



# Calgary Celiac News

May 2021

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# May is Celiac Awareness Month



- ◆ **Local Business Discounts**
- ◆ **Calgary Tower Light-up**
- ◆ **Gluten Free Food Drive**
- ◆ **Contests & Prizes**

## Message from the Calgary Chapter President

Spring is in the air! We are over a year into the COVID-19 Pandemic and with warmer weather and vaccines rolling out, there is light at the end of the tunnel. We are excited to be celebrating Celiac Disease Awareness Month in May and we hope that you will celebrate along with us, and use it as an opportunity to help us raise awareness about celiac disease.



You will find more detail in this newsletter and online about some exciting things we have planned for Celiac Disease Awareness Month in May:

- Watch for the Calgary Tower to shine green on May 16<sup>th</sup> when we will be joining other celiac related organizations from around the world for Celiac Disease Awareness Day to shine a light on celiac disease. Local landmarks across the globe will shine green along with our Calgary Tower to help raise awareness. We will have an exciting contest on social media related to the Tower lighting, so make sure to watch your email or follow us on Facebook and Instagram for details.
- Even though restaurants are closed for in-person dining, we have once again partnered with local gluten free businesses to bring you some great discounts for the month of May. Check out the offers that they have generously provided for people with celiac disease and support these awesome local businesses who help make our lives easier.
- Making sure that everyone has access to safe gluten free food is important. We have partnered with Splendor Garden on a matched donation of gluten free oats for the Calgary Food Bank, and we want to do more! Since we are unable to gather in person, we are planning a physically distanced food bank drive. We hope you will come and meet the Calgary Celiac Association team and drop off a gluten free food donation at our drive-thru at Heritage Park on May 16<sup>th</sup>. Gluten Free options will be available for purchase at the Heritage Park Café's that day and there will also be a chance to win fun prizes for donating (including a Family Day pass for Heritage Park and a gluten free gift basket).

In March, we asked for your feedback through a Calgary celiac community survey to learn more about where you would like us to be focusing our efforts. We were thrilled to hear from almost 100 celiac community members! The information will be used to help make sure we are delivering information and programs to meet your needs; you will find more about the results of the survey in this newsletter. Thank you to everyone who took the time to share your feedback! If you missed our survey and have something to share, please reach out to our office, we would love to hear from you.

Looking ahead, we are excited to participate in the Scotiabank Marathon this year. The run/walk has been moved to September, so we are hopeful that we will get to see some of you in person at this important fundraising event in the fall. You do not have to be a runner to participate; I am planning to be there to do the fun run or walk with my husband and three kids.



Thank you for your continued support and generous donations during this time!



# #ShareSmoreLove

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**kinnikinnick**  
30 YEARS OF SHARING

Best things  
in life are  
**free from**  
NUTS • GLUTEN • SOY  
DAIRY • PEANUTS



@KinnikinnickGF

10940 120th St, Edmonton [www.kinnikinnick.com/kinnikinnickfresh](http://www.kinnikinnick.com/kinnikinnickfresh)



# Local Gluten-Free Business Celiac Awareness Month

Did you know that Calgary has a number of businesses that are completely gluten free?

The Calgary Celiac Association has partnered with some of them for the month of May to bring you great discounts to enjoy. Get out and celebrate Celiac Disease Awareness Month and try some new gluten free establishments or stop by one of your favorite places for a discount. To receive your discount, either print an offer below or show this page on your phone when placing your order, make sure to mention that you have celiac disease to receive your discount. We would love to hear more about your experiences.

Share your pictures or reviews with us on social media!

## DISCOUNT %% OFFERS

**AREPAS RANCH**  
CALGARY CELIAC  
MAY DISCOUNT  
OFFER

**10% OFF**  
MONTH OF MAY

AREPAS RANCH IS 100% GF  
VENEZUELAN FOOD  
FEATURING AREPAS  
FILLED WITH SHREDDED  
BEEF, CHICKEN, BEANS,  
HAM & VEGAN OPTIONS.

AVENIDA FOOD HALL  
12445 LAKE FRASER DR SE  
- @ LOCAL FOOD TRUCK -

*Arepas Ranch is a family owned business. Our menu is composed of tasteful plates from the Venezuelan traditional cuisine. Our main dish is the Arepa, a cornmeal patty that we fill with your choice of shredded beef, chicken salad, pulled pork, black beans, ham, cheese & veggies. All our menu is 100% gluten free. Our Arepas can also be purchased from our Food Truck. Food truck location can be found on Facebook, Instagram & street food app.*

<https://www.arepasranch.ca/>

**AVATARA**  
CALGARY CELIAC  
MAY DISCOUNT  
OFFER

**12% OFF**  
MONTH OF MAY  
CODE : CELIAC

AVATARA PIZZA IS 100%  
GLUTEN FREE, OFFERING  
ORGANIC, VEGAN, DAIRY  
FREE AND VEGETARIAN  
OPTIONS. NOW AT TWO  
RESTAURANT LOCATIONS:

3406 3RD AVE NW  
14343 MACLEOD TRAIL SW

*Avatara believes in supporting local producers with responsible environmental practices, organic & sustainable production, who support a healthy food chain without the use of toxic chemicals. We also support gluten free companies, as our production facility, our two restaurants, and mobile vending unit, are 100% gluten free. We also offer dairy free, vegan and vegetarian options.*

<https://www.avatarapizza.com/>

**CALGARY CELIAC MAY DISCOUNT OFFER**

**\$3 OFF GLUTEN FREE FLOUR**  
(DIRECT OR AMAZON.CA)  
USE DISCOUNT CODE: **LOCALCCA**

HEAD TO **CUTCOOKING.COM**  
TO FIND THEIR **GLUTEN FREE FLOUR**  
AND DELICIOUS, **INSPIRING RECIPES**

GLUTEN FREE SANS GLUTEN WHEAT FREE SANS BLE BEANUT FREE SANS ARACHEE NUT FREE SANS NOIX CORN FREE SANS MAIS DAIRY FREE SANS LACTOSE

*Cut Cooking is the story of two best friends who have combined their talents and passion to make food look and taste delicious. They have developed hundreds of gluten-free recipes which are showcased using their own photography and published weekly on their recipe blog. They also manufacture their own CUT Cooking Gluten-Free Flour blend which is available through Cutcooking.com, Amazon.ca and many other retailers.*

<https://cutcooking.com/>

**CALGARY CELIAC MAY DISCOUNT OFFER**

**10% OFF MONTH OF MAY PLUS 30% FROZEN BAKED GOODS**

DELISSITUDE IS A GLUTEN, NUT & DAIRY FREE BAKERY, FIND THEM AT THE CALGARY FARMERS MARKET  
510 - 77 AVE SE

*Delissitude is a gluten, nut & dairy free bakery with vegan options. Founded in 2013 by Renay Eng-Fisher, and operating out of the Calgary Farmers Market they offer a variety of baked goods, pies and perogies each week.*

<https://delissitude.com/>

**CALGARY CELIAC MAY DISCOUNT OFFER**

**10% OFF EVERYTHING ON TAP (DRAFT BEER) MONTH OF MAY**

HEATHENS IS A DEDICATED GLUTEN FREE CRAFT BREWERY IN CALGARY OPEN FOR TAKE-OUT  
#7 3300, 14TH AVE NE

*Heathens Brewing is the only dedicated gluten-free craft brewery in Western Canada where compromising ingredients is not an option. We brew specifically to provide gluten-free beer that will rival the flavors of your friends' favorite craft brew.*

<https://heathensbrewing.ca/>

**CALGARY CELIAC MAY DISCOUNT OFFER**

**15% OFF MONTH OF MAY**

HEAVEN RESTAURANT IS 100% GLUTEN FREE FEATURING VENEZUELAN & MEXICAN INSPIRED FOOD SUCH AS AREPAS, EMPANADAS & MORE

CHECK OUT THEIR NEW MARKET-TO-GO MEALS  
#119 - 1013 17 AVE SW

*Heaven Restaurant & Bar is a cozy, family-owned eatery. Featuring gluten-free Venezuelan fare, including arepas, empanadas and savoury plantain. Heaven also has Mexican food, Vegan and vegetarian options. Heaven is 100% gluten free so come in, relax and enjoy anything off of our menu. We now have a market section where we offer frozen meals ready to heat and serve favorites including our lasagna, mac & cheese, plain arepas, chicken fingers, soups and more.*

