



CELI-YAK NEWS

SPRING 2017



The Canada 150 Tulip is the official tulip for
Canada's 150th Anniversary
1867-2017

In this Issue:

- ◇ How to Claim Gluten Free Food on Income Tax
- ◇ You May Need Another Hep B Shot
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SPRING – A time of new beginnings, new growth, new opportunities, light after dark, warmth after cold. For some, a new gluten-free lifestyle after months or years of illness. The Manitoba Chapter of the Canadian Celiac Association is here to offer support and knowledge. Being a member of the Canadian Celiac Association automatically makes you a member of a local chapter. From the Gluten-Free 101 session before the February, April, October and December meetings to the Peer Support help-line, volunteers are available to guide you through the journey to good health.

With the help of the world wide web, access to information about celiac disease and the gluten-free diet is available with a few keystrokes. It can lead to information-overload and confusion. The Canadian Celiac Association is your best source of reliable and up-to-date information. The Manitoba Chapter is your best source of information about Manitoba. Great efforts are made to ensure the validity of information in Celi-Yak News.

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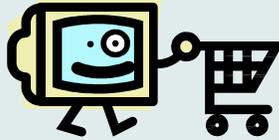
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EDITORIAL

By Pat Sparling

Welcome to the Spring Edition of Celi-Yak News. This will be an adventure as we are currently without a publisher. However, the quarterly newsletter is considered one of the major benefits of membership in the Canadian Celiac Association.

Later, in this edition, you will find job descriptions for the publisher, advertising coordinator, and distribution personnel. Of course, all of these are volunteer positions, and jobs that Ron Webster has been doing. If anyone can take on any of these tasks, please contact me at patspar51@gmail.com.

It seems like we're really taking winter seriously in Manitoba this year, so we have some comfort food in our recipes. If you are new to Celiac disease, you have probably already felt the impact of the cost of GF food, but did you know that the incremental difference can be claimed on income tax? That information is also included in the following pages. The list of restaurants where members have had good luck eating out is now online at our website:

www.manitobaceliac.com

It is only a guide, and you still need to ask the important questions, but it may save a lot of frustration.

Finally, may I take this opportunity to wish all of you a healthy and gluten-free 2017?

Pat

Deadlines for submissions to Manitoba Celi-Yak will now be quarterly, so Jan 1, Apr 1, Jul 1 and Oct 1. Please submit to patspar51@gmail.com.

It's up to You!

by Pat Sparling, Manitoba Chapter

When my sister and I were diagnosed 23 years ago, we made a special trip to Winnipeg to find and purchase gluten-free products. We had attended our first celiac association meeting and were armed with a list of THREE stores where we could find them. THREE in all of Winnipeg! We were warned about hidden gluten in everyday products. Finding baked gluten-free food, even bread, was like finding a needle in a haystack. Of course, **Read Every Label Every Time** was our guiding motto, but on the way home, we realized that no matter how careful we were, we would probably risk ingesting traces of gluten. So we couldn't afford to *deliberately* ingest any.

Over the years, gluten-free food has become much more accessible and labels much easier to read. (Thanks to the efforts of the Canadian Celiac Association.) Many products are now clearly marked with the GFCP (Gluten Free Certification Program) logo, so we know they're safe. Still we look for magic to make eating safely easier. We look for remedies to ease our discomfort if we accidentally ingest gluten. We'd like to think that those remedies actually erase the damage to our gut, not just cover it up.

We look to new devices so that we can test random samples of our restaurant food to be sure it's gluten-free. I read an article recently about some of the workers at Beyond Celiac receiving their NIMA device and their disappointment when they learned that some of their favourite takeout foods and regular orders at restaurants contained gluten. It turns out that this device is very good at detecting gluten, but the amount is not stated, so the food *could* contain way less than 20 parts per million (considered safe). I found this device on-line. The starter kit is \$279 and each capsule (to test 1 food) is \$3.99. To read the blog about their experience, go to www.beyondceliac.org.

The moral of my story is that each of us need to be able to read labels to determine for ourselves if a product is safe. Standing in a grocery store and sending a picture of a label to Facebook to find out if anyone else has tried this seems to have become pretty popular, but it's only a quick fix. And celiac disease is a lifelong condition. I, personally, don't mind if a non-celiac friend or relative says to me "I think it's safe, but would you just check the label?" It's my body, and it's up to me to keep it safe!

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Dorothy Macintyre

A MESSAGE FROM THE PRESIDENT

If you are reading this newsletter it means that a volunteer has stepped up to take on the task of putting all of the articles and ads and pictures in a format that allows for it to be published. I know that we are very thankful to Lois Wotton for taking on this task.

We are still hoping to find a person who will do this regularly in future. If you have a son, daughter, father, mother, cousin, aunt, uncle or friend who has some skill with Publisher and computers, we would love to talk to him or her.

As I write this, it is the first day of the new year. By all accounts, 2017 will bring many changes in our world. Who knows, maybe this will be the year when an effective treatment or even a cure for celiac disease will be found. There is a lot of research going on, more than ever before, and scientists are learning more and more about the disease. Until a cure is found, people living with celiac disease need information and support.

A current project that's an example of the intersection of research and support is a new app, called **My Healthy Gut**, which is being developed by a team of researchers in Calgary and is financially supported by the Calgary Chapter. The evidence-based app is specifically designed to help people struggling with digestion, or newly diagnosed with celiac disease or gluten intolerance.

When **My Healthy Gut** becomes available later this year, users will have access to a 7 day anti-inflammatory gluten free meal plan designed by an award-winning author of 3 cook-

books and searchable food lists to help you select gluten free foods on the fly. The app will include journaling technology, allowing users to share their diet and symptom journals with their health care team to enable better care. **My Healthy Gut** will also provide comprehensive education on celiac disease, gluten intolerance and integrative nutrition approaches to help users optimize their digestive health.

Until we can all be cured, there is a real need for sources of support and information for people with celiac disease and gluten intolerance. The work of the Celiac Association is very important, in supporting research, raising awareness and providing assistance to those who need it. You play a part in furthering that work by maintaining your membership and volunteering when possible.

On behalf of the chapter's executive I wish that 2017 is a year of joy and, above all, good health for you and your loved ones.

Dorothy

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Celiac Disease? You may need another Hep B Shot!

Hepatitis B vaccine often fails the first time for those with celiac disease

This article is a reprint with the permission of the GI Society - Canadian Society of Intestinal Research and www.badgut.org

If you have celiac disease, it is important for you to be aware that individuals with this disease have a very high rate of non-responsiveness to the hepatitis B vaccine. This means that even if you have received the vaccine, it may have failed to elicit protective levels of antibodies, in which case you may still be vulnerable to contracting the hepatitis B virus (HBV).

This link may have a genetic root: the most common genetic marker associated with unresponsiveness to the hepatitis B vaccine is human leukocyte antigen (HLA) phenotype DQ2, a marker that is also prevalent among those who have celiac disease. In a recent retrospective study, published in the medical journal, *Vaccine*,¹ 50% of celiac disease patients failed to respond after receiving a normal course of the hepatitis B vaccine, compared to 11.6% of the non-celiac control group. The study included 60 patients who had tested positive for celiac disease with both serological testing and biopsy analysis. They had also all received injections of the hepatitis B vaccine at ages 3, 5, and 11 months, as is standard practice. Those diagnosed with celiac disease

at younger than 18 months of age were more likely to respond positively to the vaccine. Aside from celiac disease, there are other non-genetic factors associated with an increased risk of non-responsiveness to the hepatitis B vaccine, which include obesity, smoking, drug use, alcoholism, infections, immune-suppression, and age (children typically receive the vaccine before one year of age).

