



CALGARY CELIAC NEWS

Winter 2024



NEW FOOD GUIDES!
KIDS CAMP ANNOUNCEMENT
DIETARY DATING

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MESSAGE FROM THE PRESIDENT

“Embrace change and choose growth. The journey may not always be easy, but the rewards of personal and professional development are immeasurable.”

This insightful quote reminds us that change is an inherent part of life, constantly presenting new circumstances and challenges. Whether it be in our personal lives, relationships, or professional endeavors, change is an ever-present force that we cannot escape. However, how we respond to change and whether we choose to grow as a result is entirely within our control.

As I begin my second year of CCA presidency, I have been thinking a lot about change, where things stand and the year ahead of us. Defining a plan, whether it be making health changes with a new year’s resolution, vacation arrangements, or preparing for the future requires investment and well-developed goals of how you get there. The development of our strategic plan revolved around creating a mission for our chapter, defining our priorities and strategic directives.

In thinking about our members and community investment in the CCA, our board of directors and team continue this journey of following our 2022-2025 strategic plan and its directives. This iterative plan continues to promote creativity and innovation while connecting with the celiac community, providing education, promoting awareness, and exploring novel ways to support the CCA charity. Recent discussions reflect a **robust budget review** and ensure that we, as a chapter, are being accountable to our members, our donors, and our community.

Change can often be uncomfortable and disruptive. It can push us out of our comfort zones, challenge our beliefs, and require us to adapt to new situations. Yet, it is in these moments of change that we have the opportunity to grow, evolve, and reach our full potential. Some of the event programming that has been

offered in the past will undergo change including the **decision to postpone kid’s camp for 2024**. We recognize the special place that the celiac summer camp holds in your hearts, and genuinely regret any inconvenience this may cause. The safety and enjoyment of our celiac campers has always been our top priority, and this decision is made in the best interest of everyone involved.

I see this upcoming year as an opportunity to repair existing relationships and to build new ones. Our goal is to reconnect with members and re-establish personal relationships. We want to hear about what matters most in local communities. Without the expertise and input of our members, the CCA is nothing.

Rest assured that all of us at the CCA are aware of the many challenges facing the celiac disease community. We’ll be working on many promising developments in 2024, so stay tuned by following us on Instagram and Facebook, subscribing to our email list or taking a look at our website. If you would like to support us more directly, we are always looking for volunteers to assist with committee programming, events planning, or you can become a Celiac Champion and donate towards the success and sustainability of the Calgary chapter. If you have questions, you can reach me anytime at president@calgaryceliac.ca

As we enter this new year, our collective dedication to excellence and innovation sets the tone for the upcoming twelve months and beyond. I am wishing you a year filled with success, growth, and fulfillment.

In good health,

Lisa





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Quick Oats



Rolled Oats



Steelcut Oats



Your New Favorite Quick Oats Oatmeal

- 1 cup water or milk of your choice
- Pinch of salt
- ½ cup Wescana Foods Quick Oats
- 2 tablespoons milk of choice
- 1 to 2 teaspoons honey, cane sugar or brown sugar for serving
- Pinch of cinnamon
- Combine water (or milk) and salt in a small saucepan. Bring to a boil. Stir in oats and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover and let stand for 2 to 3 minutes.
- Top with milk, sweetener, cinnamon, dried fruits or nuts, if desired.

CELIAC KIDS CAMP, ANNOUNCEMENT

Cancelled



It is with a heavy heart that I inform you that the Board of Directors of the Calgary Celiac Association have decided not to proceed with the 2024 Celiac Camp at Easter Seals Camp Horizon. Thoughtful consideration and discussion with our board of directors, operations team, community partners, and parents has taken place over the past few months. We have identified challenges associated with the camp's operation that, unfortunately, create an environment where we cannot ensure the highest level of safety and satisfaction for all participants. Our primary concern has always been the well-being of our young campers, and we cannot compromise on this commitment.

Please be assured that this decision was not made lightly, and we share in the letdown this may bring to you and your children. We recognize the special place that the celiac summer camp holds in your hearts, and genuinely regret any inconvenience this may cause. The safety and enjoyment of our celiac campers have always been our top priority, and this decision is made in the best interest of everyone involved.

Your understanding and cooperation in this matter are greatly appreciated. Acknowledging the disappointment this may bring, the CCA's Education Committee and Kids Meet up events

are searching for ways to offer innovative learning experiences for the children throughout the year.