<https://heavengf.com/>



**CALGARY CELIAC  
MAY DISCOUNT  
OFFER** 

**10% OFF  
MONTH OF MAY**

**THE KETO CACHE ARE NEW  
IN CALGARY,  
FEATURING GLUTEN-FREE,  
SUGAR FREE, LOW CARB  
KETO FRIENDLY FOODS**

**FIND THEM AT  
1104 - 20 AVE NW**

*At The Keto Caché we pride ourselves on being 100 percent gluten-free, sugar free and low carb / keto friendly.*

*We are creating tasty, healthy options for celiacs, diabetics, people who are choosing a keto lifestyle and those who suffer from a variety of health issues.*

<https://www.theketocache.org/>



**CALGARY CELIAC  
MAY DISCOUNT  
OFFER** 

**10% OFF  
GLUTEN FREE ORDER  
MONTH OF MAY \***

- PLUS A FREE OF TREAT WITH MIN \$25 PURCHASE
- MENTION YOU ARE CELIAC PRIOR TO PAYING

**LAKEVIEW BAKERY  
OFFERS 100% GLUTEN  
FREE BAKING MADE AT IT'S  
DEDICATED BAKERY. PICK  
UP AT EITHER LOCATION:**

- 6449 CROWCHILD TRAIL SW
- 2515 - 90TH AVE SW

*Lakeview Bakery is a dedicated gluten-free facility making a variety of desserts and fresh artisan bread which carries a wide selection of gluten-free dry goods. Dairy-free, egg-free, and Vegan options, available. We pride ourselves on our custom cakes, wide variety of savoury and sweet baking, small batch treats and specialty desserts. Note: Lakeview on 90th is a dedicated gluten free facility. All gluten free goods are prepared there. Lakeview on Crowchild Trail sells gluten free goods from the dedicated facility.*

<http://www.lakeviewbakerycalgary.com>



**CALGARY CELIAC  
MAY DISCOUNT  
OFFER** 

**15% OFF  
MONTH OF MAY**

**MESTIZO BRINGS YOU  
THE MOST AUTHENTIC,  
FRESH AND LOCALLY  
CRAFTED MEXICAN  
STREET FOOD.**

**AVENIDA FRESH FOOD  
MARKET  
12445 LAKE FRASER DR SE**

*Mestizo is a family business focused on delivering authentic Mexican and traditional street food.*

*Our tacos include Pastor, Bistec (sirloin), Suadero (brisket), Chorizo, Carnitas, Cochinita Pibil (Mayan), Birria, different kinds of enchiladas and more. All of our menu is gluten free.*

<https://www.mestizoyyc.com/>



**CALGARY CELIAC  
MAY DISCOUNT  
OFFER** 

**10% OFF \$30  
15% OFF \$60  
MONTH OF MAY \***

**ENJOY MISS P'S GLUTEN  
FREE, A DEDICATED GF  
BAKERY LOCATED IN  
AVENIDA FRESH FOOD  
MARKET  
12445 LAKE FRASER DR SE  
\* MINIMUM PURCHASE**

*Miss P's provides quality gluten free products to those who require wheat free, gluten free and often dairy and egg free due to allergies. We provide fresh bread, pies, loaf cakes, cupcakes, tarts, other various pastries as well as take home meals such as lasagne and chicken pot pie and perogies to name a few.*

<https://www.misspsglutenfree.com/>



**CALGARY CELIAC  
MAY DISCOUNT  
OFFER** 

**20% OFF**  
MONTH OF MAY  
DISCOUNT CODE:  
NOURISHEDCELIAC



**NOURISH KITCHEN &  
BAKERY IS A GLUTEN  
FREE, PALEO, PLANT  
BASED & ORGANIC BAKERY  
CURRENTLY OFFERING  
CURBSIDE PICK UP AND  
DELIVERY:  
7920 - 42 STREET SE**

*Nourish creates convenient, delicious, gluten free, paleo & vegan food from organic, fair trade & local ingredients. Nourish products are free from soy, GMO and palm, and are made without artificial or refined ingredients. Try our famous sourdough, baked donuts and tangy tarts. Available for curbside pick-up and delivery.*

*You can also find Nourish products at Canmore Mountain Market and Farmers & Makers Market @cSpace (Saturdays)*

<https://nourishkitchenandbakery.com/>



**CALGARY CELIAC  
MAY DISCOUNT  
OFFER** 

**15% OFF**  
MONTH OF MAY  
COUPON CODE:  
CELIAC



**GOURMET FLATBREAD  
PIZZA, 100% GF & HALAL  
DAIRY FREE, KETO,  
VEGETARIAN & VEGAN  
OPTIONS  
MYVILLAGEYYC.COM  
2511 - 17 AVENUE SW**

*The Village Flatbread Co. offers gluten-free gourmet Flatbread Pizzas, Salad, Starters, Desserts & Beverages. Natural & Organic Ingredients, Sourced Locally. 100% Gluten Free & Halal. Plenty of Dairy Free, Keto, Vegetarian, & Vegan Options.*

<https://www.myvillageyyc.com/>



**CALGARY CELIAC  
MAY DISCOUNT  
OFFER** 

**\$1 OFF**  
GREEN ROLL  
MONTH OF MAY  
OFFER CODE : CELIAC



**WHOLE LIFE GO OFFERS  
100% GLUTEN FREE,  
ORGANIC & PLANT-BASED  
HEALTHY FOODS FROM  
THEIR MARKET CAFE IN  
KENSINGTON  
340 - 14 ST NW**

*At Whole Life Go our entire menu is Gluten-Free. We believe keeping it simple "the way nature intended it to be" with minimal processing, no artificial colour or additives provides the best tasting and nutritionally dense food. Our major ingredients are organic providing abundant vitamins, essential proteins and flavor to our products. Stuff Yourself Healthy.*

<https://wholelifego.com/>

The [Calgary Celiac Association](#) hopes that you will be able to use some of these offers in May to celebrate Celiac Disease Awareness Month. We would love to hear more about your experiences. [Share your pictures or reviews with us on social media!](#)

*All of the offers listed are provided at the discretion of the businesses listed and are subject to change. If you have any questions about the offers, please contact the businesses directly. Also note that some businesses are not open 7 days a week so plan your visit accordingly.*

# Kids Camp Horizon Announcement

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## Kids Camp Postponed until 2022

**Unfortunately, the Celiac Kids Camp will again be postponed for August 2021.** Due to the current Covid-19 situation, Camp Horizon will not be offering in-person camps this summer.



The Calgary Celiac Association has decided not to participate in their virtual offerings.

Click on the link below for the full announcement from Easter Seals (Camp Horizon).

[2021 ESA Partner Group Camp Announcement](#)

## Celiac Kids Meetup Farewell

Submitted by Cinde Little

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The pandemic has changed everything and that includes the Celiac Kids Meetup. We moved to an online format but everyone knows it's not quite the same. We had some fun and learned how to play games on Zoom but it's time to say goodbye to our Meetups.

The Calgary Chapter has supported the celiac community in different ways over the years and will continue to do so.

There are volunteers thinking of events that will be fun for our celiac youth once we are allowed to gather again so stay tuned for that news.



# Remembering the Meetups

I volunteered to host the Calgary Celiac Kids Meetup and our first Meetup was held at the Alberta Children's Hospital in January 2018. It's a beautiful kid-friendly building with many areas to explore and we took advantage of that over the next two years.

As families wanted, the meetups were informal where kids could share stories, draw, colour, do crafts, play games and just have fun. These are a few of my favourite memories.

- Kids negotiating with parents to take the elevator or the stairs, without adult supervision. The spiral staircase, the giant fish tank and the play place in the cafeteria were also fun spots where kids wanted to stay when it was time to go home.

- Playing the Name Game to get to know each other and learning  
Natalia likes Nutella, Harriet likes hamburgers and Madison likes marshmallows. We went around the table with everyone starting at the beginning and repeating each persons name and favourite food. I'm the one that never gets tired of that game.



- One night we had the best Scavenger Hunt where kids had to hunt down Handrietta (the cow with purple handprints), the painting of a blue dog, a tiny bench and a long list of unique things all over the hospital. Audrey requested we create a second Scavenger Hunt outdoors with glow sticks but as I recall it was a little too cold and dark for the adults that night!

- Pet Night always happened across the hall the same night as our Meetup and lots of kids enjoyed meeting different dogs and collecting the 'pet cards'.



- We had several warm evenings out on the giant playground. From the bridge and the tepee to the swings and the teeter-totter there was always lots of fun to be had out there. I brought my odd selection of balls each time and the spongy blueberry was always a hit.

