



Calgary Celiac News

Third Edition ~ August 2020

Chapter Office: #9, 4500—5th Street N.E., Calgary, Alberta T2C 7C3

(403) 237-0304
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May 31 - September 27, 2020



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Effective August 2020

New Address:

#9A, 4500—5th St. NE

Calgary, Alberta T2C 7C3

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CALGARY CHAPTER OFFICE

Due to COVID-19 the office will not be keeping regular hours. If you require assistance call us and we'll get back to you asap. If you wish to visit the office, an appointment will need to be made.

Suite 9A, 4500 -5th Street NE, Calgary, AB
Phone: 403-237-0304 Fax: 403-269-9626

Newsletter Submission Deadlines 2020

First Edition (**February**) due January 21

Second Edition (**May**) April 21

Third Edition (**August**) July 21

Fourth Edition (**December**) November 20

E-mail submissions to Linda Cooper
linda@calgaryceliac.ca

info@calgaryceliac.ca

www.calgaryceliac.ca

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The Canadian Celiac Association - Calgary Chapter does not endorse any product, and any reference or advertisement in any edition of this newsletter is not to be construed as a recommendation or an endorsement of that product. Inclusion of such products in our publications is for informational purposes only. The contents of this newsletter are not necessarily the views or opinions of this Association.

Message from the Calgary Chapter

As we have moved into the summer of 2020, the impact of COVID-19 remains significant and we have all had to adjust our lives in different ways. We hope you have been keeping positive spirits through these challenging times and are living as healthy lives as possible.

Our Chapter would like to take this opportunity to thank Jim Calverley, a truly remarkable leader in the Celiac Disease Community at both a local and national level. Throughout his role as President, Jim exhibited passion and dedication to continually improve the Chapter and help the Celiac Disease Community. We hope you all join us in our gratitude and also in wishing Jim the best in his retirement!

With the Board of Directors in a transitional period, we are looking for new board members to provide their time and energy to help run this Chapter successfully. Please see below in the newsletter or our [website](#) for more details about how to apply. We have also completed a move to a [new office](#) effective at the beginning of August.

We are currently looking to reschedule our **Volunteer Appreciation Brunch** for April of 2021, but in the meantime want to express our appreciation for all the volunteer work that many of you have put forth over the years. Simply put, without these efforts our events and programming would not be successful. While the **Scotiabank Calgary Marathon** did not occur in person this year, you can still [register](#) for the virtual race window as it is continuing until September 27th. Furthermore, the charity challenge extends until October 18th where you can [donate](#) to our team “**Team Gluten Free**”. For those who missed the National Conference, the Canadian Celiac Association has posted the presentations on their [YouTube channel](#), with a wide variety of topics on celiac disease and the gluten-free diet.

As public health guidelines continue to evolve, we as a Chapter are also evolving. In-person gatherings and events may still have to wait longer than we hope, but our plan is to develop new and innovative ways to serve the Celiac Disease community virtually. With that in mind, we are still open and available for you to contact us about any questions or concerns!



Canadian Celiac Association Websites

BRITISH COLUMBIA

BC Chapter

E-mail: info@vancouverceliac.ca

Web: www.vancouverceliac.ca

ALBERTA

CALGARY

E-mail: info@calgaryceliac.ca

Web: www.calgaryceliac.ca

EDMONTON

E-mail: info@celiacedmonton.ca

Web: www.celiacedmonton.ca

SASKATCHEWAN

REGINA

E-mail: chapter.sk.regina@celiac.ca

(Saskatoon is closing)

MANITOBA

E-mail: office@manitobaceliac.com

Web: www.manitobaceliac.com

ONTARIO

KINGSTON

E-mail: chapter.on.kingston@celiac.ca

OTTAWA

E-mail: info@ottawaceliac.ca

Web: www.ottawaceliac.ca

THUNDER BAY & DISTRICT (May be closing)

E-mail: chapter.on.thunderbay@celiac.ca

Web: www.celaictbay.ca

TORONTO

E-mail: chapter.on.toronto@celiac.ca

Web: www.torontoceliac.org

NEW BRUNSWICK

MONCTON

E-mail: chapter.nb.moncton@celiac.ca

Web: www.monctonceliacchapter.org

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E-mail: chapter.nb.saintjohn@celiac.ca

NOVA SCOTIA

E-mail: info@celiacns.ca

Web: www.celiacns.ca

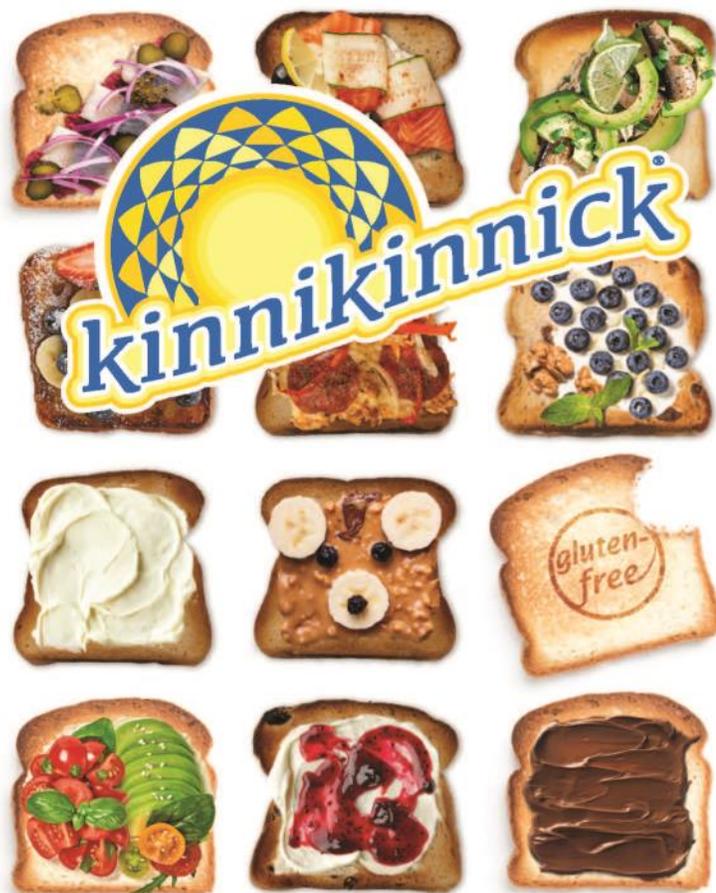
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Health Canada responds to appeal on US-labelled products containing barley and panic shopping

In April, CCA and Coeliaque Quebec received a CFIA alert about Canadian manufactured food originally bound for the US being potentially sold in Canada to avoid food shortages due to COVID-19. The concern was over barley-containing ingredients. Together our organizations reached out to warn Health Canada of the impacts on the gluten free community and we received the update below.

Early in the pandemic, CCA had also flagged the issue of potential panic shopping by consumers and purchasing gluten-free food when 'gluten-containing' products were not temporarily available on grocery shelves. In response, Health Canada has also provided information to warn consumers on their website.

[Please see the notice below from Health Canada:](#)

"On April 6, 2020, the Canadian Food Inspection Agency (CFIA) announced steps that it was taking to address potential disruption in Canada's food supply and to support the economy during the COVID-19 pandemic, including temporarily suspending enforcement of certain food labelling requirements.

