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Canadian Celiac Association
L'Association canadienne de la maladie coeliaque

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NEXT ISSUE:

Your experience matters and we want to hear from you! Submit a personal piece for the December 2022 issue by November 15, 2022!

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

- info@bcceliac.ca
- 604-736-2229 / 877-736-2240
- CCA British Columbia
Letters to the Editor
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To be the leading advocate for Canadians with celiac disease and gluten disorders.

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March 1st: Spring June 1st: Summer & Travel September 1st: Fall & Back to School December 1st: Winter & Holidays

We will accept early submissions for upcoming editions as well, just let us know which issue you'd like to be in. You can submit your stories, recipes, photos, etc. in a variety of ways. If you have any questions email: aricasharma@live.ca or newsletter@bcceliac.ca

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President's Message



"Back to School" somehow continues to be a very real concept, even for those of us who don't have children or whose family has left the nest. There's something about the change in the weather that prompts us to set new goals, refocus on our plans for the year and commit to ending 2022 on a high.

Perhaps, like me, you're a sucker for a new set of stationery - I love to find recipes on Pinterest or in magazines or library books and write them neatly into a fresh journal or glue them into a scrapbook. Fall is a great time of year to look for recipes for apples, or the glut of berries many of us have in our freezers, and of course cooler evenings bring a renewed desire for soups and easy dinners.

I can't quite believe that still we are in a position of uncertainty as regards Covid-19 and the limitations it has put on your Board and our ability to organise events. The dinners we planned late spring at the Craft Beer Market and Gracie's Next Door were very well-attended, and we're happy to be bringing those Dine Out events back again once we are back into a new routine. Zoom still remains a life-saver, with the ability both for us to meet remotely as a Board but also meaning we can connect with members across the province, whether they are newly diagnosed or just seeking a friendly face to chat things through when life on the GF diet gets frustrating.

As always, we've been busy advocating on behalf of our membership, working hard with food services staff at YVR, attending conferences for Food Banks BC and the Teachers of Home Economics Specialist Association and seeking out opportunities to support research on celiac disease right here in BC.

We have experienced some technological frustrations in the past couple of months, with our emails not always getting through as directed, but please rest assured that is our utmost priority for September and beyond to ensure that you continue to receive not only this newsletter but also our monthly updates and invitations to events and dinners.



Val Vaartnou, CCA BC Past President & Member with Natalie Milne, CCA BC Director at Food Banks Canada

We always love to hear from you - just this past week I had a member reach out asking us to profile a new GF bakery that opened near her home, so we'll be doing just that in a future edition. Let me know if there is something specific you'd like us to write about, and we welcome submissions that you have written yourself to info@bcceliac.ca.

-Julie

How are we doing?

TAKE OUR SURVEY

HOW CAN WE SERVE YOU BETTER?

YOUR INBOX WILL BE RECEIVING AN EMAIL

IF YOU HAVE NOT RECEIVED IT, LET US KNOW
INFO@BCCELIAC.CA

A collage of images related to health and science. It includes a chalkboard with a mind map centered on 'HEALTH' with branches for 'BALANCE', 'FITNESS', 'HABITS', 'PREVENTION', and 'NET'. Below the chalkboard is a circular image of a colorful salad. To the right is a laboratory setup with glass beakers and flasks containing liquids, and a small potted plant.

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Thriving vs Surviving: Balancing University and Celiac Disease

Submitted by Sasha Dobisz, CCA BC Vice President.

My transition from high school to university felt like a monumental challenge. I moved to UBC as an out-of-province student and had only visited Vancouver once before moving here permanently. I felt overwhelmed by the general challenge of my first year, such as handling rigorous coursework, living independently, and forming new social circles, never mind the additional ones brought about by celiac disease. Even though there were places to eat everywhere, I could not safely eat at them. While my friends were out exploring all the dishes on the dining hall menu, I was in my shared apartment cooking for myself. I remember feeling isolated from the rest of my peers and like I was missing out on opportunities to meet new people, all because I couldn't fully participate in social events. Over the three years of my undergraduate degree, I have learned to handle the challenges associated with celiac disease. Of course, there are still times when I feel left out and wish that I do not have celiac disease, but I experience these thoughts less often than I used to. Here are some of the things I have learned during my degree:

Find community

In my first year, I was lucky to be placed in a shared room with two other celiacs and to have two suites of celiacs across and down the hall. We created a celiac community, which made us all feel less isolated and like we were not missing out on the traditional first-year experiences of eating at the dining hall. Often, we would have dinners together and bake treats to share. I encourage any celiac university student to seek out others in the same situation and build a celiac support system. You might be surprised how many people around you share the same challenges!

Be prepared

As I became more involved with campus life, I found myself out of the house for long hours of the day. By the time I made it home, I was often too tired to prepare food. I also found that some weeks were heavy with assignments and exams, and I chose to study rather than cook. Sometimes I would rely on frozen pizza, but convenience foods were far too expensive to eat regularly. Thoughtful planning was and remains the key to staying nourished and energized. I highly recommend setting aside a few hours a week to meal prep and, if possible, batch cook meals to freeze. Soups and stews are well-suited for freezing and are a staple of my diet during midterm season. Having meals ready-to-go (or ready-to-thaw) saved me time and money on delivery when I needed extra time to study.

In every semester of my degree, I have had early morning classes. It can be tempting to skip breakfast, but I have found that if I do not eat anything, I am not able to focus while in class. Some of my go-to quick breakfasts are fruit smoothies, make-ahead chia pudding, or muffins. Baking is a fun break from studying, which makes it a win-win!

In summary, a little planning and time can go a long way. It can be so tempting to eat at unsafe restaurants or dining halls and risk cross-contamination, but ultimately these risks do more harm than good. Losing study time and missing class because you have been glutened will only increase your stress, especially if you take a long time to recover. It's not always easy to find safe gluten free options, so thinking ahead will save you time, money and post-glutened regret!

For more advice for university students, follow the link to the past magazine article titled *Navigating through First Year University as a Celiac*. https://bcceliac.ca/uploads/8/7/4/0/87403728/june_2020_-_cca_bc_celiac_newsletter.pdf



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CCA BC Board Highlights: June 2022 to August 2022

- The UBC Student Support Group has been working hard to gather information, coupons and samples for incoming students.
- Members enjoyed a lively virtual cooking demo with Marilyn Wells where we learned the ins and outs of GF bread making.
- Directors and members enjoyed a tasty dinner at Gracie's Next Door where several newly diagnosed celiacs joined us for the first time.
- Discussions with YVR Airport continued.
- We ran, walked and wheeled in the Vancouver Charity Challenge to raise funds and awareness of celiac disease.
- We started the process to review our long term strategic goals for the Chapter.
- THESA Conference booth booked for October
- A membership survey was drafted and sent out to gather information so we can shape our priorities.

Messages from your Leaders

In-person and Zoom support group meetings are available! Contact your local leader to join in, or email supportgroups@bcceliac.ca for more information.

Support Groups

- **Chilliwack Drop-In** – 1st Saturday of each month. Contact: Geraldine David - 604-792-2119 or [gdavid@uniserve.com](mailto:g david@uniserve.com)
- **Powell River Zoom** – Last Monday of the month at 10am -Contact: Liz Kennedy: lizkennedy@shaw.ca or Val Harding: valhar@shaw.ca
- **Richmond Drop-In** – 2nd Monday of each month at 6:30 pm. Contact: Val Vaartnou: val_vaartnou@telus.net or phone 604-271-8828.
- **South Surrey Drop-In** – 3rd Tuesday of each month at 6:30 pm. Contact Pushpa Kapadia at pushpakapadia@gmail.com or phone 604-721-0098.



Contacts in areas where there is no Group Meeting:

Val Vaartnou will teleconference with anyone newly diagnosed or who needs assistance with the gluten free diet. Contact Val at 604-271-8828 or email at val_vaartnou@telus.net

Help Line: If you have any questions, you can also phone our helpline at 604-736-2229 or 1-877-736-2240 and leave a message and a volunteer will get back to you.