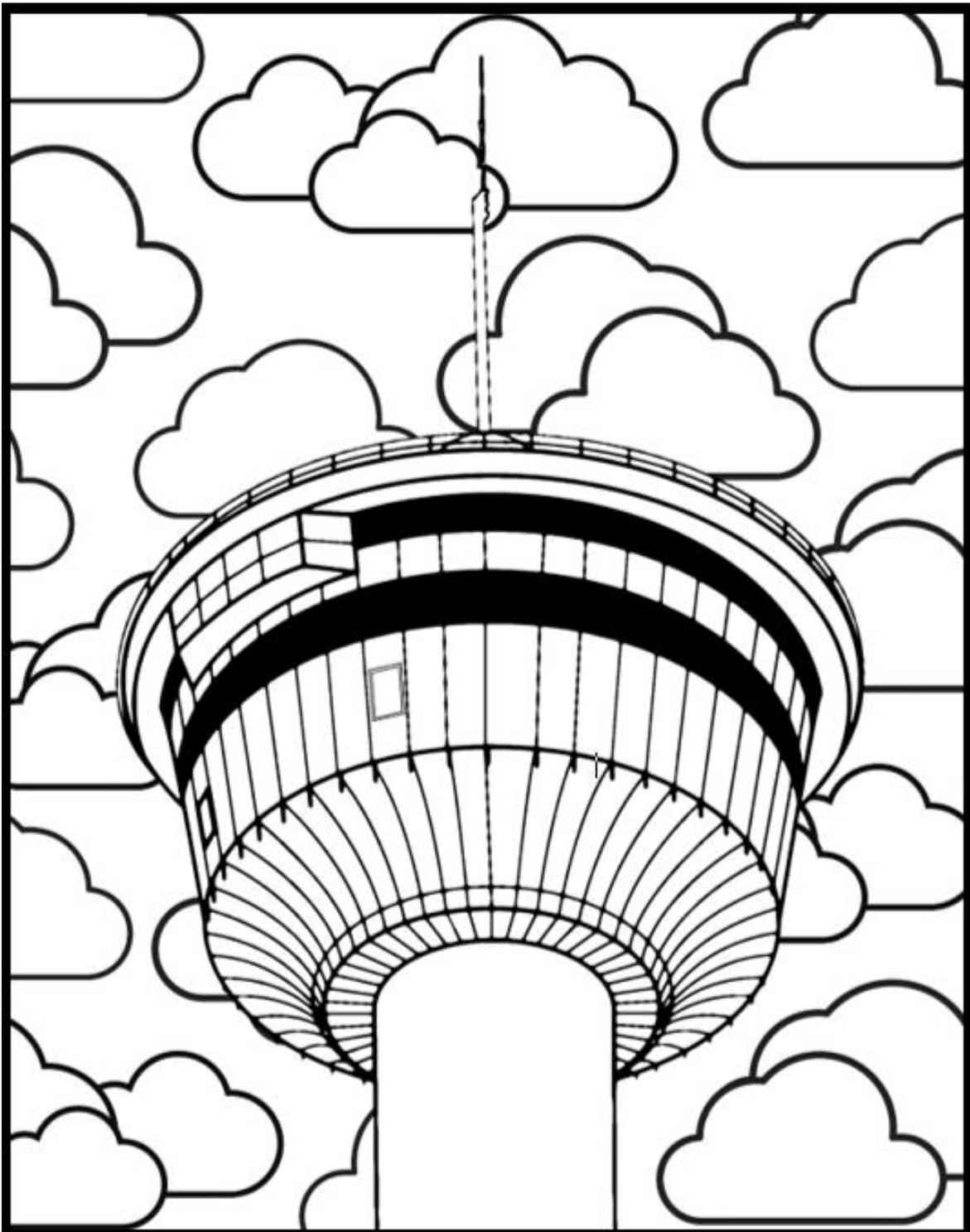
I want to say a special thank all the parents who brought their kids to the Meetups and made it the success it was. I thoroughly enjoyed meeting your kids and getting to know them.

The Calgary Chapter will host more events in the future and I hope to see some of you there.

Sincerely,

Cinde Little





Calgary

Artists 2yrs – 13yrs  
Entries Due May 31<sup>st</sup>  
One Entry Per Child

### Celiac Awareness Month Kids Colouring Contest!

- 1) **Print** and color
- 2) **Submit** a picture of your page along with artist name and age to [info@calgaryceliac.ca](mailto:info@calgaryceliac.ca)
- 3) **Win** a pizza party for you and your family from Avatara!



**AVATARA**  
FEEL GOOD ON THE GO!  
Local • Organic • Gluten Free • Kosher Food

Entries may be  
published. Winner will  
be selected randomly.



# Help End GF-Food Insecurity

Food Drive @ Heritage Park, May 16: 12-2pm



COVID-19 has made the issue of hunger greater than ever before with more people finding themselves food insecure. For people who have celiac disease, the issue is even more acute because of the difficulty of getting access to safe gluten-free food.

The Calgary Celiac Association has partnered with Canadian Organic Herb & Spice Co. (Splendor Garden) and secured a matching donation to the Calgary Food bank of Gluten-Free Oats. This supply of oats is significant and should provide approximately 6 months of breakfast meals to be distributed to the community during these difficult times.

The Calgary Celiac Association would like thank Splendor Garden and also to encourage everyone in our community to make a personal donation of Gluten Free Food to the Calgary Food Bank during the month of May.



### How you can Help:

- 1) Join our Food Drive on May 16th from 12-2 at Heritage Park. Gluten Free goodies will be available for purchase at the Heritage Park Café's and there will also be a chance to win fabulous prizes for participating (including a Family Day pass for HP).
- 2) If you can't attend our Food Drive. Drop off your Gluten Free food bank donation to any grocery store donation bin. Mark your donation as "Save Me for Gluten Free". Labels available [here](#) and on our website.

Thank you for your Donation!

**SAVE ME!**  
for gluten-free



CANADIAN  
**CELIAC**  
ASSOCIATION

# Financials Update

The September 2020 Casino brought some welcome replenishment to our accounts. To state the readily apparent, the Calgary Celiac program remains hostage to Covid. I am writing this on April 18, the day our volunteers should be sitting down to a scrumptious Volunteer Appreciation Brunch, however ....maybe this fall. Since Covid hit we are not spending as much as usual. However, thanks to a great suggestion by Lynn D, and lot of work by Brooke and Meg, you will read elsewhere in this newsletter about a new endeavour with the Calgary Food Bank. I couldn't be more proud, and I'm hoping this is the first of many.

We had our first review of the 2020 Financial Statements a couple of weeks ago, which resulted in a bunch more work for Courtney. Overall we are in a good place financially. 2020 was a casino year and absent program expense we did a little better than breakeven. Definitely 2021 won't be a casino year, and most likely 2022 won't be either. However, surprising, donations were down only modestly for 2020. Thanks to every single one of you (donors) for keeping the faith during a difficult and uncertain time. Marcia and Joanne are working on a more organized Fund Raising effort, stay tuned.

If you have any questions or concerns about our financial picture, please be in touch.

Ralph Barnett, Treasurer

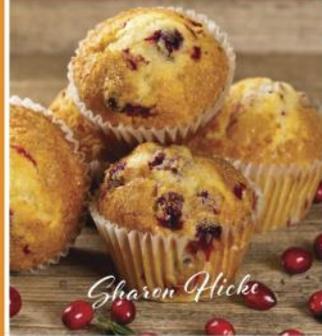


We offer fabulous breads, bagels,  
pastries and take-home meals  
Waffles, Perogies, Breads,  
and so much more!  
Avenida Local Fresh Market and Kitchens

Hours: Thurs – Sat 11-6  
Sundays 11-5

Online ordering for pickup or delivery at  
[www.misspsglutenfree.com](http://www.misspsglutenfree.com)  
403-970-6175

— Best of Gluten Free —  
*Homestyle* COOKING



## GLUTEN FREE RECIPES

Over 125 family favorites. Buns, Bread, Muffins, Cakes, Desserts, Main Meals, and much more.

Visit our website for  
a **FREE PEROGIE  
RECIPE**

Order on our website

[www.homestylecookingglutenfree.com](http://www.homestylecookingglutenfree.com)

Click on Canadian Customers to order directly from local author. ebooks also available.

Best of Gluten Free Homestyle Cooking  

To contact us email: [woodenspoonpub@gmail.com](mailto:woodenspoonpub@gmail.com)



# Celiac 101 Information Sessions

The Calgary Celiac Association offers bi-monthly Information Sessions to those seeking information about Celiac Disease and gluten related disorders.