On this date, the Agency posted a [notice to industry](#) for labelling of foodservice products for sale at retail. Currently, the CFIA's action allows products made in Canada that were originally destined for foodservice use in the U.S. to be sold at retail in Canada, under certain conditions.

We heard your (CCA and Coeliaque Quebec) concerns that ingredients such as **malt flavour or extract and yeast extract do not have to clearly identify that they contain barley in the US**, since the US does not have the same enhanced labelling regulations for gluten sources that Canada does. We recognize that consumers with celiac disease rely on food labelling and have come to expect that foods available for sale in Canada always declare the presence of barley and other gluten sources on their label. We have worked with the CFIA to address your concern and have determined that the requirements for gluten sources to be clearly identified on food labels should still apply to any foods with US labelling sold in Canada, similar to the way food allergen labelling requirements do, because of their health and safety impact for people with celiac disease or gluten sensitivity.

This means that any foods containing ingredients like malt flavour or extract or yeast extract should indicate the presence of barley as part of the product information available to consumers. While declaration of Canada's priority allergens and gluten sources will continue to be required, there is still a potential risk that some products originally labelled for the US market might not identify barley as required. **As a precautionary measure Health Canada is preparing an advisory that will be posted on the Health Canada website reminding consumers with celiac disease or gluten sensitivity to read the list of ingredients carefully and to watch for ingredients like malt flavour or extract or yeast extract during the pandemic period.**

MESSAGÈRE

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Celiac disease and Anxiety

Written by [Rachael Link, MS, RD](#) on April 27, 2020 - courtesy of licensing@healthline.com

For those with [celiac disease](#), eating gluten triggers inflammation in the intestines, causing symptoms like bloating, gas, diarrhea, and fatigue ([2Trusted Source](#)). Some studies show that celiac disease may also be associated with a higher risk of certain psychiatric disorders, including anxiety, depression, [bipolar disorder](#), and schizophrenia ([3Trusted Source](#)).

Following a gluten-free diet can not only help alleviate symptoms for those with celiac disease but also reduce anxiety. In fact, one 2001 study found that following a gluten-free diet for 1 year decreased anxiety in 35 people with celiac disease ([4Trusted Source](#)).

Another small study in 20 people with celiac disease reported that participants had higher levels of anxiety prior to starting a gluten-free diet than after adhering to it for 1 year ([5Trusted Source](#)[Trusted Source](#)).

However, other studies have observed conflicting findings. For instance, one study found that women with celiac disease were more likely to have anxiety, compared with the general population, even after complying with a gluten-free diet ([6Trusted Source](#)).

Notably, living with family was also associated with a higher risk of anxiety disorders in the study, which may be attributed to the stress caused by buying and preparing meals for family members with and without celiac disease ([6Trusted Source](#)).

What's more, a 2020 study in 283 people with celiac disease reported a high incidence of anxiety in those with celiac disease and found that adherence to a gluten-free diet did not significantly improve anxiety symptoms.

Therefore, while following a gluten-free diet could decrease anxiety for some with celiac disease, it may make no difference in anxiety levels or even contribute to stress and anxiety in others. More research is needed to evaluate the effects of a gluten-free diet on anxiety for those with celiac disease.

SUMMARY

Celiac disease is associated with a higher risk of anxiety disorders. While research has found mixed results, some studies show that following a gluten-free diet can decrease anxiety in those with celiac disease.

GLUTEN SENSITIVITY

Those with non-celiac [gluten sensitivity](#) may also experience adverse side effects when gluten is consumed, including symptoms like fatigue, headaches, and muscle pain ([7Trusted Source](#)). In some cases, those with non-celiac gluten sensitivity may also experience psychological symptoms, such as depression or anxiety ([7Trusted Source](#)).

While more high quality studies are needed, some research suggests that eliminating gluten from the diet may be beneficial for these conditions.

According to one study in 23 people, 13% of participants reported that following a gluten-free diet led to reductions in subjective feelings of anxiety ([8Trusted Source](#)).

Another study in 22 people with non-celiac gluten sensitivity found that consuming gluten for 3 days led to increased feelings of [depression](#), compared with a control group ([9Trusted Source](#)).

Though the cause of these symptoms remains unclear, some research suggests that the effect could be due to alterations in the gut microbiome, a community of beneficial bacteria in your digestive tract that's involved in several aspects of health ([10Trusted Source](#), [11Trusted Source](#)).

Unlike celiac disease or [wheat allergy](#), there's no specific test used to diagnose gluten sensitivity.

However, if you experience anxiety, depression, or any other negative symptoms after consuming gluten, consult a healthcare professional to determine whether a gluten-free diet may be right for you.

SUMMARY

Following a gluten-free diet may decrease subjective feelings of anxiety and depression in those who are sensitive to gluten.

THE BOTTOM LINE

[Anxiety](#) is often associated with celiac disease and gluten sensitivity.

Though research has observed mixed results, several studies show that following a gluten-free diet may help reduce symptoms of anxiety in those with celiac disease or a sensitivity to gluten.

If you find that gluten causes anxiety or other adverse symptoms for you, consider consulting a healthcare provider to determine whether a gluten-free diet may be beneficial.

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CELIAC
ASSOCIATION



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CANADIENNE
DE LA MALADIE
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CELIAC**

Nutrition for Children & Young Adults

Join the Canadian Celiac Association and Inez Martincevic—a clinical dietitian working in pediatric Gastroenterology, Hepatology and Nutrition at The Hospital for Sick Children—for an informative virtual education session on managing the nutritional health of children and young adults with celiac disease and gluten disorders.

When: August 18th **Time:** 8-9 PM Eastern Time

[Register TODAY!](#)

Check out other upcoming FREE events below!

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The Canadian Celiac Association Calgary Chapter



Wanted—New Board Members

We are looking for talented and conscientious volunteer board members to lead and strengthen our programs for people impacted by celiac disease, dermatitis herpetiformis and/or non-celiac gluten sensitivity.

If you are willing to contribute your time, thoughtfulness and leadership and are interested in exploring this opportunity, we would like to hear from you.

**Social media, legal or board of director
experience will be an asset.**

For those interested in applying for a board seat, please complete the Application Form and submit it along with your resume by:

email (info@calgaryceliac.ca)

or by fax

(403) 269-9626 by September 1st, 2020.

[APPLICATION FORM](#)



Alberta Healthy Living Program

Formerly Living Well with a Chronic Condition

Did you know that you can book an appointment with a Registered Dietitian through **Alberta Healthy Living Program** free of charge. All appointments are offered Mon-Fri during the day.

Alberta Healthy Living Program also offers one 3-hour session on “Going Gluten-Free”

In this session you will learn:

- ♦ What celiac disease is
- ♦ About healthy eating on a gluten-free diet
- ♦ About where to buy gluten-free food, eating out gluten-free and label reading

Who is this Class For? - People diagnosed with celiac disease or dermatitis herpetiformis and their support persons or people who want information on celiac disease. Classes are facilitated by registered dietitians.