The study's authors noted that previous research has not shown any similar correlation with other types of vaccines and, therefore, it seems unique to the hepatitis B vaccine. The researchers suggest a re-evaluation of the hepatitis B vaccination standards for celiac disease patients. If you are concerned about your hepatitis B vaccination status, talk to your physician. A quick blood test will reveal if the appropriate vaccine-induced antibodies are active in your body.

For more information check out GI Society - Canadian Society of Intestinal Research website www.badgut.com

1. Leonardi S *et al.* Hepatitis B vaccination failure in celiac disease: Is there a need to reassess current immunization strategies? *Vaccine*. 2009;27:6030-33.

Bug-Eating Plant Enzyme Could Help Digest Gluten!

Scientists at the University of Calgary are studying carnivorous plant enzymes that help in the breaking down of gluten. The enzyme is found in the Pitcher Plant that captures and digests bugs. The trials have been positive and it is possible that the enzyme could be taken like Beano. The research is ongoing and may be ready sometime in the future.

To read the full story go to www.cbc.ca/1.3712073.



Volunteer Opportunities

For several years, Ron Webster, was our publisher. He also was the Advertising Co-ordinator and took responsibility for the newsletter distribution. With his retirement, we are looking to fill these roles. If you think you might fill one of these openings or would like more information before you make your decision, please contact us at: newsletter@manitobaceliac.com. The following is a list of job descriptions for these volunteer roles.

Newsletter Advertising

- Receives requests to advertise via the Chapter's web site (new advertisers) or directly from existing advertisers (point of contact)
- Responds to inquiries from potential advertisers about advertising opportunities
- Seeks out new advertisers
- Ensures advertisers are informed of their responsibility to provide materials in proper format
- Reviews content for accuracy and appropriateness
- Forwards advertisements to the Newsletter Publisher in time for inclusion in the next issue
- Forwards information to the Treasurer for invoice creation and billing

Newsletter Publisher

- Creates the newsletter preparation time table
- Receives content from Newsletter Editor and discusses with the Editor any changes that the publisher recommends because of space or other layout issues
- Receives ads from Newsletter Advertising Coordinator
- Maintains newsletter outline and saves all content to a common filing location
- Leads newsletter layout process from start to delivery to printer for production
- Ensures that the newsletter is proofread and approved prior to distribution. At a minimum it should be sent to the Editor and President for proofreading before finalizing it for distribution
- Follows the budget in respect of newsletter costs
- Saves final newsletter version electronically and backs up files semi-annually

Newsletter Distribution (This role may be simplified significantly with this issue.)

Electronic Distribution:

- Receives current Membership List from Membership Coordinator
- Updates electronic distribution list by removing members who are no longer listed on the Membership List; adding new members and saving this file for emailing
- Advises Membership Coordinator of any delivery failures to ensure ongoing accuracy of member information in Chapter's and National's records

Printed-Canada Post Mail Distribution:

- Advises Membership Coordinator of any delivery failures to ensure ongoing accuracy of member information in Chapter's and National's records
- Removes members from the Membership List who are subscribed to the Electronic Distribution List
- Removes all personal data not required by Canada Post (Membership Number, phone number, etc.) leaving only the Member's first and last name, mailing address, city, province, postal Code
- Removes all spaces from mailing list (lines from which names were removed) and saves it as a .csv file
- Sends the .csv file to the Publisher for inclusion with the files sent to the printer/mail processor (Premier Printing)

Fecal Test Shows Gluten-Free Compliance in Celiac Disease

By David Douglas
October 07, 2016

In a paper online September 26 in The American Journal of Gastroenterology, Dr. Carolina Sousa of the University of Seville and colleagues report on their experience using the iVYLISA GIP-S kit (Biomedal) that detects and quantifies GIP (gluten immunogenic peptides) in stool samples.

As Dr. Sousa pointed out in an email to Reuters Health, "None of the traditional methods for monitoring diet offer reliable information about dietary compliance."

The researchers prospectively compared 188 CD patients, ranging in age from 1 to 72 years, on a gluten-free diet for at least one year, with 84 healthy controls. Subjects were given a dietary questionnaire and underwent fecal GIP testing.

In total, 56 of the patients (29.8%) had detectable GIP levels in their stools, compared to all but one of the controls on a gluten-containing diet (98.5%).

The majority of CD children up to 3 years of age (85.7%) had stool samples negative for GIP. In children between 4 and 12 years, 27.8% had stool samples positive for GIP. In older patients, the proportion rose to 39.2%. In the latter age group, men were significantly more likely to be positive than women (60.0% versus 31.9%).

In contrast, say the researchers, "noncompliance was detected in about 18% of the patients when assessing adherence either by dietary questionnaire or by determination of anti-tTG antibodies in serum alone."

"This study reveals for the first time the rate of GFD compliance of different group of celiac patients with more than a year under a gluten-free diet by detection of gluten traces in stools," said Dr. Sousa.

"Assessment of gluten in stool," she concluded, "is a practical way for improving the clinical management of CD, adherence to the diet and to improve the diagnosis of refractory CD."

Gastroenterologist Dr. Peter S. Liang, who was not involved in the research, told Reuters Health by email, "This study suggests fecal gluten peptides are more sensitive than either serology or food questionnaires at detecting gluten consumption and therefore may be a valuable addition to our noninvasive diagnostic armamentarium. In future studies, it would interesting to know how closely fecal gluten peptide measurement correlates with gold standard small bowel biopsies."

Dr. Liang, of New York University School of Medicine and the VA NY Harbor Healthcare System, concluded, "Practically, this suggests that strict adherence to a gluten free diet is difficult and many celiac patients are still intentionally or unintentionally ingesting gluten."

The study did not have commercial funding. Two of the authors own stock in Biomedal. The others have reported no conflicts of interest.

SOURCE: <http://bit.ly/2dHdzmN>

Am J Gastroenterol 2016.

More from the National Conference in Newfoundland - June 2016

Thanks to Mark Johnson and Judy Campbell from the CCA

Celiac Disease and Osteoporosis: What You Need to Know

Dr Don Duerksen

Associate Professor of Medicine University of Manitoba

Dr. Duerksen, who was not able to attend in person, presented virtually using a recorded PowerPoint presentation with audio.

He explained that those with celiac disease and an elevated tTG have a higher incidence of decreased bone density at all sites that were evaluated in his review (hip, wrist, vertebra) and an increase risk of major fracture (1.37 increase in risk).

Why does this happen? Three main reasons for the increased risk are a calcium malabsorption, general malnutrition and a decreased BMI, and chronic inflammation.

The good news: When someone is diagnosed with celiac disease and gets onto the strict, gluten-free diet, bone density was shown to increase by 5-6% over 1-2 years on the diet. All celiac patients should have a bone density scan at diagnosis or one year following diagnosis, to catch any problems early on.

To help treat low bone density, celiacs should look at supplementation of calcium, vitamin D, bisphosphonate – and of course be very strict about the gluten-free diet.

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Researchers at the University of Calgary are looking for North American adults to participate in a brand new online program! You are eligible if you are newly diagnosed with celiac disease or if you were diagnosed some time ago but still struggling physically or psychologically. You must have biopsy- or blood test-confirmed celiac disease to participate. Email Dr. Justine Dowd for more information at celiac@ucalgary.ca. Thanks for supporting important research on celiac disease!



How Often Do You Get Exposed to Gluten?

By: Jefferson Adams

Published: 09/5/2016

Jefferson Adams is a freelance writer living in San Francisco. His poems, essays and photographs have appeared in Antioch Review, Blue Mesa Review, CALIBAN, Hayden's Ferry Review, Huffington Post, the Mississippi Review, and Slate among others.

He is a member of both the National Writers Union, the International Federation of Journalists, and covers San Francisco Health News for Examiner.com.