The Calgary Celiac Association is interested in exploring options to reintroduce a camp in 2025 and plan to form a committee to do this important work. On behalf of the CCA, I would like to extend an invitation to interested parents who may be willing to volunteer their time and expertise to help organize future camps. If you are interested in contributing your ideas, time, or skills to ensure our children have a positive and enjoyable summer experience, please do not hesitate to reach out. Your involvement in planning is instrumental, and together we can work towards providing enriching and memorable program experiences for our younger members of the celiac community.

As always, I am happy to hear from you should there be any comments or questions.

Sincerely,

Lisa Cerato
President, Calgary Celiac Association

FAMILY HOLIDAY PARTY AT THE CALGARY ZOO

More than 250 people attended Calgary Celiac's Family Holiday Party at the Calgary Zoo on November 29. It was our second holiday party at the Calgary Zoo, but this time the party was indoors rather than outdoors. While the weather was mild on our party night, it was wonderful to have an indoor space to eat, have a warm drink, take part in the cookie decorating or craft stations and mix with other families attending the event.



We couldn't have offered the tickets at the low, low price of \$15 per person without the support from our community. McLeod Law made a generous financial sponsorship to this event and our chapter also subsidized ticket pricing.

Cut Cooking sponsored our cookie decorating station. It was a wonderful treat for both children and adults to decorate and eat a delicious gluten free cookie. What a unique experience for everyone who would not normally get to enjoy this activity!



Once again this year Community Natural Foods coordinated food donations from their vendors and each household received a bag of gluten free snacks. The bags were full to the brim with products from Savor, Le Croix, Grain Zero, Hornby, Hippie Snacks, Manitoba Harvest, Wow, Pure Protein, Zazubean and Bob's Red Mill, plus our chapter provided gluten free hot chocolate mix to round out the selection.

FAMILY HOLIDAY PARTY AT THE CALGARY ZOO

Events are a team effort! Many thanks to our event volunteers Adrianna, Alex, Diane, Elizabeth, Geoff, Joanne, Meg, Mike, and Stacey.

As the families left the event, many stopped by to say thank you and provide positive feedback. We also saw many photos on social media of attendees enjoying the event. **It was heartwarming to see all of the joy!**





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UNCOMPROMISED
CRAFTSMANSHIP

KIDS MEETUP AT TELUS SPARK

On January 28, 50 children and their families participated in our second Calgary Celiac Kids Meetup at Telus Spark Science Centre.

The Spark Community Connections Program, which is sponsored by Crescent Point Energy, donated the tickets for the event. As a result, we were able to offer the event at no charge to participants.



All attendees also received a delicious gluten free cookie courtesy Sugar City.

We also had an interview by City TV at the event which resulted in some increased public engagement and awareness for Celiac Disease.

[WATCH THE INTERVIEW HERE](#)





[CLICK HERE TO REGISTER](#)
[VIEW UPCOMING EVENTS](#)

Sun, Feb 11

GF Lokal Market

Marda Loop Community (10am-3pm)

Calgary Celiac will have an information booth at the next Gluten Free Market hosted by Embrace Lokal YYC. There will be many Gluten Free vendors and we will be joining to answer any questions you have about Celiac Disease, living a gluten-free lifestyle and becoming involved with our charity.

Feb

Wed, Feb 28

GF Dinner Club

Milpa Restaurant (5pm-9pm)

Do you enjoy authentic Mexican cuisine? Calgary Celiac has partnered with Milpa for our next Gluten Free Dinner Club. Milpa is a Mexican small plates restaurant and cocktail bar by Chef Elia Herrera. Our group will be treated to a delicious four course menu – all prepared gluten free \$55. Email devon@milpa.ca to reserve.

Feb

Sat, Mar 9

Adult Bowling Night

Glencoe Club

Are you ready for a gluten free friendly night out with your friends or spouse? Join us for a night of fun and food at the Glencoe Club's bowling alley. Your \$20 ticket includes two hours of bowling as well as your shoe rental. You are welcome to order food from a special gf menu as well as drinks.

Mar

Mon, Mar 11

Celiac 101 Presentation

Virtual via Zoom (7pm)

Are you newly diagnosed? Are you the caregiver of a newly diagnosed child/dependent? Do you have further questions? Come and equip yourself with the necessary tools for a successful gluten free journey. Presentation followed by Q&A session.

Mar

Sat, April 20

Volunteer Brunch

Selia Restaurant

SAVE THE DATE for our annual volunteer brunch. Volunteers attend for FREE. Guest tickets and any remaining tickets will be sold on our website. Watch for your invitation coming to your inbox soon.

Apr

MAY

SAIT Dinner

Highwood Restaurant

TBA. Watch for the details of our annual gluten free gourmet dinner prepared by the Culinary students at SAIT. Coming in May—Celiac Awareness Month.