Message from your UBC Support Group Leaders

Submitted by Lia Fairbairn and Sasha Dobisz, CCA Board Directors.

After a fantastic first year for the UBC Celiac Support Group, we are so excited to get back to work hosting events for you all in September. Our first event will be hosted on Monday 12th September at 4pm. The location is TBA, although it will likely be on UBC campus, so keep updated by following our social media accounts. Just like last year, we are hoping to kick things off with tons of treats and goodies! Please RSVP if you are interested in coming. As always, if you're looking to get in touch (or RSVP), please reach out on Instagram (@celiac_bc) or by emailing us at student.support@bcceliac.ca.

First year celiacs at UBC: We know that transitioning to university life as a first year is challenging, particularly if you have celiac disease and other dietary restrictions on top of that. We are hoping to make this process a little easier for the first year celiacs, so we are currently putting together goodie bags full of GF treats. These welcome packages will contain coupons, information about how to access student-specific support, and of course, gluten free products generously donated by our sponsors. At the moment, we are still working out the logistics of delivery, but please reach out to us via Instagram or email if you would like to request a welcome package!



The Importance of a CCA BC Membership:

Submitted by our new Membership Chair: Karla Plagg, CCA BC Director.

With membership renewal approaching, I wanted to remind everyone of our wonderful benefits of membership:

- Access to quarterly newsletters, and regular emails which provide a wealth of information for people at all stages of celiac diagnosis – resources (such as webinars and handouts) for those who are newly diagnosed, information on the latest research and developments and nutritional considerations, product discounts, baking classes, recipe ideas and community events
- Access to our BC-based dietitian with a wealth of information to support us
- A sense of community with free access to events, including meet-ups and dine-out events, webinars and online baking classes
- Information on celiac-safe products and restaurants
- Peer support and opportunities to get involved and contribute to potentially life-changing research on celiac disease
- Voting rights in the annual general meeting, including the election of the Board of Directors. Your voice matters!

As a mom with a young daughter with celiac disease, I am especially excited to get involved with membership and, hopefully, expand membership and benefits amongst parents and families who have kids with celiac disease. We hope to build up more peer support for kids and parents, hold meet-ups at playgrounds and BC Children's Hospital and other events that cater to this demographic. With a lifetime of living with celiac disease ahead, we hope that together we can create some meaningful change for our kids. So, I strongly encourage you to get involved and renew your membership and encourage others who are not yet members to join.

National vs BC Chapter and Why it's Important to Support Both!

Submitted by: Liz Wall, CCA National Vice President

NATIONAL CCA

VS

BC CHAPTER

WHAT'S THE DIFFERENCE BETWEEN THE NATIONAL CCA & THE BC CHAPTER?
AND WHY IT'S IMPORTANT TO SUPPORT BOTH!

National CCA	BC Chapter
 Awareness campaigns	 Supporting our diverse communities, seniors, children, young adults & caregivers
Strengthening standards - lobbying	Support group meet-ups throughout the province
Labelling guides. Listing of product ingredients	Fundraising efforts for research, distribution of valuable resources to spread awareness locally
Promoting evidence based solutions	Camaraderie & socialization local resources

Upcoming Events

JOIN US!

September
12

Jan's On The Beach
White Rock
6pm

November
20

Baking Class with
Marilyn Wells
11am

RSVP: INFO@BCCELIAC.CA

Renewal

to make or become new,
fresh, or strong again.

<http://bcceliac.ca/membership.html>

This has been a question the Canadian Celiac Association BC (CCA BC) has received numerous times over the past two years.

The two biggest differences are in structure and focus. In terms of structure, CCA National discontinued membership and transitioned to a donation-based model two years ago, whereas the members of our BC Chapter decided to continue with our current structure which is a combined membership/donation model (we have been an independent registered charity since 1983).

The BC Chapter has a provincial scope and provides support, education and public awareness for people throughout our province. We provide assistance and information to individuals, and to health professionals regarding celiac disease, dermatitis herpetiformis, gluten sensitivity (together, gluten-related disorders) and the gluten free diet.

Plus, our Chapter supports the mission, vision and programs developed by CCA National at the Chapter or provincial level such as, advocating for gluten free food safety and standards, promoting evidence based solutions, increasing awareness and education, as well as fundraising efforts.

Still have questions? Send us an email to info@bcceliac.ca !



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Grey Fox Brewing



Moving from twenty years in church ministry to brewing may not seem like an obvious career path, but that's exactly what Chris Neufeld of Grey Fox Brewing did, as we learned when he sat down with us on a hot day earlier this summer.

Chris had originally worked in the engineering field but as a younger man felt called to the ministry; he explained that a few years ago he felt a new calling, this time to do something else, but didn't feel he was at the right stage of his life to be retraining for a new career.

Having been diagnosed with celiac disease in 2003, he felt that maybe he had something to offer the celiac community in the Okanagan and beyond, and that running a for-profit business would likely ultimately mean that business would have more longevity.

Chris hadn't really been able to find a palatable beer for approaching 20 years and so had concentrated his home-brew efforts on wine-making, but a gluten free winery doesn't really offer a unique selling point and so his thoughts turned to beer. After all, how hard could it be?!

With plans to open in the summer of 2020, Grey Fox Brewing was a victim of the Covid 19 pandemic; with the benefit of hindsight, though, Chris feels fortunate he had the extra time to study the industry and is certain more mistakes would have been made if they'd met their original opening target. He spent time talking to gluten free brewers, mainly in Oregon where there are several successful GF breweries, and learning the science behind the magical starch/sugar relationship. He took advice from more local breweries on the equipment they used and was ready to truly hit the ground running. One of the things he's most proud of is designing the prototype for a gluten free grain mill, and also sourcing most of his custom-designed equipment from local suppliers.

Chris is also justifiably proud of the family support he's received with this business. His wife manages the financial and administrative side of things, his son does all of the marketing, and having a journalist for a son-in-law has been invaluable in raising awareness and getting people talking. He rates their Kickstarter campaign as a success too, not only did they reach their financial target but the gluten free community have become "mentally invested" and people have been talking about the importance of having great-tasting gluten free beers readily available in Canada.



As we stand now, the final concrete in the brewery is poured, inspections are imminent and brewing should begin by mid-September, with beer available to buy by the end of September.

Grey Fox Brewing, for now at least, has manufacturing/ retail licenses only - we will be able to enjoy a flight to taste the beers but won't be able to drink it on site. Chris does, however, have agreements in place for his beers to be sold through four or five taprooms in the Kelowna area and will offer kegs, cans and growler fills at his own brewery.

But what about the beer? Having experimented with different starting grains - all naturally gluten free of course - Chris has settled on a millet base, with some rice and buckwheat in some of the brews. He only buys his malt from certified GF facilities, and whilst hops are naturally gluten free he does ensure his suppliers are not processing them on shared equipment. The final ingredient is the yeast, Chris opts to use gluten free dried yeast rather than brewer's yeast which is almost always NOT gluten free.

The brewery plans to offer the genuine craft beer experience, with the beers available changing on a regular basis. Grey Fox Brewing's two flagships will be a pilsner-style lager and what Chris calls an "agile" IPA with an IBU (International Bitterness Units) rating of 56 which classifies it as milder than a lot of commercially available IPAs. There will also be up to 3 Belgian-style beers, with a porter or stout available in the winter months and hopefully a sour for summer 2023.

In the short to medium term there is no plan to introduce an alcohol-free beer, that would require a lot more capital expense, but small batches of hopped seltzers could be on the cards.