Celiac.com 09/05/2016 - Currently, a gluten-free diet is the only recommended treatment for celiac disease. But, researchers don't know much about how effective the actually diet is, or exactly what constitutes the normal range of responses among persons with celiac disease on a gluten-free diet.

To get a better idea, a team of researchers recently set out to study a group adults with biopsy proven, newly diagnosed celiac disease. The research team included J. A. Silvester, L. A. Graff, L. Rigaux, J. R. Walker & D. R. Duerksen, variously affiliated with the College of Medicine, University of Manitoba, Winnipeg, MB, Canada, the Celiac Research Program at Harvard Medical School in Boston, MA, USA, and the St Boniface Hospital, Winnipeg, MB, Canada.

The team had each patient complete a survey related to diet adherence and reactions to gluten at entry and 6 months. To measure celiac disease symptoms and gluten-free diet adherence, the team used the Celiac Symptom Index, Celiac Diet Assessment Tool (CDAT) and Gluten-Free Eating Assessment Tool (GF-EAT), and they assessed a total of 105 participants, 91% of whom reported gluten exposure less than once per month, and showed an average CDAT score was 9 (IQR 8–11), consistent with adequate adherence.

Two-thirds of the subjects reported suspected symptomatic reaction to gluten. For 63% of subjects, gluten consumption was only suspected after a reaction occurred. For nearly 30%, gluten consumption was the result of eating in a restaurant. Gluten consumed came from cross

-contamination in 30% of cases, and from gluten as a major ingredient in 10% of cases. On average, symptoms began an hour after gluten consumption, running from 10 minutes on the low end to 48 hours on the high end.

On average, when symptoms did occur, they lasted about 24 hours, on average; though they ranged from 1 hour to 8 days. Common symptoms included abdominal pain in 80%, diarrhea in 52%, fatigue in 33%, headache in 30% and irritability in 29% of patients.

Adverse gluten reactions are common in people with celiac disease on a gluten-free diet. Eating away from home, especially at restaurants and other homes, carries the greatest risk for gluten exposure.

The team encourages doctors who treat people with celiac disease to question their patients about adverse gluten reactions as part of their assessment of gluten-free diet adherence.

How often do you get exposed to gluten? What happens?

Source:

- Alimentary Pharmacology and Therapeutics

Editor's Note: This was a local study. Other articles that I've seen about it were very detailed and technical. Thank you to Donalda Johnson for sharing this!

More from the National Conference in Newfoundland in June 2016

Thanks to Mark Johnson and Judy Campbell from CCA

Diagnosis, Treatment and follow-up of Celiac Disease in Children

Dr. Jeff Critch

**Pediatric Gastroenterologist, Faculty of Medicine,
Memorial University, Newfoundland**

Dr. Critch gave us a bit of history of celiac disease. In 250 AD, Galen described adult and pediatric celiac disease. Gee (1887) described it as a “wasting disease”. Dicke’s work (1950) found that sick children improved during World War II (when wheat was harder to come by). Paulley (1954) described the villous atrophy present in celiac disease.

Dr. Critch spoke about testing for celiac disease, especially for children. Antigliadin is not used as much anymore, as it is not as specific as tTG. There are more false negatives noted when testing those who are under 2 years old. We may not always need the biopsy in children, if they have the HLA-DQ2/DQ8 genes and elevated tTG via blood testing. European guidelines have backed this approach.

One of the most common causes of short stature in children is celiac disease. And it turns out that the timing of the introduction of gluten does not matter as much as we thought.

If the tTG positive but biopsy is negative, for those over five years of age, there is a 50% chance of developing celiac disease – so annual tTG testing is recommended. If the tTG increases or there is the appearance of other symptoms like anemia, then do a re-biopsy.

For a celiac child, it is important to monitor their growth and nutrition, assess dietary adherence, address psychosocial concerns, be aware of the financial impact of the diet, and screen family members for the disease. These are all part of the treatment – it’s not just the gluten-free diet.

Do you have a child with celiac disease, but you do not have it? Do not go all gluten-free in the household, as it may do more harm than good. Children need to learn how to manage cross-contamination.

Value of IgA tTG in Predicting Mucosal Recovery in Children with Celiac Disease on a Gluten Free Diet.

**Leonard, Maureen M.; Weir, Dascha C.; DeGroot, Maya;
Mitchell, Paul D.; Singh, Prashant; Silvester, Jocelyn A.;
Leichtner, Alan M.; Fasano, Alessio**

Abstract

Objective: Our objective was to determine the rate of mucosal recovery in pediatric patients with celiac disease on a gluten free diet. We also sought to determine whether IgA tissue transglutaminase (tTG) correlates with mucosal damage at the time of a repeat endoscopy with duodenal biopsy in these patients.

Methods: We performed a retrospective chart review of one-hundred and three pediatric patients, under 21 years of age, with a diagnosis of celiac disease defined as Marsh 3 histology, and who underwent a repeat endoscopy with duodenal biopsy at least twelve months after initiating a gluten free diet.

Results: We found that 19% of pediatric patients treated with a gluten free diet had persistent enteropathy. At the time of the repeat biopsy, tTG was elevated in 43% of cases with persistent enteropathy and 32% of cases in which there was mucosal recovery. Overall the positive predictive value of the autoantibody tissue transglutaminase was 25% and the negative predictive value was 83% in patients on a gluten free diet for a median of 2.4 years.

Conclusions: Nearly one in five children with celiac disease in our population had persistent enteropathy despite maintaining a gluten free diet and IgA tTG was not an accurate marker of mucosal recovery. Neither the presence of symptoms nor positive serology were predictive of a patient's histology at the time of repeat biopsy. These findings suggest a revisitation of monitoring and management criteria of celiac disease in childhood.

(C) 2016 by European Society for Pediatric Gastroenterology, Hepatology, and Nutrition and North American Society for Pediatric Gastroenterology, Hepatology and Nutrition.

The Canadian Celiac Association—Manitoba Chapter

Announced the creation of the

LYALL MEYERS MEMORIAL CAMP SCHOLARSHIP

To be awarded annually to a celiac
child of a Manitoba Chapter member
to attend a summer camp for a week.
(Value up to \$500)

The Deadline for application was January 6, 2017

BUT NO ONE APPLIED

IT WILL BE OFFERED AGAIN FOR 2018!



Avoiding the Nutritional Pitfalls of the GF Diet

Dr. Anne Roland Lee

Nutritional Services Manager—Dr. Schär USA

Dr. Lee brought us some fresh perspective on the gluten-free diet, starting with some statistics. Apparently approximately 65% of the US population believes that the gluten-free diet is healthier – which we know is often not the case. Despite the explosion in gluten-free food availability, for us, 2-3 shopping trips are still often required to obtain all one wants or needs.

There are lots of gluten-free foods out there, she reminded us. Fruits, veggies, meat, fish, beans, dairy and more!

With restaurant meals, celiacs often have to eat “naked” – without sauces, powders, other additives and such.

Dr. Lee reported on the results of various studies, which found:

- The gluten-free diet tends to be heavy on rice, and with poor overall nutritional quality
- People on average gained 20-25 pounds over 1-2 years after the diagnosis
- Even when the gut heals, there may still be nutritional deficiencies
- Celiacs tend to eat more sugar and fat – more refined grains and desserts
- Gluten-free diets tend to be lacking particularly in calcium, iron and magnesium

Gluten-free food continues to be less nutritious, in general, than gluten-containing foods. Gluten-free pretzels, for example, were found to have far more fat and calories than the regular kind. People who switch to the gluten-free diet tend to gain weight – it’s not that surprising! Celiac patients, overall, tend to get more calories from fats and sugars than from other foods.