May

MAY 16 & 17

Cowboys Casino

Volunteers Needed

We have been awarded a Casino at the Cowboys Casino. Thank you to those of you who have already volunteered for this important fundraiser. **We still have a few shifts to fill.**

May

MAY 29

Charity Fundraiser

Calgary Marathon—5k, 10k, 1/2 or Full

We are an official charity of the 2024 Servus Calgary Marathon. Join our team, choose your distance and fundraise for the Calgary Celiac community.

May



Do you enjoy authentic Mexican cuisine?

Calgary Celiac has partnered with Milpa for our next Gluten Free Dinner Club. The event will take place on Wednesday, February 28.

Milpa is a Mexican small plates restaurant and cocktail bar by Chef Elia Herrera. Chef Herrera hails from Cordoba, Veracruz Mexico and is a third generation Mexican chef. She has competed in Top Chef Canada and Top Chef Mexico.

For our event, diners will be treated to a delicious four course menu – all prepared gluten free.

***Risk of gluten exposure:** The kitchen at Milpa does handle gluten. They normally serve wheat flour tortillas and two gluten-containing desserts. They will take special precautions on the day of our event. They will not serve any gluten products that day to reduce the risk of any cross contamination. They have a gluten free fryer. Milpa soaks the corn and makes their own corn tortillas in-house. They use a separate process for corn tortillas than for wheat tortillas*

To book your table, please

contact devin@milpa.ca. You can choose to sit only with your own group or join a “community table” to mix with other people from the Celiac community. Please let Devin know if you have any food allergies when making your reservation.

The \$55 price tag does not include tax or gratuities. You'll also be responsible to pay for any drinks you may wish to enjoy.

4 Course Menu

\$55 per person

1. **Tres Marias** – three dips (guacamole, sikil pak and black bean hummus) served with taro and corn tortilla chips (df)
2. **Empanadas** – choice of potato and epazote or beef picadillo (can be made df)
3. Choice of main dish:
 - ♦ **Rajas Poblanas:** roasted poblano, confit chicken, onion, corn tortillas
 - ♦ **Picadita:** garlic & ginger marinated oyster mushroom or cochinita pibil (pork), chipotle pinto beans, thick corn tortilla. (can be made vegan)
 - ♦ **Chicharron Machete:** Mexico City style quesadilla, guajillo salsa roja tossed pork chicharron, oaxaca cheese, corn tortilla (can be made df)
 - ♦ **Quesabirria:** ancho & guajillo adobo braised brisket, oaxaca cheese, consommé (can be made df)
4. **Choice of Dessert**
 - ♦ Tres Leches Cake (gf, df)
 - ♦ La Dona (contains dairy and nuts)

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MEMBERSHIP RENEWAL 2024



Remember to Renew your Membership to the Calgary Celiac Association. Memberships are \$10 per year and expire on December 31st.

Join our community and get voting rights at our Annual General Meeting of Members AND get discounts to some great local gluten free businesses. Visit our Website for more information.

2024

Member Discount Offers:

- Alkeme GF Bakery
- Canadian Cakery
- Arepas Ranch
- Delissitude
- Avatara
- Miss Ps GF Bakery
- Asylum for Art
- Sugar City YYC
- Be.Gluten Free
- The Village Flatbread
- Gluten Free Pantry

* Details emailed with Membership Card

[JOIN / RENEW TODAY](#)

CCA CELIAC CALGARY 2023

THANKS TO YOU, WE MADE AN IMPACT

- Collected \$600 and 550 lbs food for the Calgary Food Bank
- Served 540+ GF Stampede Breakfast
- 70+ Volunteers (1,000 hours)
- 150 peer support and education interactions
- 9 Community Events & 4 Kids Meetups including Celiac Kids Camp

JOIN OUR TEAM

SUNDAY, MAY 26



We had such a great team last year and raised \$6,600 for our Charity. This year we would love to create an even bigger team and impact.

Register before the March 20th price increase ! New this year—youth pricing, any distance \$20 for those under 18.

[REGISTER](#)
[ON RACE ROSTER](#)

Calgary Celiac is an official charity of the Servus Calgary Marathon happening on **May 26th, 2024**. This marks the 60th year of this event in Calgary.

Choose any distance. Walk or Run, Virtual or In-Person. We would love to have you on our Calgary Celiac Team! You will get some great swag from Calgary Celiac and our sponsors. Hope to see you there.

The reason we run for the CCA is my Celiac disease. I like running, and if I can fundraise for the Celiac Association, then it's a double win! Celiac has been a kind of you-get-used-to-it thing, so if I can help other people be able to get used to it, I'll jump to the challenge.