Grey Fox Brewing is going to be an exciting addition to the Okanagan when they open, but what of the rest of us elsewhere in BC and beyond? Where can we expect to buy these beers? Chris explained that whilst they can get their products listed for sale with BC liquor stores, they want to be absolutely sure they can cope with demand before they do that. We've all experienced the

Grey Fox Brewing

frustration when a GF beer is theoretically available in our local stores but is never actually on the shelf. Grey Fox Brewing will be able to make 3,000 litres a week to start with, with the capability to double that before too long, and they'll be monitoring sales and demand very carefully to ensure that any province-wide launch is backed up by a regular supply. Partnerships with other BC craft breweries to stock cans of Grey Fox could be an option too. For now - we all need to add the brewery to our list when we're wine-tasting in the Okanagan!



And finally, what is the meaning of the name, why Grey Fox Brewing? Chris had originally thought of calling it Foxtail Brewing, because the base ingredient is foxtail millet and the foxtail was a cool image. As it turns out, the name Foxtail Brewing was not available, but once you have a name you love, it's hard to think of another. Chris was talking to one of the founding partners at Ghostfish in Seattle and asked him how they came up with the name, because Ghostfish is pretty unusual. He told him that it's a play on words, the abbreviation for Ghostfish Beer being GF beer. Chris' wife Suzanne came up with the name Grey Fox, and the whole team embraced it. Particularly because grey, not gray, was distinctly Canadian, something they wanted to emphasise. Once people learn of the Grey Fox/GF association it tends to be easier to remember the brand.

And until Grey Fox beers are available for us to try, we asked Chris, tongue firmly in cheek, which beers he recommends... The Ghostfish IPA made the list, but seemingly the best gluten free beer Chris has ever tried is Mutantis' Hop Trifecta IPA. We're sure that before too long Grey Fox beers will be topping our list of favourites.

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Celiac in the News

Submitted by: Val Vaartnou, CCA BC Member.

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

Researchers investigating celiac disease often have a personal connection to the condition

A study presented at Digestive Disease Week (DDW) by researchers from the Harvard Medical School, Beth Israel Deaconess Medical Center and the Boston Children's Hospital found that 14% of researchers surveyed said they had been diagnosed with CD, 34% had a family member with CD and 25% said a member of their research team was diagnosed with CD. The studies included researchers for Type 1 diabetes, CD and inflammatory bowel disease (IBD). Overall, 42% had a personal connection.

For more information:

<https://www.beyondceliac.org/research-news/researchers-often-personal-connection> July 13 2022 by Amy Ratner, Director of Scientific Affairs

Five years after diagnosis, more than half of those diagnosed with CD continue to have symptoms

5 years after diagnosis article: reword first sentence to "a study presented at DDW showed that between 2012 and 2018, half of the 212 biopsy-confirmed CD patients had gastrointestinal symptoms only, 15% had non-gastrointestinal symptoms only and 30% had a combination. 6% had no symptoms. 6% had no symptoms. tTG blood test and biopsies were not significantly associated with being symptomatic or not. Microscopic colitis and irritable bowel syndrome were cited as causes of symptoms as well as a cause of a lack of healing for those who had a follow-up biopsy. This raises the question whether the standard gluten free diet is adequate to stop the immune reaction that occurs in CD.

For more information:

<https://www.beyondceliac.org/research-news/five-years-after-diagnosis-more-than-half-have-symptoms/> August 4 2022

KAN-101 Phase 1 Clinical Trial for treatment of CD had positive results

KAN-101 was found to be safe and tolerated in a Phase 1 clinical trial and has been given Fast Track Designation for treatment of CD. It focuses on restoring immune tolerance to gliadin through natural pathways in the liver. KAN-101 works by delivering a gluten antigen to the liver to educate the immune system to ignore gliadin, the component of gluten that many researchers believe triggers the gluten response in celiac disease patients. The goal of this education process is to create immune tolerance while also leaving the rest of the immune system untouched. KAN-101 reduced T cell responses following a gluten challenge. It also reduced IL-2, a cytokine that is elevated in CD patients following the ingestion of gluten. The phase 2 clinical trial

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will continue in the second half of 2022. The trial is being conducted by Anokion SA, a clinical stage Swiss biotechnology company that focuses on autoimmune diseases.

For more information:

<https://www.businesswire.com/news/home/20220523005182/en/Anokion-Announces-Positive-Data-from-Phase-1-ACeD-Clinical-Trial-Evaluating-KAN-101-as-a-Treatment-for-Celiac-Disease-Presented-in-a-Plenary-Session-at-DDW-2022> May 23 2022

Association of CD and inflammatory bowel disease (IBD)

Swedish researchers reviewed health records of 46,551 CD patients and 83,429 patients with diagnosed IBD. The study found that co-occurrence of the two diseases warrants attention in the initial assessment and follow-up of these conditions. It suggests shared etiology. During the 20-year follow-up of patients, 2.5% of CD patients developed IBD and 1.3% of IBD patients developed CD.

For more information: The American Journal of Gastroenterology: May 25, 2022 - Volume - Issue - 10.14309/ajg.0000000000001834 doi: 10.14309/ajg.0000000000001834 (Abstract)

Black people with biopsy-confirmed CD often have negative blood test results

Black patients are more likely than non-Hispanic whites to have greater Body Mass Index (BMI) and are also more likely to have serology-negative disease. They often have positive tests for anemia and elevated liver function. They may also have low bone density, however, this did not lead to CD testing, nor appropriate follow-up based on testing results.

For more information:

<https://www.beyondceliac.org/research-news/black-people-biopsy-confirmed-negative-blood-test-results> by Amy Ratner, June 23, 2022.

Coronary Artery Disease (CAD) Risk Factors in Celiac Disease Patients

In a Detroit study of 23,441 hospitalizations with CD from 2016 – 2028 18% were found to have coronary artery disease (CAD). Female patients had 55% lesser odds of CAD than male patients. The odds of CAD were 5 times higher in CD patients with hyperlipidemia, 1.2 times higher with hypertension and 2 times higher with type 2 diabetes. Patients with CAD had a higher prevalence of iron deficiency anemia.

For more information: Cureus Open access article - DOI: 10.7759/cureus.26151

Celiac in the News

Submitted by: Val Vaartnou CCA BC Member.

9 Meters Biopharma Announces Interim Analysis of Phase 3 Study of Larazotide for Celiac Disease Does Not Support Trial Continuation

CedLara® (Celiac disease Larazotide), cancelled the Phase 3 trial as it concluded the additional number of patients needed to determine a significant clinical outcome between the placebo and larazotide was too large. They will continue to analyze the data to see if subset of patients could be helped by the drug.

For more information: Read the Press Release -

<https://feeds.issuereirect.com/news-release.html?newsid=4598003219390084>

CD hospitalizations: a challenge in the US

A US national sample of adult patients hospitalized with primary discharge diagnosis of CD between 2007 and 2017 was analyzed. Trend was an increase in hospitalization with the mean age of 57.85 years, however declining age trend. Females account for over 70% of patients who were predominantly white. The mean cost of treatment went from \$26,299 in 2007 to \$49,282 in 2017. In-patient mortality increased 1.3% over the period. The study did not comment on the general increase in hospital costs or lengths of stays, so it is very hard to interpret the data.

For more information: Ann Gastroenterol 2022 Jul-Aug;35(4):383-392.

doi: 10.20524/aog.2022.0724. Epub 2022 Jun 2.

Link between CD and autoimmune thyroid disease

This study looked at the prevalence of Hashimoto's thyroiditis and Graves disease (autoimmune thyroid diseases) and the frequency of association with CD. It is thought that there is a shared genetic background between these diseases. A gluten free diet is found to help all these diseases. Further research is required to develop treatments for patients who have concurrent disorders.

For more information: Ashok T, Patni N, Fatima M, et al. (June 23, 2022) Celiac Disease and Autoimmune Thyroid Disease: The Two Peas in a Pod. Cureus 14(6): e26243.

doi:10.7759/cureus.26243

Gluten induces subtle histological changes in the duodenal mucosa of patients with non-celiac gluten sensitivity (NCGS)

Histological changes in NCGS in the duodenal mucosa are poorly defined. In this study 261 CD patients and 175 NCGS patients were compared with those with normal gastroscopy and histologic findings. It was found that the people with NCGS had villi that were significantly shorter indicating some damage is occurring even in NCGS.