How to address these problems? Dr. Lee recommends supplementation for calcium, iron and magnesium for celiac patients. Magnesium increases the absorption of calcium – and also helps to alleviate constipation. Iron supplements are recommended for both men and women. Omega-3 supplementation is also recommended. And all people with celiac disease should take a multivitamin (look for age and gender-specific varieties).

All that said, more is not necessarily better when it comes to supplements. We want you to get most of your nutrients from food.

And watch out for oats because of their high fibre content. There are gluten-free oats available, but a lot of people try them and erroneously think they are part of the 3-4% of celiacs who cannot tolerate oats. More likely you just re-introduced them too quickly. If you go from no fibre to tons of fibre, you’ll feel like you’ve been glutened, Dr. Lee said. Do things slowly!

Given that there are ongoing arsenic concerns with rice, alternative grains should be included in the diet. For example, millet, buckwheat, sorghum, and quinoa. Any grains can be cooked in a rice cooker. Remember, arsenic is water soluble. So rinse rice/rice pasta before cooking or cook it in more water than needed and drain the excess.

However, Dr. Lee flagged one study that found that 30% of tested grains were contaminated with gluten. For that reason, it is highly recommended to go with grains bearing gluten-free labeling.

Celiac Disease in Family Medicine

Dr Jenni Zelin

Family doctor, Charlottetown, PEI

Dr. Zelin brought us celiac disease from the perspective of a family physician, with some interesting pieces of advice.

When a family physician sees a patient who has what seems to be classical celiac disease symptoms, it could also be a wheat allergy, IBS, a FODMAP intolerance, lactose intolerance, or stress-related physical ailments. It is important to understand that the doctor wants to find out exactly what is the problem – so don’t walk in telling the doctor it’s celiac and refuse to listen to any other possibilities!

Who should be screened for celiac disease? She recommends the testing for those with IBS (or what appears to be IBS), Down’s Syndrome, Type 1 diabetes, hyper- or hypo-thyroidism, schizophrenia, or any other autoimmune disease or condition. As well, celiac should be suspected if the following symptoms are present and unexplained: infertility, anemia, fatigue, low bone density, anxiety, depression, and easy bruising. Microscopic colitis is also highly linked to celiac disease. For ulcerative colitis, however, there is much less of a link.

She strongly recommends bringing the new document Follow-up Management of Patients with Celiac Disease to your family doctor. It is a two-page document – a fast read – and can be downloaded easily from the CCA website (www.celiac.ca).

Editor's Note: The following article contains several references to US Food and Drug Administration. In Canada, we can be confident that a product is gluten-free if the label bears the Canadian Gluten-Free Certification Program seal. That said, especially if you are traveling in the USA or are cross-border shopping, this is important.

Labels Don't Always Guarantee Foods Are Free of Gluten



Reuters Health Information

By Lisa Rapaport (Reuters Health) - Some foods that don't appear to contain wheat or gluten based on package labeling may still have trace amounts of these ingredients, a company-funded study suggests. Researchers tested 101 foods sold in the U.S. that didn't include ingredients known to contain gluten, such as wheat, barley, rye, malt or brewer's yeast. These foods were not labeled "gluten-free" - but consumers might assume they were gluten-free, because gluten-containing substances weren't on the ingredient list.

Some of the products did have warning labels suggesting they might contain gluten. Among the 87 products that didn't have such advisory warnings, however, 13 items, or 15 percent, tested positive for gluten. The tests were done through Gluten Free Watchdog, a company that charges monthly subscription fees for gluten testing reports.

"In our research, the use of an allergen advisory statement for wheat on products not labeled gluten-free but appearing to be free of gluten-containing ingredients was not a useful predictor of gluten content," said lead study author Tricia Thompson, founder of Gluten Free Watchdog. The study sheds light on the limits of so-called allergy advisory statements, voluntary information on U.S. food labels that notes, for example, when foods are processed in the same facility as wheat or nuts.

"Allergen advisory statements are voluntary and not currently defined by any federal regulations," Thompson said. "Some manufacturers use these statements to alert consumers to processing practices that may result in cross contact with allergens; many manufacturers do not." U.S. Food and Drug Administration guidelines require packaged foods labeled "gluten-free" to contain less than 20 parts per million (ppm) of gluten. The goal of these rules is to limit gluten exposure for people with celiac disease.

About one in 100 people have celiac disease, in which consumption of gluten triggers an autoimmune response that damages the small intestine. The damage interferes with the absorption of nutrients from food. Left untreated, the condition can lead to complications such as malnutrition, low bone density, lactose intolerance and infertility.

The current study looked at a variety of grocery items including cereals, spices, teas, candy, beverages and baked goods. Fourteen of these items did include allergy advisory statements for wheat or gluten on the label and only one tested positive for gluten, researchers report in the European Journal of Clinical Nutrition, online September 14.

Among the 87 products without allergy advisories, 74 contained little or no gluten. Another nine items contained gluten in amounts ranging from at least 5 ppm but less than 20 ppm, and four foods had at least 20 ppm of gluten.

The study is small, and the findings are not representative of all foods sold in U.S. stores, the authors note. It's also impossible to tell where in the food production line these foods were contaminated with gluten, they point out.

In addition, the study lacks data on how consumers might interpret the information on food labels.

When consumers see "gluten-free" they can trust that means no more gluten than allowed by the FDA, said Marianne Smith Edge, a registered dietician and former president of the Academy of Nutrition and Dietetics.

"However, the precautionary label statements 'may contain . . . ' do provide uncertainties for consumers as regulations do not currently exist to ensure standardization," Smith Edge, who wasn't involved in the study, said by email.

Some products that tested positive for gluten in the study contained oats, which can be contaminated with wheat or barley at the agricultural level, during farming or in grain elevators, said Steve Taylor, a food allergy researcher at the University of Nebraska, Lincoln, who wasn't involved in the study.

Spices and teas also tested positive for gluten, and these items are often imported from countries that don't have stringent standards for gluten contamination. For these products, though, consumers are unlikely to use enough at one time to have an allergic reaction, Taylor added by email.

"I don't think that there is a problem," Taylor said. "Gluten-sensitive consumers should rely on products with gluten-free labels. They should be careful about grain-based foods that have no gluten-free statement. I don't think that they should worry about spices and tea."

Although people with allergies and sensitivities might not be affected by tiny amounts of gluten, people with celiac disease can still be harmed by it. Some may not feel sick when they eat foods with trace amounts of gluten, but long-term exposure can still lead to intestinal damage.

SOURCE: <http://go.nature.com/2deCpYS>

European Journal of Clinical Nutrition 2016.

TRAVELING WITH CELIAC DISEASE

More from the National Conference in Newfoundland - June 2016

How to Travel the World while Eating Safely Gluten-Free

Erin Smith, The Gluten-Free Globetrotter
[Facebook.com/GlutenFreeGlobetrotter](https://www.facebook.com/GlutenFreeGlobetrotter),
gfglobetrotter@gmail.com

Erin Smith was diagnosed with celiac disease at the age of two, in 1981. So she knows how to live gluten free!

She has a passion for travelling, and shared innumerable tips and tricks with us, including gluten-free hotel and restaurant accommodations where she has visited around the world.

Some gluten-free travel resources include:

- CeliacTravel.com (have travel cards in many languages for you to bring to restaurants)
- SelectWisely.com (have travel cards as well, but at a cost)
- Bob and Ruth Travel Club
- Jovial Food Culinary Getaways (Italy) Villa
- Bien Cuit GF at Savoir Faire Chalet (France)
- OpenTable will make your reservations with allergy considerations
- Finding GF App
- Yelp
- TripAdvisor (good for finding where to eat and where not to)

Erin gave a shout-out to Arenas del Mar in Costa Rica, which reportedly is very celiac friendly and makes for a great winter getaway.

She also provided several tips such as keeping handy snacks like roasted chickpeas, travelling with Ziploc bags, and using hotel room coffee pots for boiling water to make hot cereal.