-Morgan Farnell



VOLUNTEER CLASSIFIEDS



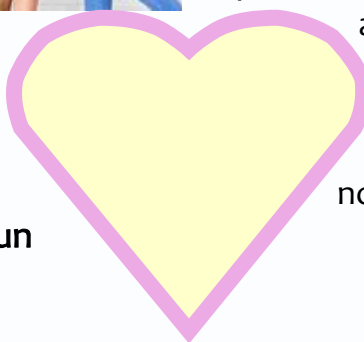
We run our programs with the dedication of our volunteers. Celiac 101 Info Sessions, Grocery Store Tours, Education programs, Events and Kids Meetups are all run by our amazing Volunteers.

Would you like to be involved?

Email us today at: info@calgaryceliac.ca

Kids Camp Committee Volunteers

We are currently seeking parent volunteers who may be willing to volunteer their time and expertise to help organize future camps. If you are interested in contributing your ideas, time, or skills to ensure our children have positive and enjoyable experiences, please do not hesitate to reach out.



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CASINO FUNDRAISER—MAY 16 & 17

Please join us for this important fundraiser for our charity. We will be at Cowboy's Casino on May 16th and 17th. It is central, easily accessible from Calgary Transit, and has a good volunteer room. There is free underground parking and there will be lots of Gluten Free food.

Please select your shift using the Sign-Up Genius link below. Thank you to everyone who signed up already. **We only have a few spots left to fill:**

- May 16—Chiprunner PM
- May 16—CountRoom PM
- May 17—Chiprunner AM
- May 16 & 17—On Call Volunteer(s)

[SIGN UP GENIUS](#)



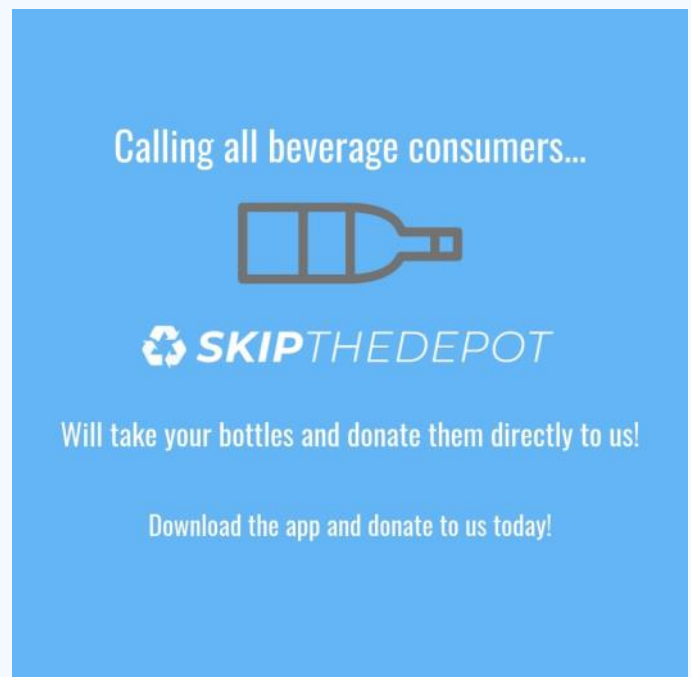
Clean out your Empties & Support the Calgary Celiac Association!

Skip The Depot is a door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3 .

Simply download the app and select Calgary Celiac Association as your designated charity.

Your tax receipt from Calgary Celiac will be emailed to you in January !

[SCHEDULE A
PICK-UP TODAY](#)





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From deli to dairy, we think about everything we put on our shelves. With the largest selection of natural products and highly trained in-store experts, you can feel good knowing you're always getting the very best. Community Natural Foods has over 2,300 gluten-free products.

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Chinook Market
202 61st Ave SW

Crowfoot Market
850 Crowfoot Crescent NW

Strathcona Market & Cafe
7917 104 ST NW, EDM

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This coupon cannot be combined with any other promotion.

Offer expires February 29, 2024

No other discounts apply.

Coupon has no cash value.



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Incremental Medical Tax Information

The incremental cost is “The difference in average cost of gluten-free products compared to the cost of a similar product with gluten”. It is calculated by subtracting the average cost of similar gluten-free products from the cost of a similar gluten product.

For example, if you have purchased 20 packages of GF cookies in a year – add up how much you spent on all the cookies and divide that by 20 to get the average cost of the GF cookies. Now compare that average cost to a similar size package of gluten cookies (you might need to divide the gluten cookie package price in half due to get to a comparable size). Then you subtract the price of the gluten cookies from the average price for the GF cookies and you end up with your incremental cost. The last step is to multiply that incremental cost by the 20 packages purchased during the year and that gives you the total Incremental Cost claim for cookies.