Currently offered virtually, the session is FREE but we ask that you pre-register so that we can plan accordingly.

Visit our website at [www.calgaryceliac.ca](http://www.calgaryceliac.ca) to register.



# CELIAC COMMUNITY SURVEY RESULTS



WHAT MATTERS MOST TO THE CALGARY CELIAC COMMUNITY?

Thank you to the almost 100 Calgary celiac community members who took the time to complete our community survey in March! We appreciate your efforts to ensure the Calgary Celiac Association is focused on what matters most to you.

The top three priorities that you asked us to focus on included:

1. Raising awareness about celiac disease
2. Providing information about local gluten free businesses
3. Furthering celiac disease research.

**TOP PRIORITIES**

- ✓ Raising Awareness About Celiac Disease
- ✓ Providing Information About Local Gluten Free Businesses
- ✓ Furthering Celiac Disease Research

When we reviewed the detailed comments related to the top priorities section of the survey, these are the themes that emerged:

**Raising Awareness:** You told us that raising awareness about celiac disease is required both in the general public as well as in the medical community. It was also perceived that some doctors and health care professionals have limited knowledge about celiac disease. In the coming months, we will be working locally as well as with the National Canadian Celiac Association to heighten celiac disease awareness. We encourage you to get involved in helping us spread the word.

**Information About Local Businesses:** You expressed how frustrating it can be to dine out in a restaurant and to find local gluten free food. We are lucky in Calgary to have a number of dedicated gluten free restaurants, producers and vendors. In this newsletter, you will see some of those businesses highlighted for our Celiac Disease Awareness Month campaign. If you have a favourite gluten free restaurant, or non-dedicated restaurant that is celiac friendly, we would love to hear from you. Please consider sharing your personal experience in a future newsletter edition to help other members of our community.

**Celiac Disease Research:** Your comments about celiac disease research were passionate. You highlighted the need not only for research related to a cure, but also the importance of research related to timely diagnosis of celiac disease.

**Other Important Priorities:** Community outreach, concerns related to senior citizens and children and gluten free events were also identified as very important to you. Other items mentioned included information about related autoimmune diseases, assistance with label reading, tax deduction information and advice regarding diet and healthy eating, specifically whole gluten free foods.





- **May 16: Calgary Tower Light-up:** Green for Celiac Awareness Day. #shinealightonceliac Contest.
- **July 10: Stampede Breakfast TBD** Watch for details on our website and social media. We are hoping restrictions will allow for this event to happen.
- **Sept 19: Scotiabank Run:** Run or walk, as an individual or join our team. Virtual and In-person options available. Registration Now Open!!
- **Octoberfest TBD:** Watch for details on our website and social media. We are hoping restrictions will allow for an in-person event.

The Calgary Celiac Association is happy to be offering the following events to our Celiac community.

Please check the website for further information about each event and to register.

- **May 1– 31 Local Business Discounts** Visit participating local gluten-free establishments for May discount offers
- **May 6 , 7-8 pm Celiac 101 Information Session,** Virtual Information for newly diagnosed & family members.
- **May 16: Food Drive @ Heritage Park 12-2 pm:** Drop off your GF Food Bank donation and meet the Calgary Celiac team. Chance to win prizes and purchase special Gluten Free offerings at the Heritage Park Cafes.

**REGISTER**



It is important to look for the positive in being diagnosed with celiac disease. What is one of your “shining moments” since being diagnosed?

On May 16<sup>th</sup> the Calgary Tower will shine green for International Celiac Disease Awareness Day. We will be joining celiac related organizations from around the globe to #shinealightonceliac.

Leading up to May 16<sup>th</sup>, we will have a contest on Facebook and Instagram. Look for this post and comment with your “shining moment” to be entered to win a basket of gluten free goodies! A winner will be chosen on May 16<sup>th</sup>.

For more information on celiac disease and other cities from around the globe who will be joining us to shine a light, visit: <https://shinealightonceliac.org/>.

# Scotiabank Run for Charity—September 2021

Lace up your sneakers and join us for the Scotiabank Run for Charity.

The Calgary Celiac Association team is participating in the Good Life 5k Walk/Run. Currently this shows up as a Virtual event on the Scotiabank Run registration page as they are waiting on final City approval.



All current indications are that this run will proceed as an in-person event on September 18 or 19, 2021.

## Ways to Participate:

- 1) Donate to the Calgary Celiac Association team. Donations go directly to our charity. Tax receipts will be provided by the Scotiabank race administration.
- 2) Be part of the team! Join the Calgary Celiac Association team, find a few sponsors then walk or run the distance of your choice.
- 3) Walk or Run as an Individual or create your own Team.

The Calgary Celiac Association gets a small referral fee when you register. All other fees go to Scotiabank for race administration. As a paid registrant you will receive lots of goodies such as a run t-shirt, number bib, medals, certificate and prize entries.

Event updates will be provided on our social media and website closer to September.

[REGISTRATION/DONATION LINK](#)





# WESCANA FOODS

CREATING EXCEPTIONAL FOODS

NATURAL WHOLE GRAIN & HIGH IN FIBRE



QUICK OATS



ROLLED OATS



STEEL CUT OATS

## WHY TO CHOOSE ORGANIC GLUTEN FREE OATS?

### IT IS PURE & SAFE

- 100% PURE CERTIFIED GLUTEN-FREE & CERTIFIED ORGANIC CANADIAN OATS
- CELIAC SAFE (5PPM) GFCO, GFCP, NON-GMO
- PURITY PROTOCOL
- ALLERGEN-FREE

### IT IS EARTH FRIENDLY

- ORGANIC FARMING
- NO GLYPHOSATES (SINCE 2015)

### IT IS HEALTHY \*

- PROTECTS LDL CHOLESTEROL FROM DAMAGE
- RICH SOURCE OF PROTEIN
- VITAMINS & MINERALS
- RICH SOURCE OF SOLUBLE FIBRE
- IMPROVES BLOOD SUGAR CONTROL
- HELPS TO KEEP WEIGHT IN CONTROL
- HELPS WITH SKIN CARE

### IT IS LOCAL, IT IS CANADIAN!

- GROWN IN THE PRAIRIES
- SUPPORTS OUR LOCAL FARMERS

### GREAT VALUE FOR MONEY

- PURE & SAFE, TASTES GREAT
- AFFORDABLE PRICE
- MULTI USES

### TRUSTED BY CONSUMERS



### What is Wescana Foods all about?

Wescana is a western Canadian manufacturer of organic Gluten Free Oats. We source Organic Gluten Free oats which are uncontaminated & suitable for Gluten Free diets for all ages. We are committed to making sure our organic Gluten Free oats are from the best sources within the west Prairies. Our purity protocol consists of Having our growers to produce only quality Organic Gluten Free Oats for you to enjoy.

That is the Wescana difference!



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## Can Celiac Disease be Definitively Diagnosed Without the Intestinal Biopsy??

**By JoAnne Murray,**

**Active Member of the Calgary Chapter for over 20yrs**

After exploring in the last newsletter the reasons for pursuing a definitive diagnosis of Celiac Disease (CD) through a combination of blood screening (serology) and biopsy (histology), let's now consider the information that can lead to a clinical diagnosis for some of the people who are unwilling or unable to follow the recommended diagnostic pathway. In all circumstances, the diagnosis should be made by a gastroenterologist. Needless to say, a biopsy diagnosis can only be made by performing a biopsy. A clinical diagnosis can be made when a specialist (gastroenterologist) can find sufficient evidence to support a celiac diagnosis without the biopsy. The confidence in this diagnosis is a carefully considered conclusion and is based on a combination of medically based factors, with clinical experience of the practitioner being one. And it must be stressed that a clinical diagnosis should NOT be made by a Family Physician.

Until ~two decades ago, Celiac Disease was believed to present with classic symptoms only and those classic symptoms included: Abdominal pain and cramping, nausea and/or vomiting, intestinal gas and bloating, diarrhea including steatorrhea, weight loss, and anemia and vitamin deficiencies, including iron, folate, B12, A, D, E and K.

These classic symptoms were also common in children, with the added symptoms of: failure to thrive, delayed growth, short stature, abdominal distension, dental enamel defects, delayed puberty, learning difficulties, and severe irritability/behavioural changes.