[MORE TRAVEL NEWS:](#)

Trip Advisor—Gluten Free Options

Susan Finlay received a notice from Trip Advisor about Winnipeg restaurants. They now list restaurants that offer 'Gluten free options'. Here's the link: https://www.tripadvisor.ca/Restaurants-g154954-zfz10992-Winnipeg_Manitoba.html

This from the Calgary Chapter newsletter...

Glutenfreetravel.com

Your gateway to the best Gluten Free Dining & Travel Opportunities in the US and around the world. . . .

Our Two Favorite Gluten Free Restaurants in Rome - October 12, 2016

I'm often asked...**of all the places we dined in Rome, Florence, and Venice, which was our favorite spot?** Who had the best (and safest) gluten free offerings? In Rome, at least, I'd have to say it was a small chain of restaurants known as **Mama Eat** and **Mama Frites**.

It was pure serendipity that we ended up eating at these two restaurants while in Rome. I'd heard about both restaurants and had included them

on our list of places to potentially try while in Rome. However, I wasn't sure if it would work out, based on where we planned to be sightseeing each day. As luck would have it, after touring the Vatican for several hours one morning, a nearby gluten-free friendly restaurant where we'd planned to have lunch closed for renovation. We were starving, but we decided to continue with our day's plans and head south to **Trastevere**, an ancient and picturesque part of the city with cobblestone streets and many restaurants. I knew of several places we could get a gluten free meal there. While wandering around exploring, we literally stumbled upon **Mama Eat**. It's a small restaurant -- but big on gluten free options! Almost every item on the menu is -- or can be made -- gluten free. They even maintain two separate kitchens to keep their gluten free patrons safe.

We were like kids in a candy store in this restaurant! What to try? There were so many amazing sounding options...things you can't typically get gluten free. I had to opt for the Neapolitan style gluten free pizza, which we hadn't yet found anywhere. It was amazing...I could not believe it was gluten free...thin, tasty crust with just the right chewiness to the crust. I ordered the **Capricciosa**, with ham, mushrooms, artichokes, and olives. Everything that goes into their pizza and pasta is so fresh and simple, allowing the flavors to come out. In addition to antipasti choices, fresh salads (I had the **Caprese**), pastas, pizza, and grilled meats and seafood, there were ample gluten free choices for 12 dessert -- including pistachio tiramisu, Nutella crepes, and chocolate lava cake.

Not too far from **Mama Eat** -- also in Trastevere -- is **Mama Eat's** more casual concept called **Mama Frites**. It is modeled around street food or "cuoppi" cone-shaped baskets of fried specialties like fish and chips, chicken tenders, and donut holes drizzled in Nutella. We remembered that they also had a second **Mama Frites** location near the Vatican, so we decided we'd try it out the next day, since we were planning to go back to the Vatican to climb to the top of St. Peter's dome and spend more time in the Basilica. (Our tour on the first day mainly focused on the Sistine Chapel and Vatican Museums.)

So, after working up a good appetite climbing lots of stairs that next day, we treated ourselves to another amazing meal...this time at **Mama Frites** (Borgo Pio, 28, Rome -- just blocks from Vatican City). There are only a handful of tables in the restaurant, because they do a big takeaway business. But since we got there right after they opened for lunch, there was no problem getting a table. Our boys ordered fried baskets (one fish and chips and one chicken tenders), while my husband ordered a pizza at my strong recommendation! (Fortunately, it was just as good as the one I'd ordered the day before at **Mama Eat**.)

I opted for the lasagna, also amazing. Other options on the menu include sandwiches, risotto, and smoothies. **The great thing about this restaurant is that everything is gluten free. It is a 100% dedicated gluten free restaurant.** We all split a couple orders of the **Cuoppo Delizioso** for dessert...small balls of fried pizza dough covered with sugar and Nutella, served warm. Ryan, our son with Celiac, said it was the best thing he's ever eaten!

We wished we would have discovered these restaurants even earlier during our stay in Rome -- or had time to go back to each of them again. In addition to the **Mama Frites** in Trastevere and near the Vatican, plus **Mama Eat** in Trastevere, there's also a **Mama Eat** in Naples. These restaurants are so popular that the owners have fielded many

(Continued on page 14)

(Continued from page 13)

inquiries about franchising the concepts. Let me tell you, the thought crossed my own mind, as I'd love to have one of these restaurants in our own area here in the States! But I think I'll just let it be another incentive for me to go back to Rome someday! You can learn a bit more about these two restaurant concepts and link to their websites and menus on this page <https://glutenfreetravelsite.com/restaurants/>

gfmenu_mamaeat.php

By all means, if you or any of your friends are venturing to Rome (or Naples), be sure to make plans to dine in at least one of their restaurants -- whether you're gluten free or not!

Reprinted with permission from Karen Broussard, Publisher of the Gluten Free Travel Blog <http://www.glutenfreetravelblog.typepad.com> and the Gluten-Free TravelSite website <https://glutenfreetravelsite.com> - Calgary Celiac News ~ December 2016

CCA MANITOBA CHAPTER - DECEMBER POTLUCK MEETING

The December meeting of the Manitoba Chapter drew a good crowd (and aromas) as we listened to Sobeys representatives detailing the shortfalls of nutrients in a gluten-free diet. They identified why there are missing nutrients, how we can replace them and how much is required to create a balanced diet. It was very informative. Thank you to the Sobeys registered dieticians.

Their presentation was followed by lunch. The dessert table was much larger than the hot food table, but (and this is just the editor's opinion) if we're going to unbalanced, this is the way to go! OLIV tasting table was quite popular and Meyers GF pizza options were delicious. The Silent Auction had about 20 draws.

These events don't just happen; they're organized. Thanks to Dave and his crew!

Donalda Johnson makes up eye-catching posters for each meeting, but distributing them is inconsistent. If you would be willing to receive a digital version, print it and post it in a location near you, please contact the office at office@manitobaceliac.com.

After our December meeting, 60 pounds of food was collected for Winnipeg Harvest and they are always very appreciative. Thank you!



Some of the baskets in the raffle

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FOOD AND PRODUCT INFORMATION

TROPHY FOODS

Dorothy MacIntyre contacted Trophy Foods wondering why their products didn't carry the GFCP label when they had met the criteria for certification. Here is their answer:

Thanks you for your interest in Trophy Foods and our wide range of products. We are developing and branding a range of Gluten Free products which will eventually carry the Gluten Free Certification Program logo, however in the meantime we would advise consumers to check the labels of any of the product. All products that contain gluten will have this clearly stated on the label. Whilst we develop our branding program you can still enjoy many of our delicious products. The following can quickly guide you to our products which are gluten free and suitable for people with Celiac Disease or those who wish to follow a gluten free diet:

- All single nut and nut mixes plain and salted;
- All chocolate covered nuts, raisins, cranberries except: Creamy Milk Chocolate Covered Cashews and Creamy Milk Chocolate Covered Raisins.
- All yogurt covered nuts, raisins, cranberries;
- Many other products in our portfolio are gluten free however they are not easily grouped together. In these cases please always read the label.

In addition, our manufacturing sites are all certified as "Approved" for the manufacture of gluten free products under the very strict requirements of the Allergen Control Group. More information on the approval and certification process can be found at:

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

BARD'S BEER

Bruce McBeth reported that in October, **Bard's Beer** cost \$101.38 for a case of 24.

SAVE-ON-FOODS

Susan thought people might be interested in the GF offerings at Save-On-Foods.

They carry their own line of GF breads as well as Udi's, etc. They also carry frozen products from Wendel's, a BC – based company that Oma's Bakery used to bring in sometimes. Save-On is stocking 2 kinds of pies as well as three different squares (nanaimo bars, carrot cake and brownies).