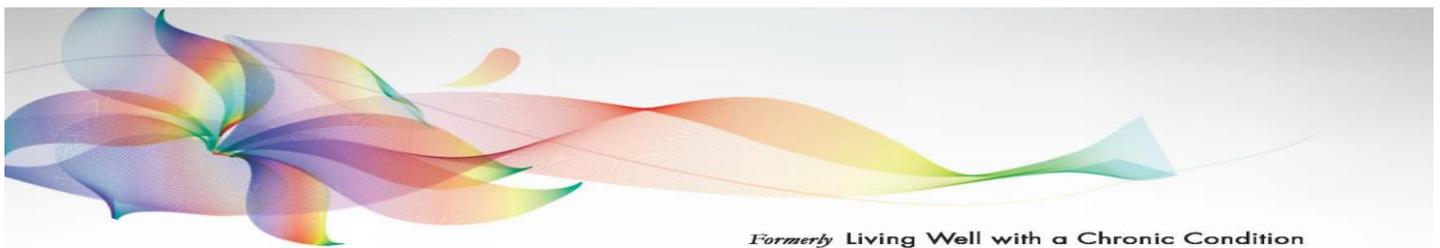
**For the health and safety of all our participants and staff,
the following classes have been converted
to phone or zoom sessions**

[Calgary Zone—Workshop Guide Guide 2020](#)

AHLP offers registration for our group education classes online at:

:www.ahs.ca/cdmcalgaryzone.asp and click on the link for On Line registration.

Registration for AHLP classes may also be completed by calling the 9 Health line at 403-943-2584



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May 31 - September 27, 2020



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Every step helps our Celiac children
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"It's not too late to join "**Team
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appreciate your support by either
registering for the **Calgary
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by donating to the **CCA Calgary
Chapter**.

Not a runner? That's ok!

Let's work together YYC and raise
awareness within our gluten free
community.

Our BOD has teamed up and is ready to virtually complete our version of a marathon! Stay tuned to see how we complete our 42km adventure by following us on Facebook and Instagram.

All funds raised will assist the Calgary Chapter in providing quality events and educational programs directly for YOU - our YYC community.

These are interesting times for all of us and we will continue to support and navigate through circumstance in how best we can serve our gluten free community.

PLEASE remember to join **TEAM GLUTEN FREE** when you register and help raise funds through sponsors.

[To Register click here](#)

[Donate to Team Gluten Free](#)

[Scotiabank Virtual Marathon Details](#)

If you have any questions regarding the Virtual Marathon or how to register, please contact Cheryl: Cheryl@calgaryceliac.ca



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Date: **Postponed—check website for updates**

Time: 7:00 pm – 9:00 pm

Cost: Free

Where: Calgary Chapter, Canadian Celiac
Association office
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The CCA surveyed thousands of Canadians with celiac to see what they know about oats

The Canadian Celiac Association (CCA) recently conducted a survey about oats, called “Oats & You.” The purpose was to gain a better understanding of what type of information individuals on a gluten-free diet received about the use of oats, as well as their current consumption of regular and gluten-free oats.

The CCA recognized the need for this survey because there appears to be great variability in the advice patients with celiac disease are being given regarding the introduction of gluten-free oats. Regular oats are frequently contaminated with wheat, rye and/or barley, and should therefore not be consumed by individuals on a gluten-free diet. However, specially produced gluten-free oats have been shown to be safe for patients with celiac disease, with no evidence that they cause additional symptoms, changes in celiac serology or duodenal histology. For more information on the safety of oats, see Health Canada’s review entitled “Celiac disease and Gluten-Free Claims on Uncontaminated Oats” as well as the CCA Professional Advisory Council Position Statement on Consumption of Oats by Individuals with Celiac Disease.

Survey Results

Some 3,900 respondents participated in the survey, over a period of eight days.

Characteristics of the respondents

- 80% were female
- 92% reported a diagnosis of celiac disease.
- 7.5% were under 24 years of age and 55% were over 55 year of age.
- 70% reported being on a gluten-free diet for over 5 years.
- 83% consumed gluten-free oats while 17% did not eat oats at all.
- 49% consumed oats at least a few times a week.
- 25% consumed oats a few times a month, 8% less than once a month and 17% several times per year or less.

Introduction of oats into the gluten-free diet

Approximately one-third consumed oats at the same time they started on the gluten-free diet, while 40% waited more than 1 year after initiating the diet. Unfortunately, 56% of respondents never recalled receiving specific advice about the optimal time to introduce gluten-free oats into their diet. We do not know if these individuals ever received formal dietary consultation on gluten-free diet or if the education they were provided simply did not address consumption of oats. Knowing this information would be very helpful in order to gain a better understanding of whether this essential component of gluten-free diet education is occurring regularly or not.

Symptoms related to eating oats

Not surprising, 55% developed symptoms when they ate regular oats; however, 14% also reported symptoms when consuming gluten-free oats. It should be noted that there are many different “gluten-free” oat products on the market. The sources of these oats can vary from one producer to another. (See sidebar for information on the different ways gluten-free oats are produced.)

Summary

The majority of individual with celiac disease consumed gluten-free oats. However, there are still a proportion of individuals that consumed regular oats, leading to higher risk of presenting symptoms at follow up. Education on the gluten-free diet and consumption of oats was missing in more than half of respondents, which may explain the variability on type and timing of oats introduction in our survey. The CCA strongly encourages newly diagnosed patients with celiac disease to consult with a registered dietitian with expertise in celiac disease and the gluten-free diet to ensure they consume a balanced gluten-free diet, with adequate fibre. It is also important that individuals with celiac disease consult with their physician to discuss new and/or persistent symptoms, whether they suspect possible reaction to food or other, in order to maintain optimal health. Combined efforts from the CCA, health care providers and community are needed to improve education on the gluten-free diet, including oats and timing of introduction, which is not occurring regularly.

The Professional Advisory Board of the CCA would like to again thank everyone who participated in this survey and have helped us to better inform the consumption and knowledge about oats for those with celiac disease following a gluten-free diet.

Ways of producing gluten-free oats

Purity Protocol

Some producers of gluten-free oats use a “purity protocol” which involves various steps to prevent cross-contact with gluten-containing grains. These protocols can include no gluten-containing grains grown on the land previously for at least 2-4 years, using pure uncontaminated oat seed for planting; and dedicated or cleaned equipment for seeding, harvesting, oat storage, transportation, milling and processing. Farmers are required to submit oat samples after harvesting and prior to delivering to the mill. Also, the miller conducts frequent testing of the oats during and after processing.

Mechanically/Optically Sorted Oats

Other producers use highly sophisticated mechanical and/or optical sorters to remove gluten-containing grains from regular commodity oats. These specialized equipment technologies can separate grains according to their shape, size, colour and density. Although a very high percentage of gluten-containing grains can be removed using these technologies, the complete elimination of all whole and broken kernels of gluten-containing grains from oats is not always possible. Also, the separated oats may have traces of gluten-containing grain dust. Further research is needed to investigate whether this poses a health risk.

Verification of Gluten-Free Oats

Producers may utilize various protocols for gluten testing. Regardless of the production methods, it is essential that scientifically validated gluten-testing methods and procedures are utilized. Multiple samples from various locations in the oat container need to be taken to reduce the risk of missing any possible contamination. Also, each sample should be tested in duplicate.

