or roommates pushing back on adjusting, try to remind them that it's for your safety and wellbeing, and that should hopefully help turn their attitude around. Be sure to reach out for support from the CCA if you need to!

## Resources:

- [Gluten Free Kitchen Tips](#) (or search for "gluten free kitchen" at [facebook.com/CCAceliac](https://facebook.com/CCAceliac))
- [Celiac Disease for Beginners » IN THE KITCHEN](#) (available on YouTube)
- [celiac.ca/living-gluten-free/newly-diagnosed/](https://celiac.ca/living-gluten-free/newly-diagnosed/)
- [Newly Diagnosed Checklist](#) (available on the home page of [bcceliac.ca](https://bcceliac.ca))

# Management of Celiac Disease – Vitamin and Minerals

Submitted by Val Vaartnou, CCA BC Board Member

Follow Up Management of Patients with Celiac Disease is an essential resource for physicians and patients alike to ensure that their celiac disease is being managed after diagnosis. This guide was created by the Professional Advisory Council of the Canadian Celiac Association. It provides a listing of tests that should be done at initial diagnosis of Celiac Disease. If deficiencies are found, an improvement plan should be established, preferably with the aid of a dietitian and the levels should be monitored over time to ensure that the levels return to normal. This guide can be downloaded at [Management-Resource-for-Physicians.pdf](http://Management-Resource-for-Physicians.pdf) ([celiac.ca](http://celiac.ca)). Even if you have been diagnosed with celiac disease for several years, if you have not checked your nutrient levels, it is a good idea. What you don't know may hurt you!

Celiac disease may cause malabsorption of key vitamins and minerals in the body. Understanding what your body is deficient of helps you determine what you need to do to with your diet to provide these nutrients. You must however work hard to heal your small intestine so you will improve the absorption of these nutrients. This guide recommends that at diagnosis the following tests be done:

**CBC** – complete blood count. Red blood cells, which carry oxygen. White blood cells, which fight infection. Hemoglobin, the oxygen-carrying protein in red blood cells. Hematocrit, the proportion of red blood cells to the fluid component, or plasma, in your blood. Platelets, which help with blood clotting. This test is used to monitor and provide signs of issues such as anemia, infection, autoimmune disease and cancer. It can assist in the evaluation of overall health and may help detect disease.

**Iron studies or ferritin** - The main difference between iron and ferritin blood tests is that the iron blood test measures the iron levels in the blood along with some proteins related to iron while the ferritin blood test measures the stored iron in the body. The test may indicate anemia if iron levels are low. Higher levels of ferritin may point to liver disease, rheumatoid arthritis, other inflammatory conditions or hyperthyroidism. Some types of cancer also can cause your blood ferritin level to be high.

Heme iron is found in red meats, fish and poultry; nonheme iron is found in plants, like lentils and beans. Nonheme iron is the form that is added to enriched and fortified foods. Animal-derived iron is absorbed better than nonheme iron, but most dietary iron is nonheme iron.

Iron is essential for proper body functions. It helps transport oxygen to the cells, aids in blood cell creation, supports protein structures in the body and other important functions.

Foods with high iron content: brown rice, sorghum, lima beans, spinach, chickpeas, quinoa, coconut milk, sunflower seeds, tofu, flax, teff, peanut butter, liver, lean ground

beef, chicken breast, potatoes, lentils, dahl, pumpkin and sesame seeds.

**Folate** – this is also known as Vitamin B-9. It is critical in the creation of new cells in the body, to convert carbohydrates into energy and to produce DNA and RNA. Sources of folate include dark leafy greens, beans, peanuts, sunflower seeds, and oranges.

**Calcium** – Calcium is critical for bone health. It is stored in the bones and teeth where it supports structure and hardness, and it has a critical role in blood clotting. The best source of calcium is dairy products, however, many of us cannot tolerate dairy. Tofu is a good source as is canned fish with the bones. Some orange juice brands indicate if they are fortified with calcium.

**Albumin** – is a protein produced by the liver that makes up about 60% of the total protein in the blood and keeps fluid from leaking out of blood vessels, nourishes tissues and transports hormones, vitamins drugs and substances like calcium throughout the body.

Protein rich foods are rich in albumin including egg whites and hemp seeds.

**Phosphate** – is critical in the growth and repair of cells. 85% of phosphorus is found in the bones and teeth. Eat two to three servings of fruits and vegetables with each meal containing protein and grains according to nutritionist Dr. John Berardi (PhD, Precision Nutrition). Proteins and carbohydrates for acids in your body. The minerals and nutrients in fruits and vegetables offset the dietary acids. If acid levels in the body are too high, you will lose phosphorus and other minerals from your body.