Susan tried the apple pie – which at \$8.99 wasn't cheap but was certainly eatable.

Of course, the sad news in all of this is that the regular, gluten-containing brownies and Nanaimo bars were \$5.99 and the GF versions were \$12.99 – for exactly the same size of package.

GLUTEN FREE CERTIFICATION PROGRAM



Commercial customers sometimes have access to products not normally available to regular consumers, but Luda H has made seven GFCP certified soup bases and sauce mixes available to consumers on Amazon.ca at very reasonable prices.

The packages make a lot of servings, but if you cook a lot for your family, this might be of interest.

- LUDA H Concentrated Chicken Bouillon Mix, Gluten Free, Sodium Reduced
- LUDA H Concentrated Vegetable Bouillon Mix, Gluten Free, Sodium Reduced
- LUDA H Low Sodium and Gluten Free Instant Poultry Gravy Mix
- LUDA H Low Sodium and Gluten Free Instant Brown Gravy Mix
- LUDA Inspiration Gluten Free Demi-Glace Sauce Mix
- LUDA Inspiration Gluten Free Instant Culinary Cream Base
- LUDA Inspiration Gluten Free Instant Culinary Tomato Base

FOOD RECALL

Class: 2

Reason for Recall: Allergen - Gluten

Product (s): Bikaji brand Plain Boondi

Recalling Firm: Verka Food International Ltd.

Distribution: **National**

Product details are available at:

<http://inspection.gc.ca/about-the-cfia/newsroom/food-recall-warnings/complete-listing/2016-12-08-r11075/eng/1481300038417/1481300041412>

Common food allergens - http://www.inspection.gc.ca/food_allergies

Email Notification Subscription Self-Service-
<http://www.inspection.gc.ca/english/util/listserv/listserve.shtml>

Gluten-Free Grains

Wheat is everywhere in our culture, but a little research will show there are many great alternatives.

1. Millet:

Gluten free millet provides a host of nutrients, has a sweet nutty flavor, and is considered to be one of the most digestible and non-allergenic grains available. It is one of the few grains that is alkalizing to the body. Besides all the health benefits, it is tasty and economical.

2. Quinoa:

Quinoa is a Power Food Vegetable Seed! Although referred to as a grain, it is actually a seed from a vegetable related to Swiss chard, spinach and beets. Quinoa is pronounced keen-wa.

3. Brown Rice:

Rice feeds the world! Three billion people worldwide depend on rice for over half of their daily calorie intake. Most of them eat white rice.

4. Cornmeal whole grain (not corn starch):

Cornmeal is an excellent source of iron, magnesium, phosphorus, zinc, and vitamin B-6. And cornmeal is good for: weak digestion, heart disease, high blood pressure, edema and gallstones. Because corn is often genetically modified, one should only purchase organic corn or corn products. However, even organic-labeled corn does not guarantee it is GMO free. Most individuals get exposed to corn in so many products, often as a sweetener. If you are not eating it in packaged or junk food-form, corn *can* be a healthy addition.

5. Buckwheat:

Buckwheat is rich in flavonoids like rutin and a good source of magnesium. Buckwheat is good for your cardiovascular system. It's a valuable food for those with diabetes, as it can be helpful for regulating blood sugar.

6. Oats (make sure they are pure and uncontaminated):

Your grandma and the Scots ate oats because it's inexpensive and grows anywhere. It's known for its taste and nutrition but it has *many* other benefits!

7. Sorghum (whole grain):

Sorghum contains large amounts of fiber, protein and nutrients. In studies it has been shown to possibly inhibit cancer growth, protect against diabetes and help manage cholesterol. Sorghum is significantly more nutritionally dense than ordinary white flour. It is often eaten as a porridge but can also be ground into flour.

8. Teff:

Teff leads all the grains in its calcium content, with a cup of cooked teff offering 123 mg; about the same amount of calcium as in a half-cup of cooked spinach. It's also an excellent source of vitamin C, a nutrient not commonly found in grains. It can be grown in areas that won't support other crops. The seed is so small it cannot be refined so is always a whole grain.

9. Amaranth:

Amaranth contains significant amounts of B vitamins, calcium,

iron and Vitamin C. Amaranth may help lower cholesterol. At about 13-14 percent, it easily trumps the protein content of most other grains. Amaranth was a major food crop of the Aztecs, domesticated between 6,000 and 8,000 years ago. The Aztecs didn't just grow and eat amaranth, they also used the grains as part of their religious practices.

10. Popcorn:

Movie lovers will be happy about this one! Popcorn has an abundant source of fiber and it has B vitamins and minerals such as manganese, magnesium, iron, zinc and phosphorous. Popcorn's crunchy hull is rich in polyphenols—antioxidants that provide several important health benefits such as protection from coronary artery disease, protection from cancers, healthy blood sugar levels and prevention from premature aging.

11. Montina (Indian Rice Grass):

Indian rice grass was a staple of Native American diets. Pure Indian rice grass flour is super high in protein and fiber with 17 grams of protein, 24 grams of dietary fiber, and 24 grams of insoluble fiber in just 2/3 of a cup. It has a strong wheat-like taste.

All the above grains are recommended by the Canadian Celiac Association.

Disclaimer:

The contents of this publication is provided in good faith for information purposes only and using the most current information available subject to amendment, should not be used as a substitute for the advice of a qualified health professional.

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Membership Renewal is Important

From the September 19th e-news from the Canadian Celiac Association

I am just back from a quick trip to Las Vegas: fly out Monday after work, two days of intensive workshops and then a red-eye home on Wednesday night. No time or opportunity for a stop at a grocery store for some "easy" safe food. Happily the breakfast buffet included a number of plain foods including eggs, fruit and yogurt, and the evening reception/dinner included a lovely brined chicken and simple Greek salad.

I did have a brief pity party for myself when I saw a colleague eating a Frat Burger and Fries combo, that I knew took less than 5 minutes to get from the food court in the casino. The party ended quickly when I saw all the fat stains on her paper bag.

Even after 20 years of eating gluten free, mostly successfully, I still get the occasional flash of frustration over the fact that I cannot just grab and go with a meal. Menu options need to be reviewed, staff need to be questioned, possibilities get crossed off the list because they might contain gluten and no one is really sure.

Most medical professionals don't pay attention to the issue of the burden of disease for people with celiac disease, second

only to long term kidney disease, based on some significant research. As a national organization, we focus on reducing the burden of finding safe food at your grocery stores, in restaurants, and in other institutions of our daily lives. Things like the new Gluten-Free Food Program (GFFP) and the Gluten Free Certification Program (GFCP) certainly help a lot, but we need additional resources to be able to continue our efforts with Health Canada and the Canadian Food Inspection Agency on problems like cleaned oats, and with ingredient suppliers, food manufacturers, and food vendors to make sure "gluten free" really means "safe for you".

The more people the CCA represents, the stronger our voice can be. More than 30% of our members still have memberships that lapse in October, November, and December so this is a crucial time for renewals. Please add your voice to the rest by responding to your renewal notice when you receive it by **renewing online** or by calling **800-363-7296**. Membership is less than \$0.15 per day - can you find better value than that?

Sue Newell
Operations Manager
Canadian Celiac Association

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Recipes



Tex-Mex Salmon Burgers

Ingredients

For the slaw:

4 cups coleslaw mix
4 tablespoons mayonnaise
Juice of 1 large lime
1 tablespoon granulated sugar
Kosher or fine sea salt
Freshly ground black pepper

For the avocado mayonnaise:

2 medium ripe avocados, pitted
6 tablespoons mayonnaise
Juice and finely grated zest of 1 large lime
4-5 dashes hot sauce

For the burgers:

1 (14.75-ounce) can salmon, undrained
1½ cups gluten-free panko-style breadcrumbs
3 large eggs, lightly beaten
2 teaspoons chili powder
1 (4-ounce) can chopped mild green chilies, drained
1 cup corn kernels (thawed if frozen)
3 medium scallions, finely chopped
3 tablespoons vegetable oil
8 toasted gluten-free hamburger buns

Directions

Make the slaw: Combine all slaw ingredients in a large mixing bowl. Cover with plastic wrap and refrigerate until ready to serve.