If we write this out it will look like this:

- 20 pkg GF cookies 240 grams \$95.50 total or \$4.78 each
- 1 pkg gluten cookies 575 grams \$5.95 or 288 grams for \$2.98 (note – took half of price to get package size in line with the GF cookies package size) Keep a log where you got this price/date/store.

Calculate Incremental Cost $\$4.78 - 2.98 = \$1.80 \times 20 \text{ pkgs} = \36.00 Incremental Cost



Other useful tips:

- Only claim items you have receipts for.
- Do not “estimate” the cost of a gluten item – you need documentation for your comparable prices when being audited.
- Do claim the cost of GF bread/buns/crusts if they are itemized separately on a restaurant bill.
- Only claim food for the person in the household diagnosed with CD.

Update your “spreadsheet” monthly or quarterly – keeping current means less work at tax time!

For more information, go to Celiac Canada and request the Webinar, tools & tips (including a sample spreadsheet).



<https://www.celiac.ca/living-gluten-free/incremental-medical-tax/>

NEWS FROM CELIAC CANADA

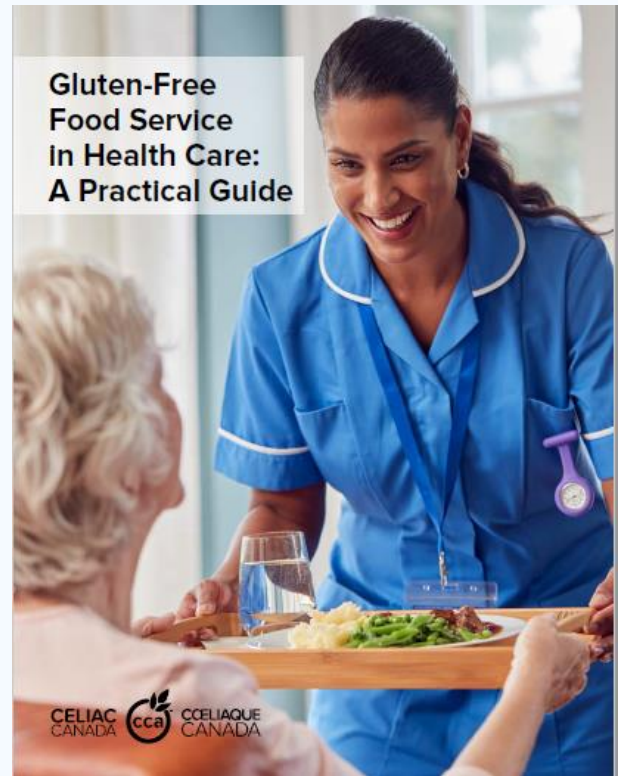
Celiac Canada has developed a practical guide for those in Food Service in Health Care.

If you're a Nutrition/Food Service manager working in healthcare, these guidelines are designed to help you and your staff improve safe and palatable gluten-free food service.

The guide includes comprehensive advice for leadership and teaching tools for front line staff.

Do you have a loved-one in an assisted living environment? Recommend this guide to the care team.

[Read More Here](#)



Reduce your risk of osteoporosis with Biostrong

Nutrient deficiencies and chronic inflammation such as the kind experienced in those with Celiac Disease can contribute to the development of osteoporosis. Osteogenic loading can prevent this.

What is Osteogenic Loading?

Osteogenic loading is a series of safe and controlled exercises supervised by a specialist proven to increase bone density naturally. This method improves bone mineral density, strength, and balance to prevent future bone fractures.



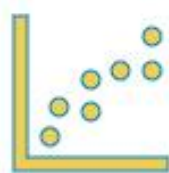
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RESEARCH ROUND-UP *Dietary Dating*

James King, MSc

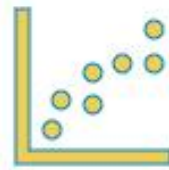
In the spirit of the Valentine season, it is topical to discuss one particular aspect of the gluten-free diet that can be challenging – dating. As with many social endeavors throughout our lives, the early stages of dating often involve consuming food together. For most, dating is already an anxious and nerve-wracking experience, and so having to additionally worry about the potential of being “glutened” on a date can further intensify the situation. Research on how the gluten-free diet is navigated and perceived among those with celiac disease has revealed some interesting findings.