For more information: Nutrients. 2022 Jun 15;14(12):2487. doi: 10.3390/nu14122487.

Impact of CD on Dating

A study in *Digestive Diseases and Sciences* that included researchers Benjamin Lebwohl and Peter Green analyzed

the results of an online study. 86.8% of the respondents were female. 68.4% reported that CD had a major/moderate impact on the dating life. While on dates, approximately 40% were uncomfortable explaining precautions to waiters, and 28% said they engaged in riskier eating behaviors. 7.5% intentionally consumed gluten. 39% were hesitant to kiss their partner. The researchers felt that this was a major impact on dating and intimacy.

For more information:

<https://link.springer.com/article/10.1007/s10620-022-07548-y>

Serum and salivary tissue transglutaminase (tTG IgA) level in celiac patients

This small study of 78 people found that those with CD comparing serum and saliva had higher levels of amylase, as well as IL-6, IL-18, IL-21 and salivary and serum tTG. The study concluded that CD may reduce some salivary enzymes and increase inflammatory cytokines and salivary and serum tTG.

For more information:

<https://bmcgastroenterol.biomedcentral.com/articles/10.1186/s12876-022-02456-x?fbclid=IwAR2KOzbD03QE7b2V0wIRikm-d5b87Uhek2SBbuEEbqWTDz5WLu7p8ujSydY>

BMC Gastroenterology volume 22,

Article number: 375 (2022)

International Symposium – April 2022 – Videos of presenters from Celiac Disease where are the patients and the therapies?

To view videos on-line:

<https://celiacdiseasecenter.columbia.edu/education/international-symposium/>

Links between celiac disease and small intestinal bacterial overgrowth (SIBO): A systematic review and meta-analysis

14 studies, with 742 CD patients and 178 controls were reviewed. Utilizing breath tests, SIBO prevalence in CD patients was 20.8%. SIBO prevalence in CD patients nonresponsive to a gluten free diet (GFD) was not statistically higher as compared with those responsive to GFD. Antibiotic therapy of SIBO-positive CD patients resulted in improvement in gastrointestinal symptoms in 95.6% (95% CI: 78.0-99.9) and normalization of breath tests.

For more information:

<https://pubmed.ncbi.nlm.nih.gov/3573>

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It's gluten free, you won't like it...



My name is Shouka! I'm 20 years old from Vancouver, BC and the first person in my family to be diagnosed with celiac in 2020!

I only knew one person who was gluten free (for health, but not celiac) growing up; my friend in elementary school, and she always ate her own baked goods when I would go to her house. I remember wanting some as well, but the words "It's gluten free, you wouldn't like it" stuck with me, and this was a decade before my celiac diagnosis in 2020.

Naturally, I went my whole life associating the words *gluten free* with something unpleasant and bland. Therefore, finding out I had celiac at age 17 and having to switch to a strict gluten free diet was extremely unappealing to me. I didn't want to let the barriers of celiac disease prevent me from enjoying the delicious treats I have been eating the majority of my life, so I sought out gluten free recipes online, which sparked a hobby for baking! Not only were the words *gluten free* unappealing to me, these words still have a negative connotation among several people in my life. Since, I've tried my best to show the people in my life that gluten free food, especially baked goods aren't actually such a terrible thing!

Baking was once an activity I engaged in out of self-interest but it turned into something I enjoy and want to do for others. The best recipe I ever found was for brownies, everyone who I've made these for has raved about them.

While celiac disease has its various challenges, taste of

Shouka Farrokh,
Contributing Writer CCA BC.

food doesn't need to be one. The pursuit of spreading awareness through tasty food has been rewarding, and a win for me.

THE Brownies

The Recipe is from and fully credited to <https://www.texanerin.com/the-best-gluten-free-brownies/>

I only have some minor tweaks and trust me this is a MUST try.

Ingredients

- 1 cup of 1-1 Gluten Free Flour
- 3/4 cups of cocoa powder
- 1/4 teaspoon salt
- 3/4 cup + 2 tablespoons of avocado oil
- 1 1/2 cups of white sugar 1 table spoon of vanilla extract
- 3 eggs

Optional: You can add nuts and chocolate chips.

Directions:

1. Preheat the oven to 350 °F (175 °C) and line an 8"×8" (20cm×20cm) pan with parchment paper.
2. In a mixing bowl, stir together the dry ingredients: flour, cocoa powder, and salt
3. In another large mixing bowl, stir together the, oil, sugar and vanilla extract. Once combined, add the eggs one at a time, and stir just until combined.
4. Add the dry mixture to the wet and stir just until almost no streaks of flour remain.
5. Pour the batter into the prepared pan
6. Let cool completely and then cover and store at room temperature for up to 4 days. You can also refrigerate them to give them a fudgier texture.



Rosemary Gin Cocktail

- 2 Oz. Gin
- 3-4 Slices of Fresh Orange
- 2 Sprigs of Rosemary
- 1 Oz. Simple syrup
- Top it off Seltzer

Celiac in the Kitchen



Gluten free Irish Soda Bread

Courtesy of Elana's Pantry, <https://elanaspantry.com/gluten-free-irish-soda-bread/>

Ingredients:

- 2 ¾ cups blanched almond flour (not meal)
- ¼ tsp Celtic sea salt
- 1 ½ tsp baking soda
- ½ cup raisins
- 2 large eggs
- 2 tbsp honey
- 2 tbsp of apple cider vinegar
- 1 pinch of caraway seeds

Directions:

1. In a large bowl combine almond flour, salt, baking soda, and raisins
2. In a small bowl combine eggs, honey, and apple cider vinegar
3. Mix wet ingredients into dry
4. Place dough on a parchment paper lined baking sheet
5. Form into a large flat circle around 8-inches across and 1½-inches tall
6. Using a serrated knife, score top of dough ½ inch deep, in shape of a cross
7. Sprinkle top of bread with caraway seeds
8. Bake at 350 degrees F for 20 minutes, then turn off oven and leave bread in for 10 minutes
9. Cool for 1 hour and serve



Pumpkin Mousse

Courtesy of ATCO Blue Flame Kitchen:

<https://www.atcoblueflamekitchen.com/en-ca/recipes-menus/recipes/pumpkin-mousse.html>

Ingredients:

- 1 can (14 oz/398 mL) canned pure pumpkin
- ¾ cup packed golden brown sugar
- 1 ½ tsp grated orange peel
- 1 tsp brandy or orange juice
- 1 ½ tsp cinnamon
- ¼ tsp ground cloves
- ¼ tsp ground ginger
- ¼ tsp nutmeg
- 2 cups whipping cream
- ¼ cup icing sugar
- Candied Pecans (see below)

Directions:

1. Combine pumpkin, brown sugar, orange peel, brandy, cinnamon, cloves, ginger and nutmeg in a bowl; stir until sugar dissolves.
2. Using medium speed of an electric mixer, beat together whipping cream and icing sugar until stiff. Fold whipped cream into pumpkin mixture.
3. Spoon into a serving bowl or individual serving dishes. Cover and refrigerate for at least 2 hours or up to 8 hours. Garnish with Candied Pecans.

Candied Pecans

- 1 tbsp salted butter
- 2 tbsp packed golden- brown sugar
- 1 ½ tsp white corn syrup
- ¾ cup pecan halves

Yield: Makes about 1 cup.

Directions:

1. In a medium frypan, melt together butter, brown sugar and corn syrup.
2. Cook and stir over medium heat for 2 minutes.
3. Stir in pecan halves. Cook, stirring constantly until pecans are slightly darker and fragrant, about 5 minutes.
4. Spread in a single layer in a jelly-roll pan lined with greased foil.
5. Cool; break into pieces.