Make the avocado mayonnaise: Mash the avocados in a small mixing bowl. Add the remaining ingredients and stir to combine. Cover with plastic wrap and refrigerate until ready to serve.

Make the burgers: Put the salmon and liquid from the can in a large mixing bowl and flake the salmon with a fork. Add the breadcrumbs, eggs, chili powder, chilies, corn, and scallions. Mix well. Form into 8 tightly-packed patties, about ½-inch thick. Heat the oil in a large skillet over medium-high heat. Fry the patties in batches (do not over-crowd the pan), cooking for 3-4 minutes per side or until nicely browned.



To serve: Spread the bottom bun with avocado mayonnaise. Top with a salmon patty. Top the patty with some slaw and the top burger bun.



Makes 8 burgers

White Bean Tarts

Glenna Erickson

Ingredients

1 cup well-cooked White Pea Beans
1/2 cup Maple syrup
2 eggs
1/3 cup brown sugar
1/3 cup melted butter
1 TBSP lemon juice
1/2 cup raisins or chopped pecans (although mine had dried cranberries)
18 unbaked GF tart shells OR 9 inch unbaked GF pie shell
Pecan halves (optional)

Directions

In food processor or blender, combine beans and maple syrup: process until smooth.

Add eggs, sugar, lemon juice and butter and process until well blended.

Sprinkle raisins or chopped pecans in bottom of tart or pie shells.

Pour filling over raisins or pecans. Garnish with pecan halves, if desired.

Bake tarts in 350 degree oven for 20 minutes (or pie for 35 to 40 minutes) or until set in centre.
Cool on wire rack. Serve at room temperature.

These were served at the Harrow Fall Supper that was entirely gluten-free!



Restaurant Remarks



Betsy Hiebert-owner and baker extraordinaire

Cocoabeans Bakeshop is now open at 774 Corydon and is doing a very brisk business. It's wonderful to be able to order knowing that everything is gluten-free and safe for Celiacs. I understand the bakery will be moved from Tache Avenue to the new location very soon. This was the destination for one of the gluten-free get-togethers arranged by Christa Dubesky among followers on the Celiac in Winnipeg Facebook page. I think there were about 9 people there and here's what we ate:



And there was pizza and onion rings....



EMPRESS OF CHINA



The day before a group of 6 revisited the **Empress of China**. Need I say more?
Thanks for Organizing these Events Christa!



More Restaurant Remarks

This from Kim Summers -- I was excited to hear that most of the ingredients **New York Fries** uses, contain no gluten. The exception is the hotdogs, one of the seasonings and the obvious, malt vinegar. Like most restaurants they can't guarantee that there has been no cross contamination at the supplier or in their facility.

Once I heard the gravy had no gluten ingredients I couldn't resist ordering a poutine. I didn't have any celiac symptoms after indulging, so I have to confess I'm already thinking about my next poutine fix!

I've attached the link to their allergen list.

http://www.newyorkfries.com/pdf/nyf_allergens_chart_dogs.pdf

Also **Homers** on Ellice has a great selection of gluten free items clearly marked on their menu.

Thanks, Kim!

Barley Brothers has been removed from our Chapter's list of restaurants. It was reported that their staff was less than informed regarding gluten-free preparation. Until this is rectified, we can't include them.

Susan Finlay wanted to let us know she had a fabulous dinner at **Mona Lisa** on Corydon. She had 6 courses – all GF. She had not called ahead and only told the waitress once. Everything just arrived GF after that – bread, appetizer, entrée, salad, pasta, dessert. She considered it the best meal she'd had in a restaurant in years! We don't want to forget the restaurants that have made an effort to offer gluten-free meals for several years just because there are so many more options now. Thanks, Susan.

Also from Susan --I ate at **Cafe Ce Soir**, a tiny place at 937 Portage Avenue near Arlington, on Friday night .

Not only did I have my first Coquilles St. Jacques in 25 years but the server brought me a dish of GF crackers and salad with oil and vinegar on the side because I couldn't have the baguette my friends were enjoying. The side dish arrived without being requested and without an extra charge.

The scallops were lovely. At the end of the meal I had a choice of four GF desserts.

The staff told me that most of their menu either is GF or can be made GF.

Their phone number is 204-414-7647.



Capital Grill in Charleswood and **Kai Ping** on Academy just east of Route 90 were mentioned at our executive meeting as reliable gluten-free eateries.

Gondola Pizza Charleswood now has gluten-free pizza. Does anyone know about other Gondola locations?

UPCOMING EVENTS-MARK YOUR CALENDARS

MARCH 1, 2017

Dietitians of Canada

Workshop Speaker-Shelley Case

1:00-4:30 p.m. Cancer Care Manitoba-675 McDermot Ave.

Early Bird Fees (deadline: February 10)

Member \$80.00/Student member \$55.00/Non-member \$120.00

Health professionals, students and those with celiac disease are welcome to register. More Info at: <http://www.dietitians.ca/Learn/Events/Live-Events/C2C-Celiac/Winnipeg.aspx>

APRIL 1, 2017

Manitoba Chapter, Canadian Celiac Association

Annual General Meeting

910 Sturgeon Road 11 a.m. to 1 p.m.

Guest speaker from Red River Co-op

Non perishable gluten-free food products will be collected for Winnipeg Harvest.

JUNE 3, 2017

Manitoba Chapter, Canadian Celiac Association

Walk-a-thon and BBQ

Assiniboine Park Site #3

Lots of entertainment and baskets for raffle.

More details to follow in the Summer Celi-Yak News.



SAVE THE DATE : JUNE 10, 2017

2017 CCA NATIONAL CONFERENCE IN EDMONTON, ALBERTA



Looking for a summer getaway opportunity? Make it a memorable one by including an enriching gluten-free experience and exploring a picturesque provincial capital. This year's national conference of the Canadian Celiac Association will be taking place on June 10, 2017 in **Edmonton, Alberta**.

Whether you're up for some shopping in the majestic West Edmonton Mall, bonding with nature in Elk Island National Park, enjoying a train ride at Fort Edmonton, or making friends with the local wildlife at the Valley Zoo, Edmonton has something for everyone! And with Jasper just a quick drive away, the Rockies will be at your fingertips.

Be sure to bring some extra space in your suitcase. Why? Because the venue is just a five-minute drive from the Kinnikinnick store! Your chance to stock up with bagels, doughnuts, soft bread and many other delicacies. You should know – there are some items sold ONLY in the store, so you'll certainly get to try some new things! You might want to taste the caraway buns, the sauerkraut and onion buns, the cheese buns...or perhaps some cinnamon twists or the Edmonton Chapter president's favourite – lemon meringue tarts!

This one-day conference (so you can use Sunday to explore!) will be taking place at Chateau Louis Conference Centre in Edmonton. Across the street is a Ramada Inn and down a block is the Nova Chateau. There is also a Pizza 73 across the street, which offers GF pizza.

The speaker lineup is being put together and it's looking to be an exciting program! Take this opportunity to visit Alberta, bring the family, and take in all that beautiful Edmonton has to offer!

Registration will be opening soon – please watch www.celiacedmonton.ca for more details!