The introduction of the TTG blood screening test changed these presumptions. As it became clear that CD presents with a broad range of symptoms

beyond these classic symptoms and that a diagnosis is further complicated with the co-existence of other autoimmune diseases, the diagnosis of CD became ever more complicated. While a biopsy diagnosis was the only true diagnosis in years past, it is now a very necessary diagnostic step to clearly define CD amidst the vast array of non-classic symptoms that people frequently demonstrate.

### Let's start with the kids.

According to the ESPGHAN (European Society for Paediatric Gastroenterology, Hepatology and Nutrition), there are 5 criteria for Celiac Disease diagnosis:

- 1) Symptoms compatible with CD.
- 2) Positive serology.
- 3) Presence of genetic markers – HLA-DQ2 and/or HLA DQ8.
- 4) Intestinal damage detected by endoscopy/ biopsy.
- 5) Symptom improvement following implementation of the Gluten Free Diet (GFD).

The vast majority of young children present with classic symptoms. Almost a decade ago, the ESPGHAN in Europe determined that there were circumstances in which it was possible to provide a clinical diagnosis for celiac disease in young children that was based on the reliability of the blood screening tools that had been introduced a decade earlier. After almost a decade of carefully following the blood screening outcomes, it became apparent that it was possible to diagnose children based on very specific criteria that included

- 1) A TTG test that registered a positive outcome that was at least 10x the normal limit for that

- specific test model.
- 2) A repeat TTG test that verified a continued high elevation of the marker.
  - 3) Presentation with classic symptoms of Celiac Disease.
  - 4) A genetic screen that validated the presence of at least one of the common genetic markers, and
  - 5) Return to health on the GFD.

Children who do not meet these criteria will still need a biopsy to confirm the diagnosis. And, in many instances, even when the criteria are met, the gastroenterologist will still encourage the biopsy because they know all too well, that lack of biopsy evidence can be a lifelong barrier to credibility in the medical community and commitment to the GFD when children grow into young adults and step off the pathway for any number of reasons. (Most of us have faced temptation somewhere along the pathway of the celiac journey.)

### Let's consider Dermatitis Herpetiformis (DH)

The presence of Dermatitis Herpetiformis can lead to a definitive diagnosis without an intestinal biopsy. DH is often referred to as celiac disease of the skin and despite its being a skin disorder, it is the result of the intestinal manifestation of celiac disease that leads to the very visible and distressing skin rash. DH can be diagnosed with a simple skin biopsy that must be carefully performed to assure that the diagnostic tissues are included in the biopsy specimen. Once diagnosed, DH is treated with the GFD. However, it is the one form of CD that actually has an additional pharmaceutical treatment, Dapsone, that provides relief from the intense itchiness of the rash when it is in a major flare stage. Most dermatologists will recommend that the person with DH be seen by a gastroenterologist and frequently, the gastroenterologist will recommend that an intestinal biopsy be completed to determine the degree of intestinal damage.

### Let's also consider the non-biopsy clinical diagnosis of Celiac Disease in adults.

The non-biopsy clinical diagnosis of adults is far more complex. There are four general categories of adults diagnosed with celiac disease and the TTG blood screening test has made it much easier to find them. The categories include;

- 1) Those who have had lifelong classic symptoms that were never recognized as being celiac in nature until a random TTG blood screening brought it to attention.
- 2) Those who have a predisposition for CD and have developed the disease with classic or non-classic symptoms as a result of a health changing event that triggered the active state of the disease.
- 3) Those who have non-classic symptoms that may have been present throughout life but never connected to the presence of CD.
- 4) Those who have silent celiac that was discovered by a purposeful or serendipitous blood test.

It is important to keep in mind that the TTG blood screening test has been available less than 2 decades in this province and until it became available, patients had to present with classic symptoms and/or a very strong family history of celiac disease before a gastroenterologist would consider performing an intestinal biopsy. Even though classic symptoms are now considered the least common of the presenting symptoms, they still remain the most predictable symptoms leading to a celiac investigation and diagnosis. They also most commonly reflect a predictable pattern of healing. The classic symptoms disappear as the body heals and indicators of impaired absorption improve.

A gastroenterologist will take into account many pieces of information in making a non-biopsy clinical diagnosis. This includes those noted above for the non-biopsy diagnosis of children and will extend to additional information, including:

- 1) Strong family history of CD.
- 2) Presence of other autoimmune conditions known to be common co-conditions, including Type 1 diabetes, and AI thyroid conditions.
- 3) Circumstances that present high patient risk such as extreme malnutrition, uncontrolled vomiting, and other such serious concerns.

With the plethora of non-classic symptoms now identified as celiac related symptoms, it has become more difficult for a gastroenterologist to make a definitive celiac disease diagnosis without the biopsy to support it. They must act with a strong degree of certainty when subjecting a person to a life long treatment, also knowing that the patient will be denied access to other health related options along the way as a result of this non-biopsy diagnosis.

For example, I have a first cousin who was diagnosed clinically with CD about 35 years ago. He had intermittent continuing symptoms, always attributed to failure to be strict with the GFD. He currently has negative blood screening, even with occasional gluten consumption. He is now considered to have been misdiagnosed, and that he does not have and never did have CD. The problem is, he has increasing health issues, no alternate diagnosis, is unable to work a regular fulltime job and finds his life marginalized as a result. And he still has the same original symptoms of 35 years ago plus other added ones. He's been seen by countless medical specialists with no clear pathway to restored health. To say that his anxiety level is at an all time high is an understatement. That's a long time to not have a definitive diagnosis and to find himself lacking credibility in the system. A biopsy 35 years ago would have provided a much sharper picture of his health concerns.

## So what's around the corner.

Like all things in the ever-changing world of medicine, science and technology are providing new options. There will come a time when the majority of adults can hope for an accurate and definitive diagnosis of Celiac Disease without the need for the biopsy. Dr. Don Duerksen from the Professional Advisory Council of the CCA, in a recent podcast, described some of the emerging diagnostic tools that recognize the impact of lymphocytes and increased cytokines in the diagnosis of this disease. Here is the link to the podcast. These references start ~20 minutes into the video.

[\(144\) In Conversation with... Dr. Donald Duerksen - YouTube](#)



Since the introduction of the TTG (IgA mediated) blood screening test almost two decades ago, the EMA test continues to support the predictive diagnostic value of the TTG test. The introduction of the DGP (both IgA and IgG mediated) further enhances the diagnostic value of the TTG test, especially in very young children. Other screening tests are on the horizon.

Enhanced technology has now made it possible to do more with less, and we are ever closer to being able to determine inflammatory response from a single gluten exposure rather than the prolonged gluten challenge that is still necessary. Enhanced fibre optics are making it possible to detect cellular changes in biopsy samples earlier in the process of tissue damage. Capsule endoscopy may ultimately lead to tissue sample diagnosis by optics only without ever removing a tissue sample from the intestines. Stool samples have been resurrected as offering diagnostic information after being largely abandoned 50 years ago. And never underestimate the power of animal devotees to train our four legged friends. If dogs can be trained to sniff out the most minute amounts of gluten in foods, they can probably also sniff out the by-products of active celiac disease, once those by-products are recognized and trusted.

The greatest limitations for a definitive non-biopsy diagnosis still rest with tying the inflammatory markers of serology to the actual tissue damage in the intestines. As more research is focused on this inter-relationship, this will likely be accomplished.

We aren't there yet, but we are certainly closer than at any time in my history of dealing with this disease (53 years and counting). Until this is accomplished, we will continue to be tethered to the biopsy as the definitive diagnosis, but we are now anticipating that change is truly just around the corner.



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### Snowball Lemon Cookies

2 cups Namaste Perfect Flour Blend or  
Namaste Organic Perfect Flour Blend  
3 tablespoons cornstarch  
1/4 teaspoon salt  
1 cup unsalted butter (2 sticks), softened  
2/3 cup powdered sugar  
Zest of 2 lemons (about 4 teaspoons)  
2 teaspoons lemon extract  
1/2 teaspoon vanilla extract  
1/2 cup finely chopped almonds (optional)  
1-1/2 cups powdered sugar for coating

Whisk together flour, cornstarch and salt in  
small mixing bowl and set aside.

In large bowl, mix butter until creamy on  
medium speed. Blend in 2/3 cup powdered  
sugar. Add in zest, lemon extract and vanilla  
extract.

Set mixer to low speed and slowly add flour  
mixture until just combined. Stir in almonds.  
Cover bowl and chill dough for 1 hour.

Preheat oven to 350°F. Grease cookie sheets or  
cover in parchment paper.

Scoop dough out 1 tablespoon at a time and  
roll into ball. Space balls about 2 inches apart.