***Published in Canadian Celiac magazine, May 2020. Lead author: Dr. Dominica Gidrewicz,
CCA Professional Advisory Council***

Oats Statement – Canadian Celiac Association Professional Advisory Council position statement on consumption of oats by individuals with celiac disease

The safety of oats in individuals with celiac disease has been extensively investigated. Health Canada has reviewed the clinical evidence from numerous international studies and has concluded that the consumption of oats, uncontaminated with gluten from wheat, rye or barley, is safe for the vast majority of patients with celiac disease. A 2015 review entitled *Celiac Disease and Gluten-Free Claims on Uncontaminated Oats* is available on Health Canada's web page [Celiac Disease and Gluten-Free Claims on Uncontaminated Oats](#)

Most commercially available oats in North America are contaminated with gluten-containing grains (wheat, rye, barley). This has been confirmed in various studies including one by [Health Canada scientists](#).

We are fortunate in Canada and the USA that specially-produced pure, uncontaminated oats have been available in the marketplace for many years. These oats are grown on dedicated fields; and are harvested, stored, transported and processed in dedicated gluten-free facilities. In addition, they are accurately tested for their gluten content to be under 20 ppm. This entire process is often referred to as a purity protocol.

Health Canada's Food and Drug Regulations include oats, along with wheat, rye, barley in the list of gluten-containing grains, so even pure, uncontaminated oats were prohibited from making a gluten-free claim. However, on May 29, 2015, the Minister of Health issued a [Marketing Authorization](#) that permits the use of gluten-free claims for specially produced oats and foods containing these oats as ingredients. The Marketing Authorization provision allows for an exemption from the Food and Drug Regulations provided these oats do not contain more than 20 parts per million (ppm) of gluten from wheat, rye, barley or their hybridized strains.

Health Canada does not specify the methods or controls oat producers should use in order to meet the Marketing Authorization requirements. Many producers of gluten-free oats use the purity protocol which has been proven to be effective. Some producers may use other methods such as mechanical and/or optical sorting to remove gluten-containing grains from oats rather than a purity protocol. The Professional Advisory Council is not aware of any published North American data that demonstrates the levels of gluten in oats that have been cleaned using mechanical and/or optical sorting.

The Marketing Authorization and other important information about oats can be found on Health Canada's web page [Gluten-Free Labelling Claims for Specially Produced Oats](#).

The Canadian Celiac Association supports Health Canada's decision to allow gluten-free claims for specially produced gluten-free oats and products containing such oats. Also, the Professional Advisory Council recommends the following guidelines for individuals with celiac disease and other

gluten-related disorders who wish to add pure, uncontaminated oats or oat products in their diet:

1. The individual should be stabilized on the gluten-free diet and their celiac antibody levels should have normalized. This process may take 6-18 months, although there is considerable variation among individuals.
2. The fiber content of an oat containing diet is often higher than the typical gluten-free diet. When adding oats to the diet, individuals may experience a change in stool pattern or mild gastrointestinal symptoms, including abdominal bloating and gas. These symptoms should resolve within a few days. Therefore, it is advised to start with a small amount of oats per day [adults 25-70 grams (1/4-3/4 cup dry rolled oats) and children 10-25 grams (1/8-1/4 cup)] and gradually increase as tolerated.
3. There are case reports of individuals with celiac disease relapsing from the consumption of pure, uncontaminated oats. Individuals should be aware of this possibility. If symptoms occur and/or persist, they should discontinue consuming oats.
4. If a reaction to oats has occurred, it is worthwhile to do a re-challenge if the individual wants to try oats again. Development of symptoms at the time of the second challenge would strongly suggest intolerance to oats. Research suggests that intolerance to oats occurs but is quite rare. The mechanism for this intolerance is unknown at this time.
5. A consultation with a dietitian who can carefully review the diet to ensure that the individual is not consuming foods that contain gluten is highly recommended.
6. If a reaction occurs with a re-challenge of gluten-free oats, notify your physician, as well as the Canadian Food Inspection Agency (CFIA) about the reaction. The CFIA requires contact information of the individual, brand name, package size, UPC code, best before date, name and address of store where product was purchased, date of purchase and concern. See www.inspection.gc.ca or call 800-442-2342. The Canadian Celiac Association would also appreciate notification about the product details at askthecca@celiac.ca
7. The safety of oats in non-celiac gluten sensitivity has not been studied. The Canadian Celiac Association will continue to monitor the scientific developments in the area of oats in celiac disease and other gluten-related disorders and will keep its members updated.



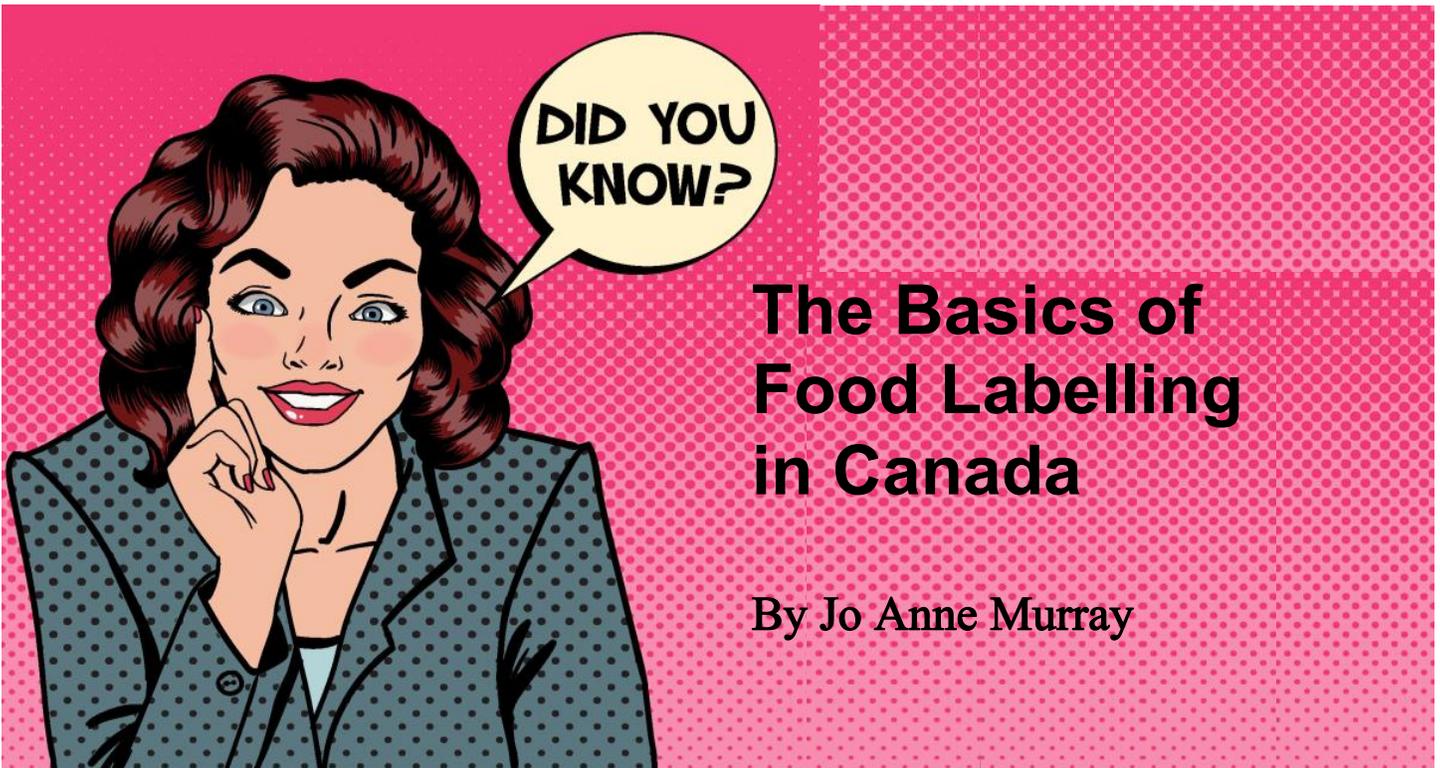
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The Basics of Food Labelling in Canada