MORE FOOD AND PRODUCT INFORMATION

Cheerios (again)

General Mills Canada announced recently that five Cheerios flavours sold in Canada will carry a gluten-free claim. Original Cheerios, Honey Nut Cheerios, Multi-Grain Cheerios, Apple Cinnamon Cheerios and Chocolate Cheerios will be rolled out across the country in August. The CCA held a conference call with representatives of General Mills Canada and General Mills US on August 2nd 2016 to discuss our concerns with the gluten-free label on these products.

Recommendation

The Canadian Celiac Association (CCA) recommends that people with celiac disease or gluten sensitivity DO NOT consume the gluten-free labeled Cheerios products at this time because of concerns about the potential levels of gluten in boxes of these cereals. The CCA is receptive to evaluating any additional information that General Mills is willing to disclose.

Why is the CCA concerned?

Oats are a naturally gluten-free grain; however, it has been documented that oats are frequently cross-contaminated with gluten-containing grains, especially barley and wheat. Health Canada scientists have tested commercial oat samples and found high levels of gluten contamination. Cross-contamination can occur because oats often are grown in rotation with other crops, harvested and transported with equipment that is also used for gluten-containing grains.

We know the following:

1. Oats are an extremely high risk grain and even “gluten-free oats” are at high risk for gluten contamination.
2. It is very difficult to remove gluten-containing grains from oats using optical and mechanical technology alone because barley and wheat are similar in size, shape and color as oats. Broken kernels present in the grain also add to the sorting challenge.
3. General Mills is using a cleaning system that they developed based on mechanical sorting to remove barley and wheat from regular commercial oats.
4. Gluten contamination in oats is not distributed evenly through a batch; therefore, “hot spots” of high contamination can occur.

Based on the information provided to date, our scientific advisors are not convinced that the testing procedures described by General Mills are sufficient to detect these contamination “hot spots” in the oats and oat flour or in the boxes of cereal that may contain those contaminated oats. As a result, some boxes of cereal in the market may be safe for people with celiac disease while others contain significant gluten contamination that has not been detected using current testing protocols.

The CCA is receptive to evaluating any additional information that General Mills is willing to disclose. Until then, the CCA stands by its advice that people with celiac disease or gluten sensitivity should not consume Cheerios products in spite of the gluten-free claim.

CCA's Position on the Safety of Oats

The CCA relies on advice from our Professional Advisory Council (PAC)

and other scientific experts for recommendations on the safety of oats for people with celiac disease. The PAC “Position statement on consumption of oats by individuals with celiac disease” indicates the need for evidence-based, peer-reviewed, published data that demonstrates the levels of gluten in oats that have been cleaned using mechanical and/or optical sorting procedures.

There are three product brands currently on the market made with gluten-free oats that are manufactured in facilities

certified by the CCA's Gluten-Free Certification Program (GFCP):

- Holy Crap Plus Gluten Free Oats
- Quaker Oats (several types)
- Nairn (several products)

These companies have demonstrated to independent parties, trained GFCP auditors and GFCP technical personnel, that both their processed oats and finished products meet Health Canada's standard for gluten free and are safe for individuals with celiac disease.

What if I eat Cheerios and have a problem?

We realize that some people with celiac disease will decide to eat Cheerios. The CCA recommends that if you experience a reaction to the cereal, you should notify the Canadian Food Inspection Agency (MAPAQ in Quebec), General Mills Canada, the store that sold you the package and the CCA.

Please keep the remainder of the cereal package and any unopened boxes purchased at the same time until it is clear whether CFIA (or MAPAQ) is interested in testing the package for gluten.

How do I help get the message out that “gluten free” must mean “safe for celiac disease”?

This is an issue of significant concern to the Canadian Celiac Association.

- Contact General Mills Canada Customer service and tell them that you would like to eat Cheerios, but not until you are sure the product is safe for people with celiac disease.
- Contact Health Canada (Bureau of Chemical Safety) and tell them that you want “gluten free” to mean “safe for people with celiac disease” so that you do not have figure out if the test protocols used by a particular manufacturer are adequate to detect gluten contamination.

Please copy the CCA on your messages to Health Canada (info@celiac.ca).

*Anne Wraggett
President, Board of Directors
Canadian Celiac Association*

P.S. Has the CCA made a difference in the quality of your gluten-free life? You can help us continue to address food safety issues with a donation to the CCA at www.celiac.ca/donate.

How to Claim Gluten-Free Products on Your Income Tax Return

Gluten-free products – Persons with celiac disease (gluten intolerance) can claim the incremental costs associated with buying gluten-free products as a medical expense. The incremental cost is the difference in the cost of gluten-free products compared to the cost of similar products with gluten. It is calculated by subtracting the cost of a product with gluten from the cost of a gluten-free product.

Generally, the food products are limited to those produced and marketed specifically for gluten-free diets, such as gluten-free bread. Other products can also be eligible if they are used by the person with celiac disease to make gluten-free products for their own use. These include, but is not limited to, rice flour and gluten-free spices.

If several people eat the product, only the costs related to the part of the product that is eaten by the person with celiac disease may be claimed as a medical expense.

Do not send any supporting documents. Keep them in case the Canada Revenue Agency asks to see them later. You will need to keep all of the following:

- a letter from a medical practitioner that certifies that the person has celiac disease and needs a gluten-free diet
- receipts for each gluten-free food product that is claimed
- a summary of each food product that was bought during the 12-month period for which the expenses are being claimed (see example below)

Food product:	Bread
Number of products bought (for the 12-month period):	52
Average cost of product with gluten:	\$3.49
Average cost of gluten-free product:	\$6.99
Incremental cost:	$\$6.99 - \$3.49 = \$3.50$
Amount to claim:	$\$3.50 \times 52 = \mathbf{\$182.00}$

This expense may be added to other medical expenses such as eyeglasses or prescription drugs purchased in the same time period. Your eligibility will depend on your income, so you may want to check with the person who prepares your income tax form to find out if it is beneficial to you to claim this.

Gluten Free 101 Meetings

Held prior to every meeting from 9:15 a.m. to 11:00 a.m. This is an informal session that will assist individuals and families to start on the Gluten-free journey. This meeting is packed full of information but still has time for the questions you have. Please call 204-772-6979 for more information or to reserve a spot. Leave your name and phone number and we will get back to you quickly.



This is a picture of Dennis Cook, one of our many Volunteers who generously give their time to help others. In January, we had a display booth set up at the "Caregiving with Confidence" Conference held at the Victoria Inn. These events are part of our Campaign to increase awareness and understanding of celiac disease, dermatitis herpetiformis and non-celiac gluten sensitivity.

If you would like more information on how you can become part of our team, please contact us at office@manitobaceliac.com

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Content for the Manitoba
Celi-Yak News

We are ALWAYS on the lookout for great things to share with our readers. If you are a web surfer or if you have your finger on the pulse of community events or if you've just had a great (or even a terrible) travel, restaurant or shopping experience, we want to hear from you! One of the best sources for navigating the trials and triumph of the gluten-free lifestyle is the experience of other people living the gluten-free lifestyle. If you would be willing to help us help other people, one great way to do it is to send an e-mail to the newsletter Editor at newsletter@manitobaceliac.com and share your experience with others.

Thank you

We are a
Peanut
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Clay Oven

East Indian Restaurants



Winnipeg's Finest East Indian and Hakka Restaurants

**Fresh, Flavorful,
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**Locations at the
Bomber and Goldeye's Stadiums**

*Take out items also available at
Vita Health Grocery Stores,
Foodfare and
Health Science Centre.*

THREE LOCATIONS TO SERVE YOU

Downtown @ Shaw Park (Baseball Stadium) | 1 Portage Ave. East (3rd Floor) | 204-982-7426

Clay Oven Express in the Hydro Tower | 247 Edmonton St. | 204-415-7797

Kenaston Common | 240 - 1600 Kenaston Blvd | 204-888-2529

**Hakka Menu Only Available at Shaw Park*

clayoven.ca