Gluten-free diet – first impressions

A study from 2018 aimed to understand potential stereotypes about the gluten-free diet, if the diet could impact romantic perceptions of a partner, and if these types of issues differed between women and men.¹ Based on prior literature around consumption stereotypes, the authors predicted that a gluten-free diet would be associated with high levels of femininity (and low levels of masculinity), being healthy and attractive, but also difficult to please and high strung. With further consideration of gender differences in the context of dating, they therefore hypothesized the gluten-free diet would be viewed more positively among women and more negatively among men. Two studies within this overall research paper were conducted: the first focused on evaluating the potential stereotype of those following a gluten-free diet through a survey, and the second developed a mock online dating platform to examine impressions and interest in dating those following a gluten-free diet.

Study 1

Initial findings from a survey of participants (undergraduate students recruited from at an American university) revealed a gluten-free diet was viewed positively overall. There was also a sense that those who followed a gluten-free diet would be healthier and concerned about their health – but, almost half of participants also described individuals following the diet as high maintenance. Gluten-free dates were reported to have similar experience, with just over half reporting these as high maintenance, with sub-categories of being picky/cautious or selfish, entitled, demanding, or difficult to please. As predicted, there was also an indication of gluten-free individuals to be more feminine than masculine. These aspects of femininity were also correlated with the negative traits of being high maintenance, for example. This correlation, however, was not observed with masculinity and was correlated with positive qualities. Ultimately, there was hesitation among some participants about dating someone following a gluten-free diet.



Study 2

The online dating component of the research revealed similar findings wherein the gluten-free diet was more likely to be perceived as high maintenance. Individuals were also perceived to be more feminine, and less masculine compared to profiles that did not describe following a gluten-free diet; this included a greater shift in how men were evaluated compared to men without following a gluten-free diet. However, the gluten-free diet as a whole did not appear to have a meaningful effect on romantic interest in the online dating component of the research.

These findings provide some insight into potential challenges that individuals with celiac disease might face in the initial stages of dating. First impressions can have significant implications for whether a potential relationship will be limited to one or two dates compared to a long-term investment into a future partner. Therefore, these social factors could be another facet of the burden of celiac disease, and it may affect women and men in different ways. It must be noted that the findings from this study may not be generalizable to the broader population – undergraduate students tend to be in the early stages of their dating life and may have not reached a level of emotional maturity that develops in later years. Therefore, these perceptions of individuals following a gluten-free diet may not hold among those dating in their mid-20s and beyond. Moreover, there is likely going to be a difference in how someone following a gluten-free diet for medical necessity (i.e., celiac disease) is evaluated in a dating context compared to someone following a gluten-free diet by choice. In the second phase of the study, the dating profiles also did not include a photo – with the modern dating apps of the current era, often the first impression in identifying a potential dating partner is based on their physical appearance.

As with many other social events where we interact with family, friends, coworkers, and the broader community, we may try to plan or engage in activities that do not involve food. This may be to avoid the risk of cross-contamination or out of necessity due to limited gluten-free options available – future research could perhaps explore how those with celiac disease navigate early phases of dating. For example, are non-food related dates suggested initially to avoid going into detail about celiac disease and the gluten-free diet? Or do some with celiac disease prefer to have this discussion early in the dating experience to understand how the dynamic might work with a future partner? There are many different factors (gender, culture, time since diagnosis, etc.) that can impact how this dynamic is navigated, and so subsequent studies in this topic ought to examine the significance of these differences.

References

Aloni M, Geers AL, Coleman M, Milano K. Too picky for my taste? The effect of the gluten-free dietary restriction on impressions of romantic partners. *Appetite*. 2019;132:55-66.

Disclaimer: I report on evidence from various peer-reviewed studies on celiac disease. However, in these reports I also take this evidence into forming my own considerations on how to interpret these findings. These views are informed by my perspective as epidemiological researcher, my interactions with those in the celiac disease community, and as a celiac disease patient in the healthcare system. I do not have medical training and therefore can not make clinical recommendations for individual health concerns.

Contact: If you have any comments, questions, or general feedback about this article, or would like to see certain research topics discussed, please contact me at jamking@ucalgary.ca.

RESEARCH PARTICIPATION:

VERSION 2. SEP 15, 2023. PRO00126345.

Are you the parent or caregiver of a child or youth who has been diagnosed with Celiac Disease and is on the gluten-free diet?

A research team led by Diana Mager PhD RD at the University of Alberta is conducting an **ONLINE SURVEY** to assess the potential impact of COVID-19 on Household food insecurity and adherence to the gluten-free diet.

[Impact of COVID-19 on food insecurity, diet quality and adherence to the GFD in youth with Celiac \(Pro00126345\) \(ualberta.ca\)](https://www.ualberta.ca/pro00126345)

- Currently seeking **parents of children and youth (2-18 years) with Celiac Disease who are on gluten-free diet.**
- Minimum age to complete the survey is **12 years.**
- If you are interested in this study, please **scan the QR code or follow the link above.**
- The survey will take about **15-20 minutes** to complete.