**ALP** – alkaline phosphatase is an enzyme found in blood that helps to break down proteins. High or low levels of ALP in your blood stream may be indicative of underlying disease.

**Vitamin D** – In BC testing for Vitamin is not covered under our medical plan. Paying for it may be worth it, just to see if you are deficient.

Not many foods naturally contain vitamin D. Fatty fish like salmon, tuna, mackerel, and fish liver oils are the best natural food sources. To a lesser extent, vitamin D is also found in beef liver, cheese, egg yolks and mushrooms. Fortified foods offer most of the vitamin D consumed, however, if you are not eating cereals or dairy products which are normally the foods fortified, you may not be getting enough. Getting enough sunshine is also difficult to do in BC as we often have overcast skies or cover up with sunscreen to protect our skin. Ensuring you are getting enough magnesium in your diet is also important and it correlates highly with higher levels of Vitamin D.



# Management of Celiac Disease – Vitamin and Minerals

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Magnesium helps the body regulate more than 325 enzymes and plays an important role in organizing many bodily functions like muscle control, electrical impulses, energy production and the elimination of harmful toxins.

Vitamin D regulates calcium in the body and helps it to maintain strong bones. It is involved in healthy muscle movement, the nervous system relies on it, and it improves immune function as well as helping to reduce inflammation.

**Vitamin B12** – this is also known as cobalamin. Symptoms of vitamin B12 deficiency include megaloblastic anemia, fatigue, weakness, constipation, loss of appetite and weight loss. Neurological problems like numbness and tingling in the hands and feet can also occur. Other symptoms include difficulty maintaining balance, depression, confusion, dementia, poor memory and soreness of the mouth or tongue.

Vitamin B12 is naturally found in many animal products, including fish, meat, poultry, eggs and dairy items; it is not

naturally found in plant foods. Other sources are fortified nutritional yeast and breakfast cereals, as well as enriched plant-based milks and yogurts.

Please check with your family physician and provide a copy of the Management Resource for Physicians to ensure your celiac disease is managed going forward. Your family physician may modify the list as deemed appropriate from your past medical history and prior testing.

## References:

Management Resource for Physicians – Professional Advisory Council of Canadian Celiac Association March 2016.

<https://www.mayoclinic.org/> - description of the tests, information regarding sources of foods

## Messages From Your Leaders

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Due to COVID 19 and the provincial health guidelines that change from time to time, confirm with the contact person for the Support Group whether any meeting is taking place. Some groups are holding Zoom meetings.

### Support Groups

**Chilliwack Drop-In** – 1st Saturday of each month.  
Contact: Geraldine David - 604-792-2119 or [gdavid@uniserve.com](mailto:gdavid@uniserve.com)

**Powell River Drop-In** – Contact: Liz Kennedy: [lizkennedy@shaw.ca](mailto:lizkennedy@shaw.ca) or Val Harding: [valhar@shaw.ca](mailto:valhar@shaw.ca) .

**Richmond Drop-In** – 2nd Monday of each month at 6:30 pm. Contact: Val Vaartnou: [val\\_vaartnou@telus.net](mailto:val_vaartnou@telus.net) or phone 604-271-8828.

**South Surrey Drop-In** – 3<sup>rd</sup> Tuesday of each month, starting at 6:30 pm. Contact Pushpa Kapadia at [pushpakapadia@gmail.com](mailto:pushpakapadia@gmail.com) or phone 604-721-0098.

**UBC Support Group** – 1<sup>st</sup> meeting scheduled for Wednesday, September 15<sup>th</sup> at 5 pm at AMS Nest. Follow CCA BC social media feeds for updates about future meetings or contact Sasha Dobisz ([s.dobisz@gmail.com](mailto:s.dobisz@gmail.com)) or Lia Fairbairn ([liafairbairn@gmail.com](mailto:liafairbairn@gmail.com)).

### 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](mailto:utet@shaw.ca) .

**Vancouver:** Val Vaartnou will teleconference with anyone newly diagnosed or who needs assistance with the gluten-free diet. Contact Val at 604-271-8828 or email at [val\\_vaartnou@telus.net](mailto:val_vaartnou@telus.net)

**Help Line:** If you have any questions, you can also phone our helpline at 604-736-2229 or 1-877-736-2240 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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