By Jo Anne Murray

Avoiding gluten and the top allergens is a challenging task for many people who must avoid specific ingredients in the foods that they serve to their families. And for some reason, Canadian allergen labelling seems to cause confusion for many people. Canada's labelling regulation is one of the most comprehensive in the world, making it easier to identify not only the top allergens, but also to easily identify gluten sources in the regular foods we purchase from the grocer's shelf. Let's take a look at what's included in the allergen and intolerance regulation to alert us to these food concerns.

Canada's allergen and intolerance regulation has three specific sections and addresses not only the priority allergens, but also gluten sources and added sulphites.

What to look for in Canadian labelling for allergens and intolerances:

1) The priority allergens are identified as:

- ◆ Eggs
- ◆ Crustaceans and molluscs
- ◆ Fish
- ◆ Milk
- ◆ Mustard
- ◆ Peanuts
- ◆ Sesame seeds
- ◆ Soy
- ◆ Sulphites
- ◆ Tree nuts
- ◆ Wheat and triticale

2) The gluten sources are identified as:

- ◆ Barley
- ◆ Oats
- ◆ Rye
- ◆ Triticale
- ◆ Wheat

3) Sulphites must be declared as an ingredient or component of an ingredient when their total amount is 10 ppm or more.

All priority allergens, gluten sources and added sulphites must be identified by their common names in either the ingredient list or in a contains statement.

These three categories apply to all food products and are not specific to specialty food production, such as gluten free foods. All three categories apply to all foods imported into Canada for sale on the Canadian market. Specialty foods, such as gluten free foods, must meet additional rigorous criteria in order to carry a gluten free claim.

Most countries identify only the priority allergens in their food regulations, leaving concerns for gluten containing ingredients only marginally visible, except for wheat, which is identified as a priority allergen as well as being a gluten source. There are some variances amidst countries in what foods are regulated as priority allergens. (As example, the USA also includes coconut as a priority allergen)

We are fortunate in Canada that ALL gluten sources must be clearly identified on all labels if they are used as an ingredient in any product and they must be identified by their common names. Gluten sources cannot hide in Canada.

Until such time as other countries, including the USA, adopt a similar allergen and intolerance regulation that includes the identification of gluten sources, only priority allergens are required to be identified on their labels of regular foods. Some manufacturers voluntarily declare gluten and sulphite sources as ingredients, recognizing the ever increasing need for this information.

Most countries subscribe to the Codex standard when placing a gluten free declaration on food products and these foods will have clearly identified gluten sources listed in the labelling information. Canada has a closely regulated gluten free industry. There are some countries where the regulation of gluten free is not as well managed.

This leads to the bottom line. You can trust product labels in Canada to clearly identify all priority allergens, gluten sources and added sulphites. This applies to domestic products as well as imported products.

When you are cross border shopping or shopping internationally, most countries identify only priority allergens in their regular product labels and may not as clearly identify gluten sources (except wheat) and sulphites. Products labelled gluten free are generally safe foods as most countries follow the Codex standard.

Researchers explore how probiotic Bifidobacteria could help celiac disease Patients

Courtesy of <https://www.news-medical.net/>

Gluten is enemy No. 1 for those with celiac disease, and it's hard to avoid.

Episodes of this chronic autoimmune illness can be triggered by ingesting gluten, a key protein in wheat and some other grains. Researchers have been exploring how gut bacteria, especially *Bifidobacteria*, could be used as a treatment. Now, scientists publishing the results of laboratory experiments in ACS' *Journal of Agricultural and Food Chemistry* report how specific types of *Bifidobacteria* work.

Humans have many types of bacteria living in their digestive systems, but those with celiac disease have altered levels of "beneficial" and "harmful" gut bacteria. And even if they stick to a strict glutenfree diet, celiac disease patients typically cannot reestablish an ideal gut microbiome on their own. In particular, the levels of bacteria in the *Bifidobacteria* family are lower in those with the condition than in healthy individuals.

These bacteria can chop up gluten proteins into smaller fragments that are not as triggering or damaging in patients, which has led researchers to try using the microbes as a probiotic to treat gastrointestinal diseases. So Edson RodriguesFilho, Natália E. C. de Almeida and colleagues set out to see exactly how various *Bifidobacteria* strains break down gluten peptides and what effect

these smaller glutenderived peptides would have on the immune response.

The researchers extracted gluten proteins from wheat flour and cultivated four strains of the *Bifidobacteria* family, both separately and in one large group. In an artificial intestinal environment, *B. longum* chopped up gluten proteins into the most fragments, compared to the other strains and the mixture of all four strains. From there, the team analyzed the cytotoxic and inflammatory responses to the various peptides, and found that those from the *B. longum* strain caused the least harm to intestinal cells in petri dishes.

These results mark the first identification of specific glutenderived peptides generated directly from intact gluten proteins by *Bifidobacteria* activity and the immunological responses to them by human cells, paving the way for new treatments and better patient outcomes, say the researchers.

Reviewed by Emily Henderson, B.Sc. Apr 15 2020

Researchers explore how probiotic Bifidobacteria could help celiac disease patients

Source: American Chemical Society

Journal reference:

de Almeida, N.E.C., *et al.* (2020) Digestion of Intact Gluten Proteins by Bifidobacterium Species: Reduction of Cytotoxicity and Proinflammatory Responses. *Journal of Agricultural and Food Chemistry*.



Casino Update

On June 15th 2020 the Alberta government announced the re-opening of Casinos, for Slot Machines only. The next step will be to open the Table Games. Volunteers are not required for Slot Machines.

When table games re-open it will be back to normal with a group of volunteers required for each two-day event. It was anticipated Table Games would open shortly after Slot Machines, but this hasn't happened.....yet. Our scheduled July 7th and 8th event came and went, and CCA Calgary is still waiting.

Sooner or later Table Games will open. At that point we should be in line for a near-term date. I will get back to you the moment I hear from AGLC. The normal wait time for a Casino date right now is about 20 months, which would put us into 2022.

Please keep in mind Casinos are an integral part of the fund-raising we do at the Calgary Chapter. Covid 19 notwithstanding it enables the program activities we offer to the Southern Alberta Celiac and Gluten Sensitive community. Under normal circumstances it is the best program in Canada. Think Kids Camp, Stampede Gluten Free Pancake Breakfast, SAIT Gourmet dinners, Celiac 101, Gluten Free Oktoberfest, etc..In a Casino year the casino money is roughly half of the chapter's income. It is significant.

Stay tuned.

Thank you, Ralph

Should I care about gluten in medications?