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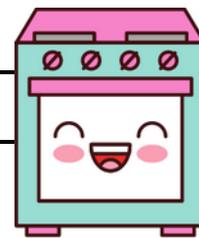


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Celiac in the Kitchen



SWEET POTATO RAVIOLI IN CREAMY SPINACH SAUCE

Ingredients:

- 1 Onion cut in 8 pieces
- 2 Garlic cloves, finely chopped
- 280 g spinach leaves, coarsely chopped
- 4.5 cups of milk (for plant-based milk, buy unsweetened, unflavored options)
- 100 g butter
- 100 g sweet rice flour (glutinous rice flour)
- Salt and black pepper to taste
- 120 g Parmesan cheese
- 2 bags of Quesava Sweet Potato Ravioli (235 g each bag)

Directions:

1. Prep the vegetables
2. Put the onions inside the milk and heat up, without letting it boil. Cook the onions in the milk until they are soft. Strain the milk
3. In another pot, melt the butter and fry the chopped garlic at medium-low heat.
4. Add the sweet rice flour to the butter and stir well.
5. Once the flour is well mixed, add the strained milk, bit by bit mixing it well with a whisk.
6. TIP: if the rice flour gets a bit lumpy, you can use a hand mixer to make it smooth.
7. Add the chopped spinach to the bechamel sauce and cook it until soft.
8. Cook Quesava Sweet Potato Ravioli for 6 minutes in lightly salted boiling water. Strain the ravioli.
9. Turn oven on broil at 500°F
10. In a baking dish, set a layer of spinach sauce, add the ravioli, add another layer of sauce. Sprinkle the parmesan on top.
11. Place dish in the oven on the top shelf, let cheese get golden and crispy – about 6 to 8 minutes depending on the oven.
12. Serve and enjoy.



Zucchini Coconut Cookies (chewy!) *This recipe was found online, "Theresa Creates" on her blog dated Tuesday, September 14, 2021. The link is no longer available.*

Ingredients:

- 1/2 cup butter, at room temperature
- 1/2 cup brown sugar
- 1/2 cup dehydrated cane sugar
- ½ teaspoon vanilla
- 2 large eggs at room temperature
- 3 cups (300 gm) gluten free oat flour (cold)
- ¾ teaspoon baking soda

Directions:

1. Weigh out the flour, or spoon it into a measuring cup. Never scoop oat flour out of the package with a measuring cup. It will compact, and you will get more flour than you need.
2. Preheat oven to 375° F, and line 2 cookie sheets with parchment paper.
3. Cream together the butter and sugar. Scrape down the sides of the mixing bowl.
4. Add the eggs and vanilla extract and beat on high for 2 minutes. Scrape down the sides of the mixing bowl.
5. Add the cold oat flour and baking soda, and mix on low speed until well blended.
6. Stir in the shredded zucchini, pecans, and coconut.
7. Drop heaping tablespoons of cookie dough onto the prepared cookie sheets, leaving a couple inches of space between cookies.
8. Bake for 12 minutes, or until lightly brown around the bottom—do not over-bake. Oat flour doesn't brown as much as wheat flour.
9. Cool on a wire rack and then store in an airtight container. They freeze well.



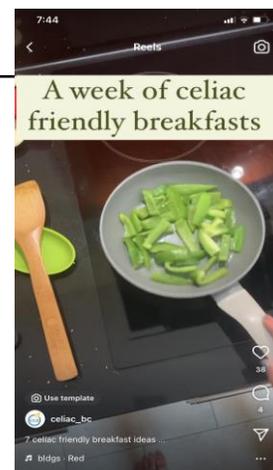
- 1 cup shredded zucchini (do not pack)
- 1/2 cup chopped pecans
- 1/2 cup unsweetened medium shred coconut

Social Media Recap

Submitted by Lia Fairbairn and Sasha Dobisz, CCA Board Directors.

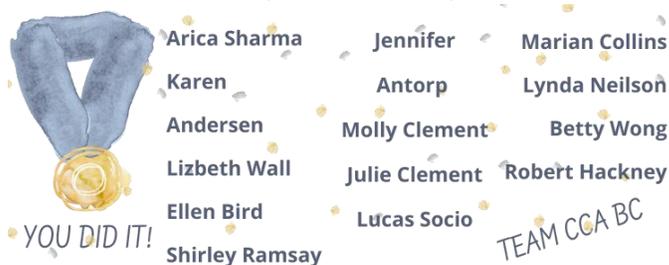
Following a busy Celiac Awareness Month in May, our social media channels have been a little quieter over the summer months. One of our biggest events was the Vancouver Half Marathon, which was completed virtually. Another event we were excited to promote was the bread making class with Marilyn Wells on June 21st. She walked us through how to bake gluten free bread, and shared some of her top tips for bagels, buns, and bread. We hope to see you in her upcoming virtual baking class this fall! June also saw us bring back our long-awaited Dine-Out events, so our social media featured lots of pictures from the night at Gracie's Next Door.

Over on Instagram Reels, we shared seven different ideas for celiac-friendly breakfasts. Check it out for weekend brunch or back to school inspiration, we also shared essentials for when you get 'glutened'. We look forward to more events and activities in the fall, and creating more social media content for all our followers. Stay tuned!



Vancouver Half Marathon – Thank you!

We had another successful year of fundraising with the Vancouver Marathon this year thanks to the runners, donors and sponsors. Our top four runners raised \$3,563.57 and thanks to the rest of the CCA BC Team we raised a total of \$4778.89! A special thank you to Promise for your generous coupon prizes.



Pictured:
Karen Andersen & Jennifer Antorp for Team CCA BC



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FROM BREAKFAST TO DINNER



Earthlings Bakery

Our President, Julie Clement, sat down with Chae Kim, Owner and Founder of Earthling Bakery and Foods, for a Q & A with this relative newcomer to the gluten free market based in Port Coquitlam.

What is your work background?

I was a home baker, my work background is actually not related to anything culinary/pastries. I had taken baking classes in Korea before, which were very helpful and motivating. Before I opened up my business, I was working part time and studying at UBC in environmental resource management. My brother was working a corporate job, having put aside his passion for the culinary arts. He quit his job when the pandemic hit, and worked on this business full-time with me.



What prompted you to start your gluten free business?

My interest in baking with rice flour and other wheat-free ingredients started from going to one bakery in Korea that had the most amazing desserts that were entirely gluten free. In Korea, there are lots of bakeries that do not use wheat flour and use rice flour instead, because so many people have sensitivities to wheat. There, not a lot of people are diagnosed celiac, but they live their entire lives not knowing they might be allergic or have sensitivities to gluten because the disease is not as well known as it is in North America. We opened our bakery in July 2021, after working at a commissary kitchen for almost a year since the pandemic. My brother who had more experience than I did at a kitchen having a culinary background, actually quit his corporate job at the time and worked full-time. In July of 2020 we hand-delivered our pastries to people's homes during lockdown, then to local cafes, then to local stores and groceries. A year later we were able to move into our own space in Port Coquitlam.

Do you have celiac staff on your team?

Our team is very small - just five people. We used to have a celiac member on our team, but now none of us actually are - some of us are vegan, some of us have sensitivities.

Where are your products produced? Is the facility dedicated gluten free?

If you were starting over, would you do things differently? Is there any help or support that you wish had been available?

Since my brother and I are still young entrepreneurs, it would have been helpful to learn more about grants and what was available to us out there. We missed many deadlines because we thought we were ineligible as a business that started during the pandemic while many other businesses were able to take advantage of them. We only recently found out about the BuyBC grant and we missed the deadline for this year but we were approved to use the logo, as most of our ingredients are locally produced in BC (eggs, cream, etc). We are hoping to apply for it in the next intake.

Earthling Foods can be found on Seaborne Avenue, behind Canadian Tire, in Port Coquitlam, with their products available in T&T and H-Mart across the province and in many cafes and other stores around the Lower Mainland.

Our bakery is dedicated gluten free, and we have a big sign outside the door that says no gluten allowed in the facility :) We also work closely with our suppliers to make sure the ingredients are free from cross-contamination.