Bake for 14-16 minutes. Allow to cool a few  
minutes. Place remaining powdered sugar into  
a bowl and roll warm cookies in powdered  
sugar. Transfer to wire rack to finish cooling.  
You can roll in powdered sugar again if you  
like.

Enjoy!

## Casino

First the good news. The September 2020 Casino netted Calgary Celiac a little over \$56K. Less than usual, but a whole lot better than \$0. Once more, a HUGE thanks to those who came out and made it work. Our accounts are healthy.

Now for the other side, casinos in Alberta remain fully closed, both tables and slots. Given the glacial rate of vaccination rollout in Alberta, it is unlikely they will re-open before mid-summer. It could be later, meaning our next event will almost certainly be into 2023....sounds like forever, but is actually only 2 years from now.

Wishing you a happy summer on the back yard deck or patio having some safe Gluten Free fun in the sun. Stay safe.

Ralph



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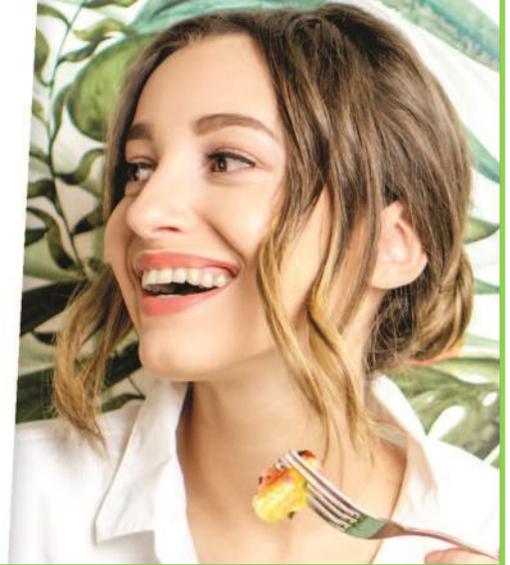


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## News from Red Deer

The Red Deer Celiac support group provides local support to those with Celiac Disease and Gluten Intolerance in the Red Deer area. Due to Covid-19, we are unable to offer our assistance at Sobeys (guided shopping) and hospital locations.

We are still providing peer support by phone appointment and are currently seeking volunteers.

Please contact **Clarice Schulz @ 403-341-4351** for more information.

## Call for Submissions

Is there something you would like to see in the next issue of our Newsletter? We would love to hear from you and we want to feature more content from our Calgary Celiac community.



### Ideas for submissions :

- ◆ Your favorite GF recipes
- ◆ Product or restaurant reviews
- ◆ Do you have a great idea for an article or would you like to write one?
- ◆ Would you like to share your celiac journey with our readership?

Please send your submission to:  
[admin@calgaryceliac.ca](mailto:admin@calgaryceliac.ca)

# Celiac Camping Tips

Submitted by J Godsman



Last year our 20 year old son purchased his first tent. What else can you enjoy during the summer of a global pandemic? He decided it was time to try camping on his own!

Being the only Celiac in a group of 20-somethings has its challenges. As he was the one planning the trip, he decided to take charge of the menu planning to ensure he wasn't the victim of an accidental glutening. What he came up with for a quick weekend camping meal plan was impressive and worthy of sharing.

## Meal Planning:

Breakfast 1: Gluten-Free Pancakes on the Go. In an empty Peanut butter container (or similar container) put enough dry pancake mix for your group. (We make our own but you could use your favorite GF mix here). There should be enough room in the container to add your liquids at the campsite. Give it a good shake and pour the batter directly onto your hot griddle. This also makes campsite cleanup easy. Just rinse and recycle the container when finished.

Breakfast 2: Omelet on the Go. In another empty container put enough eggs for an omelet for the group. Plus a couple extra eggs for the Pancake mix for Breakfast1. You could bring some pre-chopped veggies in a ziploc bag to add to your omelet. Bringing your eggs already 'broken' in the bottle removes the worry about breaking the eggs in the cooler!!



Meal 1: Chili. In a large ziploc bag place enough pre-fried and seasoned meat for your group. FREEZE. In another bag have your chopped veggies. At the campsite mix all ingredients: meat, veggies and canned beans/tomatoes into a pot and let simmer. Bonus: Any leftover chili can be kept to top your campsite Hot Dogs! Only one pot to clean up, no problem!

Meal 2: Steak K-bobs. In a large ziploc bag place enough steak (chicken or pork cubes) for your group together with your favorite gluten-free marinate. FREEZE. In another bag place enough cubed veggies for your group. Bring along some skewers and rice and you have a quick gourmet campsite meal. Freezing the meat will allow it to last longer in the cooler and marinate as it thaws.



## Lunch /Snack Ideas:

Hot Dogs / Chili Dogs: Many hot-dogs contain gluten, make sure to bring your own as well as your own gluten free buns. Top with leftover chili, and/or grated cheese and your favorite condiments.

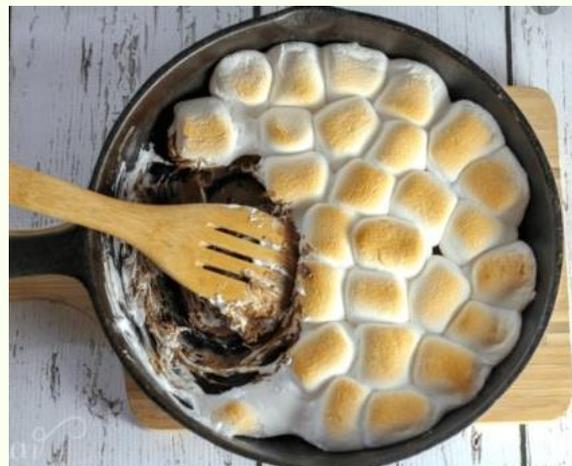
Condiments: Make sure all condiments are in squeeze bottles to reduce the risk of cross contamination and remind camping buddies to take care to keep tips clear of gluten containing items.



S'mores: Bring your own Gluten Free Graham cookies, Chocolate and Marshmallows. Bryson likes to throw mini marshmallows, butterscotch and dark chocolate chips in a small cast iron pan, melt it all on the BBQ (or fire) and use it as a dip for gluten free grahams or other dippers.

Chips & Snacks: Plan a selection of Gluten Free chips, crackers and granola bars to have on hand. A veggie or fruit tray is a good idea to make sure there are some healthy choices! (Mom's idea)

The key to eliminating cross contamination was doing as much food preparation at home as possible. Bryson also had purchased his own dedicated gluten-free portable BBQ so he knew his cooking surface was safe. This allowed him to enjoy his first time camping (without parents) and hanging out with the guys! And Mom could relax, knowing he was eating well and not getting gluttened!



# Celiac Crusader Tackles Challenges of Moving into Residential Living

Published with permission from The Celiac Scene by Ellen Bayens

[TheCeliacScene.com](http://TheCeliacScene.com)



Mike Rose, long-time celiac advocate, shares his experiences – and best advice – for securing celiac -safe Residential Retirement Accommodation.

“I retired shortly before being diagnosed as a Celiac and volunteered for 12 years as a member at large in the Victoria Chapter of the Canadian Celiac Association. I served 5 years as Chapter Chair and two as Regional Director for British Columbia, on the National Board.

When my father was diagnosed with celiac disease before me, in early 1990, we were told that 1 in 15000 were Celiac in North America. Now as we know, a better estimate is 1 in a hundred.

My father lived alone in an apartment and my wife (also a Celiac) used to cook extra servings and freeze them and we would take over a weeks supply at a time. My father ultimately moved into the Gorge Hospital, where he had volunteered for many years, while my mother was there. They provided him with a gluten-free diet that he tolerated, despite some issues.

While still associated with the Chapter and active after retirement, I arranged discussions with dietitians at two hospitals in Victoria about the gluten-free diet. That helped me in my frequent, short stays there. The food is good and the short list of options is OK until a long stay is needed. When my wife was in hospital for a 3-month stay, I frequently took in a change of food for her.

Now after another 20 odd years, gluten-free food is available everywhere until you have to move into a Retirement accommodation or Care.

As my wife and I gradually realized that our large, almost empty home was too much work, we decided to look into a Residential Home where all our meals would be supplied. We had visited friends in 2 or 3 facilities prior to our search and had good experiences, albeit with mainly with fruit dishes and salads.

## **Then the fun began.**

In looking into the various options for Retirement and Care homes, I discovered that gluten-free food is not a given in most locations. Phoning and occasionally visiting Private Residential Accommodation (not run by the Provincial Government and not subsidized,) I spoke with chefs at several facilities.