Dr. M Ines Pinto-Sanchez & Professional Council Canadian Celiac Association

A minimal amount of gluten, a protein found in wheat, rye and barley, is sufficient to induce inflammation and lead to complications in people with celiac disease. Gluten can be found in food and non-food sources including prescribed or over-the-counter medications, vitamins and supplements.

Gluten can be part of the non-medicinal ingredients, and the most common form is as excipients which are used to bind pills together. Modified starch and pre-gelatinized starch of unclear origin, dextrans, dextrin, dextrimaltose and caramel coloring are some of the excipients that may contain gluten.

Gluten-free claims on packaged foods are regulated by Health Canada, with a required cut-off of less than <20 mg/kg (20 ppm) of gluten to be labelled as gluten free. Unfortunately, similar laws are not in place for labelling of gluten content in medications. There are currently no requirements for labelling gluten or common allergens found in drug ingredients in Canada. Therefore, getting answers about gluten content in medications may be challenging.

How Much Gluten Can a Medication Contain?

The good news is that the majority of medications contain no gluten or very low gluten. In the cases where gluten may be present, it can be estimated based on drug formulation information that wheat starch and other ingredients derived from wheat would contribute no more than 0.5 mg gluten in each pill or tablet. This amount is extremely low, although, the total daily amount will depend on the number of medications taken and other sources containing gluten.

If the medication contains wheat starch, you should ideally avoid using the product. However, if there is no gluten in the list of ingredients, or added excipients like starch, then the amount of gluten is probably very low and unlikely to produce a reaction in people with celiac disease. It is unlikely that any excipient other than starch contains gluten.

Sugar alcohols, such as mannitol, sorbitol, maltitol, xylitol, lactitol, erythritol, and hydrogenated starch hydrolysates are highly processed sugars that contain no gluten and will not cause a problem. Another misrepresented ingredient is wheat maltodextrin, or plain maltodextrin. The ingredient maltodextrin is gluten free even when derived from wheat, due to the way it is processed and is considered safe for people with celiac disease.

How can I know if my medication contains gluten?

Every medication or supplement taken by mouth must be checked to ensure it is gluten free. Probiotics are one type of supplement that may contain added gluten but may get overlooked.

Although information about gluten content of some medications is available through Internet-based listings and other publications, currently there is no universally accepted source of reliable information. Therefore, it is important to get information from your physician, pharmacist and the drug manufacturer. There are some lists available online from the US, for example the one found in GlutenFreeDrugs.com; however, these lists of medications may not apply to Canada. In

addition, these lists need constant updating to be correct, because manufacturers can change their ingredients any time and without warning. There is a need for regulations indicating the gluten content of non-prescription products on the package labelling, which would help patients with celiac disease and other individuals wishing to avoid ingesting gluten.

What should I do if I suspect that my medication may contain gluten?

- Contact your physician to let them know about your concern or reaction to the medication. Do not stop taking prescription medicine without talking to your doctor first.
- Bring your list of medications to your pharmacists and inform the pharmacist that you are diagnosed with celiac disease and should follow a very strict gluten-free diet.
- Discuss with the pharmacists hidden sources of gluten, such as excipients.
- You or the pharmacists can contact the manufacturer and ask about gluten content in medication, whether the medication is produced in facility that process gluten, and whether they test their products for gluten.
- If wheat, rye and barley are not found within the ingredients and excipients, the amount of gluten, if any present, may be very low and likely safe for people with celiac disease.

Although medications will likely contain none or very low amounts of gluten, when several medications and supplements are taken on a daily basis, the gluten content may potentially become a problem if the total gluten amount goes above tolerated limits.

Until new regulations come effective in Canada, it is important that people with celiac disease work with their doctors and pharmacist to make sure their medications do not contain sources of gluten. Contacting the

manufacturer can also help you determine if the medication you will be taking is gluten free or not. The Canadian Celiac Association and Professional Advisory Council will continue supporting and advocating for the good of our gluten free community.

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IS IT GLUTEN FREE?



Step 1: Check for a logo or the words "Gluten Free":



OR

Is labelled "**Gluten Free**"

No logo or claim? Go to **step 2**
Note: Wheat Free ≠ Gluten Free

Step 2: Check for high risk products or ingredients:

High risk products or ingredients that **must** be labelled Gluten Free:

- Breakfast Cereals
- Lentils
- Oats
- Granola
- Yeast
- Flours
- Bread and Buns
- Seeds
- Couscous
- Pasta



Not high risk? Go to **step 3**

Step 3: Check ingredients for allergen warnings:



Step 4: Read the ingredients, common ones include:

Gluten Free

- Amaranth
- Arrowroot
- Buckwheat
- Cassava
- Corn/Maize
- Egg
- Glutinous Rice
- Whey
- Milk
- Polenta
- Quinoa
- Rice
- Sorghum
- Soy
- Tapioca
- Teff

Contains Gluten

- Barley
- Bulgar
- Cereal binding
- Couscous
- Durum
- Farro
- Graham
- Kamut
- Malt
- Rye
- Semolina
- Spelt/Dinkel
- Triticale
- Wheat
- Wheat Germ

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Coconut Cream Whoopie pies

Cake Ingredients

- 4 teaspoons Namaste Foods Egg Replacer
- 4 tablespoons warm water
- 1 Namaste Foods Organic Devil's Food Cake Mix
- ½ cup coconut oil, melted and cooled
- ¾ cup milk, any kind (we used coconut)

Coconut Cream Ingredients

- 1-14 oz can coconut cream
- ½ to ¾ cup organic powdered sugar
- ½ teaspoon vanilla extract

Chill coconut cream overnight in fridge.

In a large bowl, whisk egg replacer and warm water. Add cooled coconut oil, milk and cake mix and blend until smooth. Chill for 30 minutes.

Heat oven to 350° F. Grease or spray muffin tins. Scoop tablespoons of batter into muffin tins. Bake for 16 - 19 minutes or until toothpick inserted in center comes out clean. Cool completely on wire racks. Keep dough chilled between batches.

Coconut Cream Instructions

Chill glass bowl for at least 10 minutes. Scoop thickened cream of coconut out of can. Reserve liquid for another use.

Beat on high for 30 seconds. Add powdered sugar and vanilla and beat for another minute.

Add dollop of coconut cream between cooled cookies. Keep refrigerated.

Tip: Transfer coconut cream to freezer bag, clip corner, then squeeze onto cookies.

Festive Fun: dip sides of cookies into crushed peppermint candies for a little extra holiday color and flavor.

Enjoy!

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The Link Between Type 1 Diabetes & Celiac Disease



- On average, 8% of people who have Type 1 Diabetes also have Celiac Disease.
- 60-70% of children who have Type 1 Diabetes, have no obvious symptoms of Celiac Disease.
- Both autoimmune diseases are inherited and share similar genetic origins.
- 90% of the time, the diagnosis of Type 1 Diabetes comes before a Celiac Disease diagnosis.