What is your bakery known for?

Our specialty is the dacquoise - a nut-meringue & buttercream French pastry that is traditionally made with wheat flour and nut flour, it could be hazelnuts/almonds/pistachios/ etc. We use almond flour, substitute the wheat for rice flour, and increase the percentage of almond flour so it is more protein rich and more flavourful. The texture is slightly crispy on the outside and very soft and melt-in-your-mouth on the inside. We make all of the buttercreams with in-house ingredients - including our own jams/purees, using no artificial colours or flavours.



What have been the main challenges you have faced?

Currently the most challenging thing is keeping up with production as, like many other businesses, we are short-staffed; as well as making sure ingredient cost is stable during these very unstable times! For example, the price of our gluten free oats has almost doubled since the beginning of the year. It is a continuous learning process of balancing cost, labour, and at the same time maintaining quality of our goods and business relationships.

How did you adapt during the pandemic?

We actually started during the pandemic - we saw it as an opportunity rather than a challenge. We began with e-commerce, delivering to peoples' homes during the lockdown. Our pastries' reputation spread through word of mouth and eventually became noticed by local cafes, which prompted us to focus on wholesale and collaborating with other local businesses, event companies, and farmers' markets!

Unit #2150 - 950 Seaborne Avenue
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*Lee Kum Kee calculation based in part on data reported by Nielsen through its MarketTrack Service for the Oyster Sauce category (branded only), Sesame Oil category (branded only) and Hoisin Sauce category (branded only) for the 52-week period ending Feb 1 2020, for the Total Canada excl NFLD, Grocery+Mass+Drug, according to the Nielsen standard product hierarchy. Copyright © 2020, The Nielsen Company.

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My favourite GF places to eat!



Matthew Vyas, Contributing Writer CCA BC.

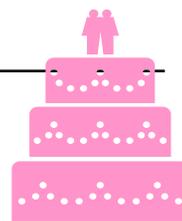
Hi there! It is great to be writing again. Today I'm going to be talking about my favourite gluten free restaurants and bakeries.

One of my favourites that does gluten free options is the **De Dutch Pannekoek (pancake) House**. They always try their best to make it gluten free. They make yummy hash and eggs with cheese and ham. I always get the same thing, and it is definitely my favourite brunch restaurant to go to.

I also enjoy visiting gluten free bakeries. My favourite is **Lemonade**. It has lots of yummy baked goods and bread. You're probably thinking that this bakery would be strange if it didn't have Lemonade. But luckily it does! You can get one glass for 3 dollars.

Another great place is **Green Lettuce**. It is a restaurant with Indian and Chinese food. If you ask them for something that looks appealing to you on the menu, then most of the time they can make it gluten free. They have Noodles, Butter Chicken, Beef and Broccoli, and many another delicious options that can be made gluten free.

And last but not least, there is **Eve Olive** which is actually a restaurant on Vancouver Island in Nanaimo. If you are ever passing through with hunger, then stop at this tasty place. They are a vegan/gluten free place and most of their meals can be made without gluten. I always get the Alfredo and Fries. I was just there on vacation. It was delicious.



Hopefully you got some good advice on what restaurants to check out. See you next time!

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About Namaste

Submitted by: Namaste Foods

A friend of the original owner, Daphne Taylor, had a six-year-old son with multiple food allergies. He had never been able to have any kind of baked treat. Daphne is an amazing cook, so her friend asked her if she could make him brownies that he could eat safely. So that's where our first product came from. Once she started working on it and researching, she learned how many people were affected by food allergies and decided she wanted to help. Daphne is all about family, friends and food and dearly loves to feed people.

This business started by sending samples to support groups like the CCA BC and asking them to request the products at their local stores. It was a very grassroots marketing approach (and the only way we could afford to do it!). So, of course, support groups will always be near and dear to our hearts, as we always have gotten such great feedback and input back from them over the years.

Daphne sold the business in April 2021, though it is still a family owned and run company. Just a different family! We still strive to do our best for the people who brought us here.

Namaste products are free from wheat, dairy, peanuts, tree nuts, egg, soy, fish, sesame, are kosher and offer a host of certified GF products – all produced in a dedicated GF and allergen free factory! Learn more about the Namaste story here:

<https://namastefoods.com/pages/about>



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Greek Pizza

1-14" pizza crust using Namaste Foods Pizza Crust Mix

2 medium garlic cloves, minced

2 Tbsp. fresh parsley, minced

6 Tbsp. olive oil, divided

1/2 cup mozzarella cheese, shredded

4 Tbsp. shredded parmesan cheese, divided

1/2 cup sun-dried tomatoes, chopped

1 cup fresh baby spinach leaves, chopped

1/2 tsp. dry basil leaves

1/2 cup Kalamata or black olives, sliced

14 oz. can quartered artichoke hearts, drained

Make crispy pizza crust as directed on Pizza Crust package; bake additional 5-7 minutes after flipping. Place on wire rack while adding toppings.

In a small bowl, combine garlic, parsley and 4 tbsp. olive oil. Spread evenly over pizza crust. Sprinkle with mozzarella and 2 tbsp. parmesan cheese.

Toss artichokes, sun-dried tomatoes, spinach, olives and basil with remaining 2 tbsp. olive oil. Season with salt and pepper to taste.

Arrange the mixture on top of the cheese.

Sprinkle remaining parmesan on top.

Bake additional 10-15 minutes. Slice and serve hot.

Enjoy!



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Travelling the UK as a Celiac

Submitted by Lia Fairbairn, CCA BC Board Director.

My trip to the UK started off with a nine hour flight in which my airline neglected to provide the gluten free meal I had asked for. However, it was only uphill from there!

The UK was a celiac (or coeliac) paradise! I found the general awareness of celiac disease to be much higher than in Canada - I don't think I spoke to a single restaurant staff member who didn't know what celiac disease was. I also found that many restaurants were willing to tell me if they thought the risk of cross contamination was too great, and that I would be better looking elsewhere. I much prefer this transparency!

If you're a fan of baking, I highly recommend checking out the Dove brand gluten free flour blends, which helped me in creating my best GF loaf yet. Also widely available is gluten free ready-to-roll puff pastry, which I used for both sweet and savoury treats.

Supermarkets are generally excellently stocked for celiacs. I took an eight day hike in the Scottish highlands in July, and I was convinced that I would be stuck eating my granola bars and crumbling sandwiches for the whole trip. Amazingly, almost all of the towns that we passed through had a restaurant or pub which featured a gluten free menu. And even the tiniest grocery stores had a 'free from' section!

Advice for travellers:

- The Find Me GF app is super handy, especially if you're leaving the UK at any point on your travels.
- The Coeliac UK Society has its own app, which can be a little out of date but does tell you which restaurants have CoeliacUK approval. The app is called GF on the Go.
- Many chain restaurants have great reviews with celiacs, some of these include Wagamama, Pho, Bella Maria, as well as the ones listed below. They are well versed in dietary requirements and are willing to bring out an entire allergens binder if you have any questions.
- Look for the *Free From* aisle in supermarkets! Not all will have a labelled aisle, but the majority do have a section of the store which stocks all the GF, dairy free, vegan, and allergen friendly items. This is where to go if you want to find GF garlic baguettes, Jaffa cakes, custard creams, and so much more.



free, vegan, and allergen friendly items. This is where to go if you want to find GF garlic baguettes, Jaffa cakes, custard creams, and so much more.

- Don't trust your favourite brands! Due to different manufacturing procedures, products that are celiac safe in Canada (Oatly oat milk, Cadbury dairy milk chocolate, etc.) are not safe in the UK. Luckily, reading labels in the UK is a little easier than in Canada, as allergens are labelled in bold.