I found the lack of knowledge of celiac disease was rampant. Some said they did not cater to Celiacs; several would want us to sign a waiver if we entered their accommodation to protect them from litigation.

In checking with Social Workers in Saanich and other Municipalities, I discovered that they were not fully aware of the dietary issues at a level that would make it easy to decide on a location.

As a result of my experience with the Chapter, where we spent a lot of volunteer hours educating doctors, hospitals and grocery stores and a couple of restaurants, I was convinced that the only way to succeed would be to educate – after moving into a location.

We have been fortunate to have moved into the Victorian on Feltham in Victoria. \* The staff are prepared to modify their purchases and selections so that they can satisfy our needs. We prepare our own breakfasts mainly because we do not want to get up too early.

Because of Covid we alternate between eating in the dining room and having a single selection delivered to our rooms. As we are just about to have our vaccinations, we hope that soon we will have all meals in the dining room with more selection.

## **Best advice:**

- If you are looking for such accommodation, I would suggest starting your search well in advance, develop a relationship with the Marketing staff and take advantage of visits and a few free meals.
- Be prepared to ask aggressive questions.
- Then be prepared to educate, advise and be patient for a while until the staff adjust to their new requirements.”

\*The Marketing Manager at the Victorian on Feltham was notified in advance about the publication of this article.

You can also listen to an interview with Mike Rose about this story on A Canadian Celiac Podcast: <http://bit.ly/Ep168RetirementLivingGF>



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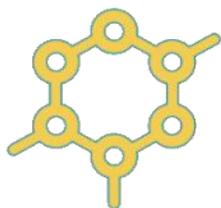


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# RESEARCH REPORT

## Celiac Awareness Month

*James King, MSc*



It continues to be tricky to discuss public health and epidemiological research without referencing the current state of COVID-19. With vaccinations now underway in Calgary (hopefully among many in the celiac disease community already), there is indeed good reason for optimism. As mentioned in the last newsletter article, there is likely to be research on COVID-19 in relation to celiac disease for years (and perhaps decades) to come. In the meantime, there are some recent studies that I have come across that may be of interest.

### **Gluten-Free Diet During Pandemic**

While limiting social gatherings and a reduced opportunity for going out for meals at restaurants has challenged our social lives, there may have been a positive side-effect for some of us with celiac disease. For example, a web-based survey of persons with celiac disease in Italy found that almost one-third of participants had an improved compliance of the gluten-free diet during the lockdown period.<sup>1</sup> This was mainly due to no longer eating away from home and/or having more time to prepare food at home. Given that Italy has a very strong knowledge of celiac disease in the broader community, it would be interesting to see if and how many people in somewhere like Calgary have had a similar experience (although it is important to consider that the lockdown in Italy was an extremely strict and included significant homebound isolation at the beginning of the pandemic). It should also be noted the study also demonstrated about one-third of participants faced an increased difficulty in accessing gluten-free items during the lockdown – again, it would be important to understand how the supply chain of gluten-free products in Canada has been affected during the past year, and how that may have influenced the ability for certain populations with celiac disease to successfully adhere to the gluten-free diet. Beyond the pandemic and a world of limited social gatherings, it will be important to further understand how to optimize proper adherence to the gluten-free diet and the role that non-dietary therapies may play in the coming years.

### **Risk of Severe COVID-19 Outcomes**

Naturally, there has been concern among the celiac disease community about how having celiac disease may affect our risk of severe outcomes from COVID-19. Although general research around COVID-19 has been explored and published in rapid succession over the past year, studies exploring it in the context of celiac disease have been fairly limited. However, a recent study from Sweden examining risk of severe COVID-19 (defined by hospitalizations, admission to the intensive care unit, and/or death) among those diagnosed with celiac disease found no elevated risk compared to a control group of those without celiac disease.<sup>2</sup> This study was able to utilize a national registry of individuals diagnosed with celiac disease and link to those who had been hospitalized with COVID-19. The authors did also note that given how Sweden's response was quite different from the rest of the world (they did not implement any type of generalized lockdown),

the probability of being exposed to COVID-19 for both those with and without celiac disease was likely greater than other settings. As mentioned in the last newsletter, the ongoing international registry for those with celiac disease who have had COVID-19 will be able to further explore these types of questions, particularly as the nature of this disease has shifted with the development of multiple variants of concern. (<https://covidceliac.org/>).

## **Celiac Disease & Autism Spectrum Disorder**

To provide some other discussion outside the COVID-19 realm, there has been a growing area of research around autism spectrum disorder for many years. Similar to celiac disease, there seems to be evidence that the incidence of autism spectrum disorder has been increasing over the last several decades, or at the very least, the ability to identify and diagnose the condition has vastly improved. Research has also shown that children with autism spectrum disorder are more likely to follow a gluten-free diet than children without the condition. These developments became of considerable interest in my research lab during my master's program in epidemiology. Accordingly, we wanted to better understand if there might be a potential association between these two conditions. Therefore, we conducted a study that identified all the previously published literature that has aimed to understand if a relationship between celiac disease and autism spectrum disorder exists.<sup>3</sup>

There are a few key findings to summarize from this review:

- Most studies exploring this question did not find evidence for an association between celiac disease and autism spectrum disorder.
- However, most of these studies were also at risk of bias for a variety of reasons. For example, several studies only examined a few dozen or so participants – since celiac disease and autism spectrum disorder are estimated to affect approximately 1% and 0.2% of the population, respectively, it becomes very challenging to definitively conclude that there is no relationship between the two conditions when a study sample is comparatively small.
- There were a few, higher quality studies with a low risk of bias that demonstrated a genuine association between celiac disease and autism spectrum disorder. Therefore, further research is important to confirm this finding and better understand what risk factors may explain this relationship (including if developing one condition is more likely to lead to developing the other, or if it is a shared genetic factor that predisposes an individual to both conditions, for example).

This review article will be published in the upcoming May issue of the *Journal of Pediatric Gastroenterology and Nutrition* (a great way for some new celiac disease research to kick off Celiac Awareness Month!).

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# GLUTEN-FREE GYOZA

Submitted by Dale Warketin



## GYOZA WRAPPERS

- 1 3/4 cup (245g) gluten free flour (Pamela's All Purpose)
- 3/4 tsp xanthan gum (if flour does not include)
- 35 grams expandex modified tapioca starch (or tapioca flour)
- 3 eggs (150g - weighed out of shell)  
- at room temp, beaten
- 4-6 tbsp warm water (about 85F)

## FILLING

- 1/2 lbs ground lean pork
- 1/2 lbs peeled shrimp, minced
- 1 tbsp finely minced ginger
- 2 green onions, finely chopped
- 1 tbsp GF soy sauce (Bragg's Liquid Soy Seasoning)
- 2 tbsp mirin
- 2 tbsp sesame oil
- 1/2 tsp salt

## DIRECTIONS

### FOR FILLING:

Combine all ingredients for filling into bowl and mix. The mixture will look wet, mix well and cover with plastic wrap and place in fridge until ready to use.

### FOR GYOZA WRAPPERS:

1. In the bowl of a stand mixer place the flour, xanthan gum and tapioca flour/starch. Mix well.
2. Create a well in the center of the dry ingredients, add the eggs and 4 tablespoons of the warm water
3. Mix to combine on medium speed for about 1 minute
4. The dough should come together and if there are any crumbly bits, add the remaining warm water by the teaspoon until the dough holds together well when squeezed with hands.
5. Turn the mixer speed up to medium-high and beat until smooth - about 3-4 minutes OR remove from bowl and kneed at least 6-8 minutes.
6. Wrap dough in plastic wrap tightly and allow to sit at room temp for 10 minutes
7. Divide dough in half (place 2nd half back in plastic wrap and wrap tightly) and roll as thin as possible (able to just see fingers through dough) - use just enough flour to keep from sticking
8. Cut into 3-4-inch round
9. Place cut rounds between two damp towels
10. Continue until all dough used

### ASSEMBLE GYOZA:

1. Take 1 round wrapper and wet around edges with water
2. Place just enough filling in wrapper to allow wrapper to seal without filling being squeezed out, remove as much air as possible
3. Fold round in half and seal edges
4. Crimp edge with fork
5. Place assembled gyoza under damp towel to prevent drying out
6. Freeze raw if desired

### COOKING:

1. Steam for 15 minutes
2. Pan Fry until golden brown

# Cookies and Cream KinniTOO® Cookies

Moist, soft cookies smothered in white chocolate. Recipe created by Kinnikinnick Corporate Chef Lori Grein



## **Ingredients:**

1 package **Kinnikinnick Chocolate KinniTOOS®** - reserve  
½ package (220 g)  
2¾ cups **Kinnikinnick All Purpose Flour Blend** (444 g)  
½ tsp salt (2 g)  
1 tsp baking soda (4 g)  
½ cup granulated sugar (105 g)  
¾ cup brown sugar (146 g)  
¾ cup softened butter (144 g)  
1 tsp pure vanilla extract (3 g)  
1/3 cup water (80 g)  
2 large eggs (112 g)  
1 cup white chocolate chips (180 g)  
6 oz white chocolate (170 g)

## **Directions:**

Preheat oven to 375°F (190°C), lightly spray baking tray or line with parchment paper.