Screening for Celiac Disease



Symptoms	Undiagnosed Celiac Disease	Type 1 Diabetes
Frequent Urination		✓
Unusual Thirst		✓
Extreme Hunger	✓	✓
Weight Loss	✓	✓
Extreme Fatigue	✓	✓
Irritability	✓	✓
Growth Failure (children)	✓	✓

Sources: www.diabetes.org/ www.csaceliacs.org

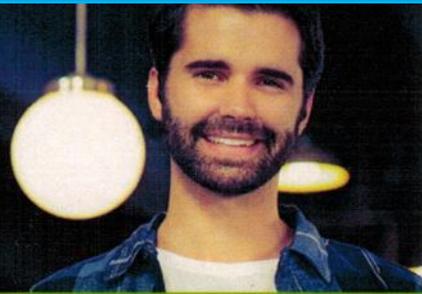
Why Screen? May prevent bone loss, stunted growth & may reduce hypoglycemic episodes.

How often? Screen for Celiac Disease at time of diagnosis with Type 1 Diabetes and every 1 to 5 years after.



Celiac Disease Treatment: A Life Long Gluten-Free Diet ○

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**GLUTEN-FREE™
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What is the Gluten-Free Food Program (GFFP)? The GFFP standards are about management's commitment to training staff, implementing consistent and documented operating procedures, that ensure each establishment provides safe, reliable gluten-free food to consumers.

The Gluten-Free Food Program (GFFP) covers a wide range of business types:

- ♦ Restaurants
- ♦ Caterers
- ♦ Camps
- ♦ Hotels and convention centres
- ♦ Healthcare and educational institutions
- ♦ Cafes, bars, quick service outlets

... The Consumer

- ♦ Help the gluten-free community find safer places to eat
- ♦ Broaden the availability of GFFP gluten-free sites for eating out

... The Industry

- ♦ Support the gluten-free efforts of the food service and hospitality businesses by providing training, standards, best practices and GFFP verification audits
- ♦ Help committed operators market their efforts to the gluten-free community
- ♦ Partner with key organizations



the trusted gluten-free
mark of assurance to
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For more details contact Jacquie: (416) 272-0809 or Jacquie.Peppler@glutenfreefoodprogram.com
www.glutenfreefoodprogram.com

The **GF Food Program for Restaurants (GFFP)** launched. Directed to the food service and hospitality industries includes 3 endorsements: GF Smart, GF Verified and GF Dedicated. For more information about this program see: <https://www.celiac.ca/food-industryprofessionals/restaurant-program/>

While this program is currently being launched in eastern Canada, it is hoped that we will soon see restaurants in the west participating too. Looking for a list of products that carry the **GFCP certification** logo check out this link: <http://www.glutenfreecert.com/consumers/certification-directory>

NEWS from Lethbridge

The regular 3x/year gluten-intolerant meetings that were held at the LSCO will no longer be running.

The last few meetings have been poorly attended, hence the decision to cancel. I think we all realize that less and less people are coming for help when there is so much information online and products available in the stores.

I am happy to continue to be a resource for the newly diagnosed, or for others needing assistance, and also to organize the annual dinner at the College in March.

Calgary Celiac Association Chapter asks if there is anyone willing to help with future events or activities.

Inquiries can be sent to
info@calgaryceliac.ca

Thank you to all who came to the 15 years of meetings and shared their experience and wisdom with those who came wondering and needing support.

Kind regards,

Karen Toohey
Lethbridge Celiac Peer Counsellor

Linked 



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Sharon Hicke

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CELIAC KIDS MEETUP



Our chapter hosts a meetup for youth to get together and just hang out!

This is offered on the third Wednesday of every other month at the **Alberta Children's Hospital**.

In the evening the hospital is a quiet, kid friendly location with good parking, an awesome playground and areas to explore. The cafeteria is always open and has gluten free options for anyone on the run.

We are in the process of looking to add a second meetup location at **South Health Campus**. These will be at different times than the current meetup at the **Children's Hospital** but everyone is welcome to attend all meetups.

TEENS - If you know of older children we are also trying to organize **Teen Pizza Nights**. Ask your children how we might appeal to them and then share those ideas with us in the **Calgary Celiac Kids Facebook group** or by email to **Cinde Little**, our volunteer coordinator, at cinde.little@gmail.com.

Look under **Kids Page** on the website at www.calgaryceliac.ca to register or find out more information.

Due to COVID this event is Postponed
check our website for updates

We were there for you in the beginning Now we need your Help!



A gift in your will to the **Calgary Chapter, Canadian Celiac Association**, is a wonderful way to build a legacy. This future gift is an extension of your support – one that will make a lasting impact for the Celiac Community.

Our office would be happy to assist you or speak with your lawyer.



With your permission we would like to acknowledge your Legacy Gift by letting others know of your generosity and your dedication to **Calgary Chapter of the Celiac Association**, they might be encouraged to take similar action.

Calgary Chapter, Canadian Celiac Association

Suite 9A, 4500—5th Street NE
Calgary, Alberta T2E 7C3
(403) 237-0304

Charitable Registration #11921 8691 RR0001

Yes, I would like to help the **Calgary Chapter provide programs to support people with Celiac Disease!**

I would like to provide a gift of ___ \$25 ___ \$50 ___ \$100 ___ Other _____

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Card Number _____ Expiry Date ___/___

Name: _____

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City: _____ Province: _____ Postal Code: _____

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Email: _____

Donations can be made on-line at: www.calgaryceliac.ca or

**Mail to: Suite 9A, 4500—5th Street NE, Calgary, AB T2E 7C3
(403) 237-0304**

Charitable Registration #11921 8691 RR0001



2020 CALENDAR OF EVENTS

Calgary Chapter – Canadian Celiac Association

REGISTRATION FOR ALL EVENTS IS ONLINE

(No access to a computer? Please call the office and we will be happy to register you over the phone 403-237-0304)

*Please check our **Website**, **Facebook page** and **Twitter @CalgaryCeliac** often for updates - www.calgaryceliac.ca*

September ***Volunteer Appreciation Lunch** (the event will be moved to April 2021)*
November ***Annual General Meeting**—TBA*

Due to COVID-19 all events are TBA

Please check our website for any updates or changes to events

When you've got a lot on your plate, let us do the cooking.

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Decide which service is right for you!
Visit mealsonwheels.com or call 403 243 2834.

**Calgary
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Wheels**

*Our Gluten-Free meals have been produced in a non-gluten free facility with best practices in place to avoid cross-contamination.





Shredded Balsamic Beet & Kale Salad



Ingredients:

- 4 medium red beets (about 1 pound), peeled and shredded
- 3 cups (packed) thinly sliced kale leaves (stems removed and discarded)
- 1 medium shallot, finely chopped
- 1½ tablespoons extra-virgin olive oil
- 1½ tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- ½ teaspoon garlic powder
- Kosher or fine sea salt, to taste
- Freshly ground black pepper, to taste



Directions:

In a large mixing bowl, toss together the beets, kale, and shallot. In a separate bowl, whisk together the olive oil, vinegar, mustard, and garlic powder. Pour the dressing over the salad and toss to coat. Season to taste with salt and pepper.

Allow the salad to stand at room temperature for 15-20 minutes before serving. Serves 4



Tomato and Bocconcini Skewers



Ingredients:

- Bocconcini balls (cocktail size)
- Basil Leaves
- Tomato (combo colors)
- Balsamic Glaze
- Wooden skewers or toothpicks



Directions: Thread a tomato, a bocconcini ball and a rolled-up basil leaf onto a skewer. Depending on the desired look you can repeat this for an appetizer size/salad. Alternatively you could make a smaller, pop-in-your-mouth size with a single combination of the three on a toothpick.