CONQuER

Celiac disease Outcomes in Nutrition,
Quality of life, and Emerging Research.



Any questions, please contact Nicole Wang at xw6@ualberta.ca, or Rita Jiang at zhigian3@ualberta.ca, or Dr. Diana Mager at mager@ualberta.ca



GLUTEN-FREE FOOD GUIDE

for children and youth with celiac disease is released!



The long-awaited Gluten-Free Food Guide for Children and Youth, crafted by Dr. Mager's Research Team at the University of Alberta, is officially here! We're thrilled to share this journey with you.

GLUTEN-FREE FOOD GUIDE FOR CHILDREN & YOUTH

Fill more than half your plate with fruits & vegetables

Include unsweetened milk or a fortified plant-based beverage with your meal

Eat protein foods

Eat gluten-free grain foods

*Protein foods include both animal protein (e.g. beef, fish, poultry, pork and eggs) and plant protein (e.g. pulses, tofu, nuts and seeds)

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KEY MESSAGES FOR CHILDREN & YOUTH WITH CELIAC DISEASE

Eat more than half a plate of fruits and vegetables to meet your nutrient needs

Choose unsweetened milk or plant-based beverages fortified with vitamin D and calcium

Choose foods that are rich sources of folate, iron and fibre

Eat less gluten-free processed foods to limit saturated fat, added sugar and sodium

Remember to...

Read food labels and ingredient lists for gluten and nutrition content

Enjoy gluten-free foods!

Cook at home more often

Choose grains labelled gluten free

Drink water throughout the day

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Scan the QR code to access the full Gluten-Free Food Guide

DOWNLOAD THE GUIDE

CLICK HERE

Our **evidence-based gluten-free food guide** is designed to promote a nutritious gluten-free diet. We understand the challenges that are faced at the beginning of your child's journey with celiac disease and the ongoing challenges with helping your child eat a balanced and nutrient-rich diet. That's why our guide is more than just a resource; it's your ally in practical and easy-to-use nutrition tips for various situations – from busy days to dining out, packing school lunches, or creating quick breakfasts.

What makes our Gluten-Free Food Guide stand out? It addresses common nutritional limitations in gluten-free diets and provides a food plate to guide you on how to eat a healthy gluten-free diet. Worried about high fat and sugar or lower folate levels in gluten-free processed foods? Our guide has you covered with effective tips.

The unique gluten-free plate is a highlight, tailored specifically for children and youth with CD. This plate is the result of extensive stakeholder consultations with you, your children, dietitians and other health professionals, dietary pattern evaluations, menu simulations, and post-guide assessments. The guide is unique because it also considers a variety of different GF-ethnic cuisines that are eaten by Canadian children with CD and also some additional dietary patterns such as vegetarian and lactose-free diets. Interested in hearing about vitamin D or other micronutrient concerns on the GFD or want some lunch or breakfast tips? The guide has suggestions for these topics as well.



Dr. Diana Mager will be sharing this exciting news in upcoming **podcasts (Jan 10, 2024)** and **webinars (Jan 25, 2024)**. Stay tuned for the details of these events. You can stay up to date with the ongoing release and education sessions by following our Instagram, X, or visiting our website [<https://conquer-studies.weebly.com/>]. Stay tuned for a deep dive into the GF guide's development process, what it contains and its impact on your child's diet. **Get ready to embrace a healthier and more enjoyable gluten-free lifestyle with the new Gluten-Free Food Guide!**



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Quinoa Chocolate Cake

This [Quinoa Chocolate Cake](#) just might be the family favourite you've been looking for. Because there are no gluten free flours or special ingredients to buy, this is the kind of cake anyone can make and the whole family will enjoy. ~Cinde



QUINOA CHOCOLATE CAKE

- 2 cups cooked quinoa
- 1/3 cup milk
- 4 eggs
- 1 teaspoon vanilla
- 3/4 cup butter, melted
- 1 1/2 cups white sugar
- 1 cup cocoa powder
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

TOPPING

- 1 cup whipped cream
- raspberry sauce (optional)



INSTRUCTIONS:

1. Preheat the oven to 350F. Line two 8-inch round or heart-shaped baking pans with parchment. Lightly grease the paper. Set aside.
2. In a food processor or blender combine milk, eggs and vanilla.
3. Add cooked quinoa and melted butter. Process for several minutes until very smooth.
4. In a medium bowl stir sugar, cocoa, baking powder, baking soda and salt to combine. Add the quinoa mixture and stir until combined.
5. Divide batter evenly between the 2 prepared cake pans.
6. Bake in the center of the oven for 40-45 minutes, until a toothpick inserted in the center comes out clean. Cool completely before removing from pan. Can be made a day before assembling.