Standout Moments:

Pieminster (locations around the UK)

If you're wanting a heavy Sunday lunch, this is the place to go! There aren't a ton of gluten free pie options but mine was delicious and tasted just like the real thing. You can also order yours with all the classic toppings, including gravy,



mash, mushy peas, etc. Domino's Pizza (locations around the UK) I was shocked to discover that UK Domino's is accredited by the Coeliac UK society. It was incredible to order a takeaway pizza and have it arrive in the classic Domino's box - I felt normal for a second! Domino's in the UK follows strict procedures to ensure that the gluten free pizzas are free from cross contamination. Please note that this is not in the case for Domino's in Canada, and you should exercise caution if you want to try eating there.

Pizza Express (locations around the UK)

A childhood favourite that takes allergies and dietary requirements seriously! I've visited Pizza Express with vegans, people with nut allergies, and never had a problem. Gluten free pizzas are served on a distinct black board to ensure that you feel safe knowing it is gluten free. One of their classic items, the dough balls, are also available gluten free, as is most of the menu.

Please be aware the pizza in the picture is from the children's menu, and that is why it is so small!

Gluten Free Fish and Chips (Seabreeze



in Redcar, The Real Food Cafe in Tyndrum, Neptune's in Sheffield, etc.) I was happily surprised by the abundance of fish and chip shops which have a dedicated gluten free fryer and gluten free batter. Do your research though, as many only use their gluten free fryers on the less busy nights, or you have to call your order in an hour before you want to pick up.

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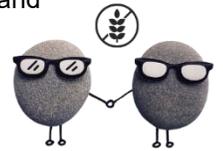
My Celiac Story

Submitted by: Stephanie Lane, Contributing Writer CCA BC.

I was diagnosed when I was ten years old, and over the seven years since I have learned a lot and grown to adapt my life around celiac disease. It doesn't stop me from doing "normal teenager things." Even then, I still have difficulties with my limitations sometimes.

When I was younger, I used to cheat on my gluten free diet all the time. I would eat cookies or other foods I missed from before I was diagnosed. I always felt horrible afterward, and I stopped doing that pretty quickly. I found gluten free versions of my favourite snacks so I didn't have to "cheat" anymore. When I was spending time with friends or going to birthday parties, I would bring snacks or cake along with me. This helped me a lot because I was a picky eater as a kid so my mom could be sure I was eating enough and eating foods I liked.

These days, I've been very lucky to find great, supportive friends who understand what it means to be celiac, and always make sure I am safe. I don't have to bring my own food whenever we hang out anymore. They go out of their way to provide food for me, which is so kind of them. I never feel pressured to cheat, in fact it's quite the opposite now. My friends are always looking out for me and often ask me "are you sure that's gluten free" when I eat anything. Whenever I go out with friends, I am always aware of what food options are available to me. For example, at the mall I can have poutine or some rice paper wraps, I can have popcorn at the movies, and for other things I'm always sure to ask. Eating out for dinner with friends, I usually am told where we are going so that I can figure things out, or they ask me to suggest a place where I know I have options. I do feel a little sad if my friends order an appetizer that I can't eat, or a dish that looks super good. It doesn't hurt just to smell things sometimes.

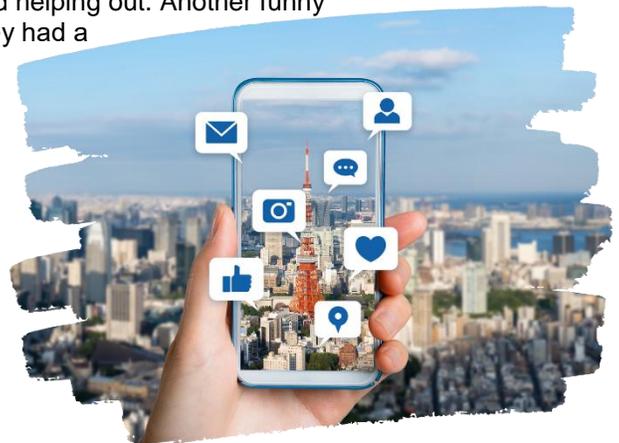


One of the most difficult things for me to do as a celiac is travelling. I love to travel and so does my family, but sometimes finding places to eat is a bit difficult. Eating out every night, there's always a risk of having a reaction, and it can get expensive. We try to get a hotel or Airbnb with a kitchen so we can make a couple meals if we need it, but sometimes that isn't an option. I recently went on a trip to London with my family, including my dad and grandma, who also have celiac disease. Before leaving, we did a bit of research to find places to eat. Finding something on the spot can be a bit stressful, but we always manage to find something, and most of the time it is safe.

It's also difficult for me when I have reactions, even a crumb of gluten will affect me a lot. My reactions happen very quickly. I won't go into details, but they're very unpleasant for me and the people who have to witness them. The effects after the initial reaction are also hard to deal with. I feel horrible for a few days. My iron levels drop, making me feel weak and tired. Along with that, my anxiety worsens and I am not always comfortable eating out for a while after a reaction. I pride myself however, because I have only had a handful of reactions since my diagnosis.

What has helped me a lot with my journey, which may be unique to me being a teenager, is social media. I have been exposed to so many new recipes on apps like Instagram and TikTok which are always exciting to try out. I have also come across multiple creators with celiac disease who provide advice according to their experiences. I even discovered a creator who was recently diagnosed, and it was super cool to see all the celiacs supporting her and helping out. Another funny thing I found is that many other people use the term "glutened" to say they had a reaction or were exposed to gluten. I wasn't sure anybody else did that outside of my family.

Finally, I'd like to talk about the thing that has helped me the most through my journey, which is my family. As more and more of my family members are diagnosed, we become a lot closer because of our shared disease. I love how we can all recommend certain products we enjoy or recipes to each other. It's reassuring to me that I am not alone, and have lots of people willing to help me out and support me as I navigate my life with celiac disease.



Neighbourhood Spotlight: East Van

Submitted by: Arica Sharma, CCA BC Director.

The North Hastings Sunrise neighbourhood has lots to offer for those staying gluten free. With a number of restaurants and cafés, this is a great area to take a walk-through and get your hands on some locally designed art, crafts, vintage/ antique furniture, and fashion. Some of my favourite restaurants/ shops on this stretch of East Hastings are Pho Win Vietnamese Restaurant, Mr. Red Café, Indian Chef's Kitchen & Bar (avoid deep fried + tandoori items), Miyako Sushi (ask for real crab and GF soya sauce, avoid tempura), Donald's Market, Thailicious, Bai Bua Thai Cuisine, Roundel Café, Bad Apple Vegan Restaurant & Bar and Di Oliva Tasting Bar. These places understand gluten free, so drop by and let them know that's what you're looking for! If you can call ahead, this will ensure the staff and kitchen is ready for you. **Always communicate the seriousness of your dietary restrictions to restaurant staff! I make sure to mention it every time, and it's OK to say no and walk away.**



My favorite specialty shop in this area is Bianca Maria Foods, which has been family owned and operated for nearly 60 years! They offer a large variety of unique gluten free packaged products, as well as specialty cooking supplies that are high in quality and naturally gluten free.

When did you start carrying gf and why?

We don't remember when we started carrying gluten free pasta, it was only one type and thought we would try it. We still carry the exact brand with which we started but other brands have really been more popular ever since we expanded our selection. The first one was only made of corn and its taste is really distinguished from regular pasta. Other brands taste so much closer to the real thing with the different ingredients now used. We continued to purchase gluten free pasta because of DEMAND from our customers. More and more people have walked into our shop asking for these types of products.

Italy is a world leader in celiac disease research and takes gluten free labelling very seriously. How do you decide which of the many available products to import?

We import products that have a long time tradition and history. We also take customer feedback and what they come back for. They tell us they love the taste/product and they want to get some more. We also try the products ourselves because we have family members who eat gluten free and we can see that some brands are actually really good or better than others.

What gluten free ready-to-eat items are available at your shop?

We do not make our own pasta in house, but we do have some ready-to-eat items (not always available, please call ahead): risotto, polenta, arancini, salads, gluten free pasta salads, and panini with gluten free bread.