In a bag, crush ½ package of **Chocolate KinniTOOS®**. Set aside.

In a medium bowl, cream butter, vanilla, and sugars until light and fluffy. Add eggs one at a time, beating well after each addition. Slowly add **All Purpose Flour Blend**, salt and baking soda to creamed mixture alternating with water.

Mix until fully incorporated. Fold in chocolate chips and ½ package crushed KinniTOOS®. Stir until combined. Drop dough onto baking tray leaving 3 inches between. Bake in preheated oven for 8 - 10 minutes. Remove from oven and let cool completely.

## **Finish:**

Break reserved ½ package **Chocolate KinniTOOS®** into small pieces. Set aside.

Melt white chocolate on a bain marie (pot of water with a snug fitting bowl on top). Dip the tops of each cooled cookie in white chocolate. Top with broken **Chocolate KinniTOOS®**. Let set completely before storing in an air-tight container. Store with parchment paper between layers to prevent sticking.

Yields 24 - 30

# Sesame Salmon on Greens

Submitted by Cinde Little



A main course salad that celebrates fresh asparagus in spring.

- 6 salmon fillets
- 1 Tbsp honey
- 1 Tbsp GF soy sauce
- 1 tsp Dijon mustard
- 1 Tbsp sesame seeds
- 1 Tbsp vegetable oil for frying

## ORANGE GINGER DRESSING

- 1 garlic clove, minced
- 1 tsp grated ginger root
- 3 Tbsp orange juice
- 2 Tbsp soy sauce
- 2 Tbsp rice vinegar or white wine vinegar
- 2 tsp sesame oil
- 2 tsp honey
- ¼ tsp sambal oelek or other hot sauce

## SALAD GREENS

- 12 cups mixed greens
- 1 lb asparagus, cooked, cooled and cut in pieces
- 1 red pepper, seeded and cut in strips
- 1 orange, peeled and sectioned
- 2 Tbsp chopped green onion
- 2 Tbsp chopped fresh cilantro or parsley

ORANGE GINGER DRESSING - Combine all ingredients in a small bowl or measuring cup. Set aside.

Preheat oven to 425°F.

Pat salmon dry. In a shallow bowl combine honey, soy sauce and mustard. Rub onto both sides of the salmon. Press sesame seeds into the side of the salmon without skin.

Heat oil in sauté pan on high heat. Add salmon, sesame side down, and cook for 1 minute per side. Transfer salmon to preheated 425°F oven. Bake for 7-8 minutes until just cooked.

While salmon is cooking toss salad greens, asparagus, red pepper, orange, green onion and cilantro with orange-ginger dressing. Divide among 6 plates.

Top each salad with salmon. Serve.

# Raspberry Blood Orange Swirl Buns

Try this twist to a classic. Loaded with raspberries and a touch of citrus flavour. Recipe created by Chef Lori Grein



## Ingredients

### Dough

1 package **Kinnikinnick All Purpose Flour Blend** (454 g)  
1 tbsp xanthan gum (12 g)  
2 tsp salt (10 g)  
1 tsp baking powder (5 g)  
2½ tsp quick rise instant yeast (10 g)  
½ tbsp granulated sugar (6 g)  
¼ cup water - warm (50 g)  
1¼ cups 2% milk - warm (260 g)  
3 tbsp canola oil (36 g)  
3 tbsp butter - soft (45 g)  
3 large eggs (168 g)  
1 tbsp lemon juice (17 g)  
2 tbsp honey (30 g)  
½ medium blood orange - zested/juiced

### Additional

½ cup **Kinnikinnick All Purpose Flour Blend** - required to knead buns  
Optional: brush with olive oil or melted butter prior to bake

### Raspberry Blood Orange Filling

½ medium blood orange - juiced/zested  
½ cup seedless raspberry jam/jelly  
2 cups raspberries - broken into pieces

### Simple Syrup (Optional)

1 cup granulated sugar (240 g)  
1 cup water (240 g)

### Cream Cheese Icing (Optional)

125 g cream cheese – softened  
¼ cup butter – softened (45 g)  
1½ cups icing sugar (240 g)  
1 medium blood orange - juiced/zested

## Directions

### Dough

Lightly grease a 9 x 13 pan. Set aside.

Use a stand mixer and paddle attachment for best results.

In a small bowl combine yeast, water and sugar. Let sit for 5 minutes. In a medium bowl, combine 1 package **Kinnikinnick All Purpose Flour Blend**, baking powder, xanthan gum and salt. Set aside. In mixing bowl combine eggs, oil, butter, honey, lemon juice blood orange zest and juice. Mix for 30 seconds. Add warm milk and yeast mixture. Mix for 1 minute. Slowly add flour mixture to liquid while continuing to mix. Mix on low speed until combined. Mix on medium-high speed for 2 - 3 minutes.

### Proof Dough

Lightly flour countertop and scoop dough into a mound. Sprinkle with **Kinnikinnick All Purpose Flour Blend** and lightly knead until dough is workable and less sticky (approx. ⅓ - ½ cup flour required). Form dough into a log and cover with plastic wrap. Let dough rest for 30 minutes.

### Raspberry Blood Orange Filling

In a small bowl combine seedless raspberry jam, blood orange zest and juice. Mix until smooth. Set aside. Break fresh raspberries into small pieces. Using a paper towel remove excess liquid. Set aside.

### Simple Syrup (Optional)

Bring sugar and water to a boil, do not stir. Boil for 3 minutes. Let cool completely. Simple Syrup can be stored in the refrigerator for up to 3 weeks.

### Blood Orange Cream Cheese Icing (Optional)

Mix cream cheese until smooth (approx. 3 - 5 minutes). Add butter and mix until combined. Slowly add icing sugar alternating with blood orange zest and juice. Mix until smooth. Store in the refrigerator until ready to use.

### Assembly

Roll proofed dough out on slightly floured parchment paper to ½ inch thick (approx. 10" x 12"). Spread dough with Raspberry Blood Orange Filling. Sprinkle with broken raspberry pieces. Using the parchment paper to help, roll dough tightly into a log widthwise. Cut into 12 - 15 Raspberry Blood Orange Swirl Buns. Nestle close together in 9 x 13 baking pan. Cover and proof for 50 minutes.

### Bake and Finishing

Preheat oven to 375°F (190°C). Brush top of buns with optional melted butter or olive oil before baking. Bake in preheated oven for 27 - 30 minutes. Remove from oven and immediately brush or spray with Optional Simple Syrup. Cool for 10 minutes before icing with Optional Blood Orange Cream Cheese Icing.

### Tip:

**To create a proofer-** place a cooling rack on top of a 9 x 13 pan filled with boiling water. Place pan on top of cooling rack. Cover with a kitchen towel.

For best texture consume within 48 hours or freeze leftovers.

For more Gluten-Free and Egg Free baking tips, see the below infographic on Egg Replacers and check out the full article from Chef Lori Grein @

<https://www.kinnikinnick.com/egg-replacers-in-gluten-free-baking>

**kinnikinnick**

## Egg replacers in gluten-free baking

By Chef Lori Grein

### Binding

A binding agent helps stick ingredients together

- 1/2 banana
- 1/2 cup fruit purée
- 1 cup boiling water + 2 tsp vegan gelatin
- 1 tbsp flax seeds + 3 tbsp warm water
- 1 tbsp potato flakes + 1/4 cup water

### Leavening

Leavening causes the dough or batter to expand

- 2 tsp water + 2 tsp baking powder + 1 tsp veg. oil
- 1 tbsp vinegar + 1 tsp baking soda
- 3 tbsp aquafaba

1 egg = 1/4 cup liquid or 4 tbsp liquid

<https://www.kinnikinnick.com/egg-replacers-in-gluten-free-baking>

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