SERVING

- Serve cake with whipped cream and raspberry sauce if desired.

CUT Cooking Cinnamon Buns



Ingredients :

Yeast Mixture

- 2/3 cup warmed milk (45 C)
- 1/3 cup sugar
- 1 tbsp traditional active yeast

Whole Psyllium Husk Gel Paste

- 1 1/2 cup warm water
- 1/3 cup whole psyllium husk

Dough

- 3 1/4 cup [CUT Cooking Bread Flour](#)
- 1 1/2 tsp salt
- 2 tsp baking powder
- 2 tbsp sugar
- 1/3 cup sweetened condensed milk
- 1/3 cup butter, melted

Filling

- 2/3 cup softened butter
- 1 cup brown sugar
- 2/3 cup white sugar
- 3 tbsp cinnamon

Frosting

- 3 tbsp softened butter
- 3 tbsp whipped cream cheese
- 1 cup icing sugar
- 1/2 tsp vanilla

Directions

1. Warm milk to 45 C in medium sized bowl. Add sugar and traditional active yeast. Stir to combine and let sit in draft free area to begin proofing. (The microwave works great!)
2. Combine warm water and whole psyllium husk. Let sit on the counter to form a gel paste.
3. Using a mixer bowl, combine [CUT Cooking Bread Flour](#), salt, sugar, and baking powder. Stir and make a well in the center.
4. Once active yeast has bloomed, pour into well. Add condensed milk, butter and psyllium husk paste.
5. Knead dough until smooth and all ingredients incorporated. Scrap bowl after about 1 minute to ensure everything is incorporating. Let mix for about 3 minutes.
6. Sprinkle working surface with [CUT Cooking Bread Flour](#). Transfer dough from mixing bowl onto floured surface. Knead slightly to make a ball, Roll to make a rectangle – .5” thick, 18” long, 12” wide.
7. Melt ‘filling’ butter and spread thickly all over rolled dough.
8. Using a medium sized bowl, combine ‘filling’ sugars and cinnamon. Spread thickly over buttered dough.
9. In a small bowl, combine sugar and cinnamon. Sprinkle and spread evenly over butter and dough.
10. Using a pizza cutter or sharp knife, cut strips of dough approximately 1 1/2” wide. Simply roll each strip from the bottom up.
11. Lay each roll flat in a greased 9X 13 pan. You’ll roll approximately 12 – 15 rolls in total. Arrange them in the pan that there’s some space around each roll. As they proof and rise, they will “grow” and fill the empty spaces within your pan!
12. Set pan in draft free area to continue proofing and rise for at least 60 minutes.
13. Remove cinnamon rolls from oven, and preheat oven to 350° F.
14. Once oven reaches temp of 350°F, bake for 40-43 min or until tops are slightly browned.
15. If desired, icing: While cinnamon buns are baking, combine butter, cream cheese, icing sugar and vanilla. Whip until smooth.
16. When buns are finished baking, remove from oven and using a large serving tray, invert buns – flipping them out onto serving tray. Add icing while warm.

Cinn-ply amazing!!! Stacey and Meg

Chickpea Chipatis

This recipe was kindly submitted by one of our long time members, M. Young.



- 1 cup gluten free chickpea flour (Purest brand)
- 1/3 cup water
- 1/2 teaspoon oil
- 1/2 teaspoon sea salt

INSTRUCTIONS:

1. Mix everything together well
2. Roll in 1" balls and pat flat. Use a rolling pin to roll out flat—like rounds of pastry dough.
3. Heat a lightly oiled frying pan until hot then reduce to medium warm.
4. Fry each side of the Chipatis for 1-2 minutes each until slightly browned.
5. Serve hot or store in fridge for later use.
6. Can be toasted lightly or warmed in microwave or eaten cold. I love them either way.

These can be used for dipping or with Indian foods.

Enjoy.

Legacy Gift to Calgary Celiac

Planning your will? Your legacy gift will directly translate into improving the lives of people in the Calgary Celiac community. You will be directly supporting our mission to be the primary support and advocate for people living with Celiac Disease and gluten sensitivity in Calgary and Southern Alberta.

Besides supporting Calgary Celiac's mission through the years to come, you will also be giving your family an example of philanthropy that will become a precious family tradition in your honour. Contact an estate planner / lawyer to maximize your tax savings for charitable donations on your estate.



Charity Legal Information

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