We also do charcuterie and meat/cheese platters and other catering...gluten free upon request (please mention celiac). For example, when we do panini for large numbers, there is always someone with gluten free request, and we can accommodate that.

Can catering be ordered in gluten free?

Catering can also be gluten free upon request (again, mention you are celiac) like risotto; gluten free pasta dishes; sandwiches....

In addition to the many different variety of packed pastas, cookies, biscuits, spreads, chocolates and other sweet treats, you offer an excellent selection of high-quality cooking items which are naturally free of gluten. What are the top 5 gluten free cooking items every kitchen should have for successful Italian cooking?

Our top 5 items for gluten free cooking would be: a good olive oil, San Marzano Tomatoes, balsamic vinegar from Modena, Parmigiano Reggiano and Arborio Rice.

Are gluten free gift baskets available for pre-order?

We provide gift baskets if preordered. Gluten free baskets are for sure available because we have other items that are also available, other than pasta.

Contact: 604-253-9626, biancamariaitalianfoods@gmail.com.



WHAT IS THE THRESHOLD FOR GLUTEN CONSUMPTION?

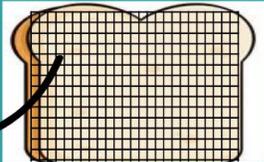


A study found that 10 milligrams of gluten per day was the threshold for damage to the small intestine in adults with celiac disease.

10 mg gluten per day

How Much Is 10 Milligrams?

A 350th piece of bread



Keep in mind that 10 mg is the total limit for all foods combined for the entire day.

Just a crumb!

Like a pen-point of flour



What Is Considered Gluten-Free?

The Food and Drug Administration considers a food to be gluten-free if it contains less than 20 parts per million (ppm) of gluten.

20 ppm = 0.002%
20 ppm = 20 mg/kg

<20 ppm of gluten



A 1 oz slice of gluten-free bread would contain 0.57 mg of gluten.

You would have to consume 17.5 slices of gluten-free bread to reach 10 mg.

Compiled by Kristina Molo, MEd, RDN, LDN
Sources:

Cassari G, Fabiani E, Incroci S, D'Agate C, Francavilla R, Biagi F, Volta U, Accomando G, Picarelli A, De Vito I, Pierelli A, Gaszta R, Celis F, Mendocini A, Bevilacqua A. A prospective, gluten-blind, placebo-controlled trial to establish a safe gluten threshold for patients with celiac disease. *Am J Clin Nutr*. 2007;85(1):149-54. <https://www.ncbi.nlm.nih.gov/pubmed/17289044>

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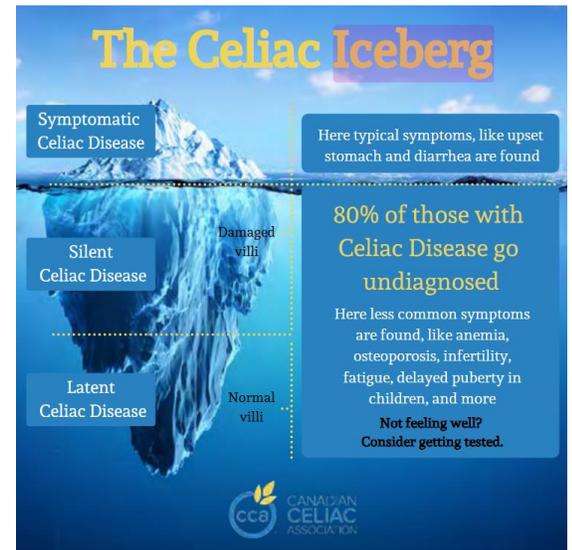
Do not cheat on the gluten free diet!

Submitted by: Arica Sharma, CCA BC Director.

When a celiac patient “cheats” on their gluten free diet, it means they are intentionally ingesting gluten containing food/ drink, or engaging in what can be considered high-risk behavior. What is high-risk behavior for a celiac? When dining out, accepting the “gluten free” or “gluten friendly” claim on a menu without asking questions can be considered high-risk. Drinking gluten-reduced beer is unsafe for a celiac. Did you ask if there is a separate gluten prep station for your GF food? Is the same oven being used to bake your pizza? Did the server say “The oven gets hot, like over 400F so it should kill the gluten.” and you said, “OK, I’ll have a pepperoni pizza, thank you!”? Gluten is a particle, not a bacteria, so heat cannot “kill” it. 20 parts per million is all it takes to set off an auto immune reaction for a celiac, which leads to intestinal villi damage. So keep this infographic in mind when you think about cheating on your GF diet! Read more here: <https://nationalceliac.org/ceciac-disease-questions/understanding-gluten-levels/>

So, other than intestinal damage, what is wrong with a cheat day here or there? Intestinal damage is the beginning, “When your villi are injured, your small intestine can’t properly absorb nutrients from food. Eventually, this can lead to malnourishment, as well as loss of bone density, miscarriage, infertility or even neurological diseases or certain cancers.” <https://www.webmd.com/digestive-disorders/ceciac-disease/ceciac-disease> And that is just the short list!

There is a good reason why celiac disease is more commonly being seen as the “iceberg” disease. It isn’t as simple as a tummy ache, and many people don’t experience any symptoms at all such as in the case of those with latent celiac disease. Patients who don’t have symptoms are more likely to cheat, which means they are setting themselves up for some heavy health issues... “According to recent research, people who [develop the symptomatic celiac disease later in life](#) are twice as likely to have other autoimmune



disorders compared to those who develop symptoms in early childhood (34% vs 16.8%, respectively). The most common of these include autoimmune thyroid disease, dermatitis herpetiformis, lymphocytic colitis, gluten ataxia, and autoimmune anemia.” Read more here: <https://www.verywellhealth.com/what-is-latent-ceciac-disease-562742>

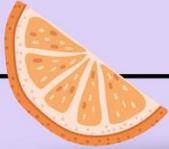
So, if you’re still feeling tempted, what else can be said to deter you? You may be lucky enough to have friends and family that are supporting you when you get sick. They are there for you, hunting down recipes, vetting restaurants, buying expensive GF food for you, and maybe even bleaching out their kitchens so they can cook a meal for you safely. The workplace can become a place of judgement when your colleagues see you playing fast and loose with your gluten free needs. When you make the choice to be lax with your GF diet, you show the people around you that they don’t need to take celiac disease seriously! Ultimately, you are cheating yourself when you cheat with gluten, and you’re worth more than a cookie (or whatever it is that still tempts you)!

The Celiac Iceberg Image source: <https://www.celiac.ca/wp-content/uploads/2021/05/2020-Canadian-Celiac-Fall-Magazine.pdf>



Ask Jess: Nutrition Corner

Jess Pirnak is a Registered Dietitian and volunteers her time to answer your questions. She is available for a 1-on-1, 30 min discussion, which is free for members. She can be contacted at: nutrition@bcceliac.ca



SNACK IDEAS



Now that September is upon us, whether we're packing snacks for ourselves or our kids, it doesn't hurt to have a little refresher on what makes a good snack.

And just a heads-up some of these snacks need a little extra time to prep, but I promise you it's worth the effort.

Enjoy!

The secret to a good snack is protein & fiber – both fill you up and keep you energized until your next meal. To help get you sorted for back to school, here are ten ideas that are plant-based, nutritious and totally nut-free, in case you're packing for a nut free environment.

- Coconut yogurt (Maison Riviera Coconut Milk Vegan Delight) with fruit and pumpkin seeds
- Chia seed pudding with fruit
- Hemp hummus with raw veggies
- Bean dip (like Amy's Refried Beans) with veggies
- Roasted chickpeas (The Good Bean)
- Edamame
- Homemade power/ protein balls
- Gluten-free bars (Hornby or Lara) with fruit
- Trail mix (golden berries instead of raisins, seeds, chocolate chips)
- Low-salt popcorn/air popped popcorn with nutritional yeast



My favourite grocers for GF food: Choices Markets, Whole Foods, or Nature's Path