Arrange skewers on a tray. Just before serving sprinkle with salt and freshly ground pepper, drizzle with balsamic glaze.



Mushroom Medley Soup



Change the type of mushrooms for a completely different flavour.

Recipe created by Kinnikinnick Corporate **Chef Lori Grein**

Ingredients:

- 4 tbsp butter (use divided) (60g)
- 2lb fresh mushrooms (assorted/chopped) (908g)
- ½ medium white onion (diced) (140g)
- 4 sprig fresh thyme (chopped/ stems removed) (12g)
- 2tbsp fresh parsley (chopped/ stems removed) (14g)
- 1 tsp ground white pepper (2g)
- Salt to taste (1g)
- 1tbsp lemon juice (15g)
- 3 cups prepared chicken stock (720g)
- 2 tbsp Kinnikinnick All Purpose Flour Blend (30g)
- 2 cups 33% cream (476g)
- 2 tbsp fresh chives (chopped) (10g)

Directions:

- In a 6quart stock pot, sauté 2tbsp butter, mushrooms, salt, pepper, lemon juice and onion until tender, about 7-10 minutes.
- Add in 3 cup prepared stock and bring to a boil. Add fresh herbs and boil for 10 minutes. Reduce heat to low, cover and simmer for 20 minutes.
- Make a roux in a skillet by melting remaining 2tbsp butter and slowly adding Kinnikinnick All Purpose Flour Blend while whisking over medium heat. Whisk for 2-3 minutes (roux should be smooth and a light cream color).
- Slowly add cream to roux while continuing to whisk over low heat until smooth. Slowly pour cream mixture into soup, stirring continuously. Stir until mixture is dispersed evenly through soup.
- Simmer soup for 20 minutes, do not boil.
- Top each bowl of soup with fresh chives. Serve with your favorite Kinnikinnick Bread or Buns.

Serves 4-6



Quinoa Stuffed Peppers



Ingredients:

2 orange or yellow peppers
1 tomato, sliced into four thick slices**
¼ cup dry white wine
1 cup shredded swiss cheese

Stuffing:

250 g extra lean ground beef, turkey or chicken
½ small onion, chopped
½ red pepper, chopped

1 tbsp fresh rosemary
1 tbsp fresh thyme
1 tomato chopped
1 small zucchini, chopped
1 cup cooked quinoa
¼ tsp salt
¼ tsp pepper

Cut orange/yellow peppers in half lengthwise and remove core and seeds. Trim a thin slice off the bottom to allow them to lie flat. In a 10 cup (2.5L) casserole dish, microwave peppers, covered on high for 3 minutes or until tender crisp. Let cool to room temperature covered. Drain and pat dry.

Meanwhile in a large skillet, brown ground meat over medium heat until no pink remains. Add onion, red pepper, mushrooms and herbs & cook, stirring, until onions are translucent, about 3 minutes. Drain off any fat. Add chopped tomato & zucchini and cook, stirring for 5 min. Stir in cooked quinoa, salt and pepper.

In the casserole dish, arrange tomato slices and add wine. Set each pepper half, cut side up, on a tomato slice. Fill each pepper half with the meat mixture, mounding the stuffing.

Cover and bake at 400 degrees for 15 minutes or until peppers are fork tender. Uncover, top with cheese and bake uncovered for 5 minutes or until the cheese is melted.

** to cook quinoa: rinse well. Boil quinoa with 2 cups water, cover, turn heat to low and simmer for 10-15 min, until liquid is absorbed.

Variations: Stuff zucchini in place of peppers. Acorn squash or mini pumpkins can be stuffed too, but must be fully cooked first.

** **Substitute 1 cup of undrained, chopped canned tomatoes for the fresh tomato slices and white wine.**



Gluten-Free Crispy Artichoke Hearts with Quick Caper Aioli

From Carol Kicinski of *Simply Gluten-Free*

Ingredients:

Crispy Artichoke Hearts

- Gluten-free, non-stick cooking spray
- 2 (14 oz.) cans of quartered artichoke hearts
- 2 large eggs
- 1 cup gluten-free panko style bread crumbs
- ½ cup grated parmesan cheese (or nutritional yeast for dairy free)
- 1 tsp. Italian seasoning
- 1 ½ tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 2 cloves garlic, peeled and grated or finely minced

Quick Caper Aioli

- 1/3 cup mayonnaise
- ½ lemon – juice and finely grated zest
- 1 garlic clove, grated or finely minced
- 1 Tbsp. capers, drained



Directions:

Crispy Artichoke Hearts

1. Preheat oven to 375 degrees. Spray two baking sheets generously with cooking spray.
2. Drain the artichoke hearts and dry with paper towels. Beat the eggs in a medium mixing bowl. Combine the bread crumbs, parmesan cheese, Italian seasoning, salt, pepper and garlic in a mixing bowl.
3. Dip the artichoke hearts (one by one) into the egg and then drop into the bread crumb mixture. Coat the hearts well with the breadcrumb mixture then lay on the prepared baking sheets. Spray the artichoke hearts with some cooking spray and bake for 25 – 30 minutes, flipping the hearts over once halfway through baking. Serve hot.

Quick Caper Aioli:

Stir all the ingredients together, place in a small serving bowl and refrigerate until serving time.



Quinoa Spinach Salad with Maple Sage Vinaigrette

Courtesy of Delight Magazine

Ingredients:

For the Salad

- 1 cup red quinoa
- 2 cups baby spinach
- 1 cup dried apricots, chopped
- 2 ounces goat cheese, crumbled

For the Maple Sage Vinaigrette

- 2 tablespoons maple syrup
- 3 tablespoons apple cider vinegar
- 1 teaspoon fresh sage, minced
- ½ cup olive oil
- Salt, to taste
- Pepper, to taste



Directions:

- Cook quinoa according to package instructions. Let cool completely.
- Combine cooled quinoa, spinach, apricots and goat cheese in a large bowl and gently toss to combine. Set aside.
- In a medium-sized bowl, add maple syrup, vinegar and sage and whisk together. Gently stream in olive oil while constantly whisking. Add salt and pepper to taste.
- Serve salad with dressing on the side or tossed in to the salad immediately before serving.

The Canadian Celiac Association – Calgary Chapter publishes four (4) editions of the

“Calgary Celiac News” each year.

Editions are published in February, May, August and December.

Our circulation is 6000+ avid readers in Calgary and Southern Alberta!

In a mail-out survey to a sample of 300 Calgary and area members, we learned the following:

98% of members read the newsletter for timely information on food products.

96% of members read the advertisements in the newsletter to make purchasing decisions and stay current on new products.

These results certainly speak for themselves.

Any vendors advertising with us will indeed reach a great target audience!

Celiac 101

Information Meetings 2020

FREE Information night meetings for newly diagnosed celiac and their family/friends.

Open to both members and non-members.

Join us at our Calgary office,

Suite 1a, 2215–27 Avenue NE, Calgary

Sessions begin at 7pm

Includes information on living with celiac, label reading, eating out at restaurants, shopping.

Please register online at: www.calgaryceliac.ca or by phone 403-237-0304

2020 Dates

Due to COVID-19 information meetings are temporarily suspended—check our website for updates