

# Canadian CELIAC

*Sky's the limit,  
don't let having  
celiac disease  
hold you back*



**PLUS**

**What is the celiac iceberg?**

**Dear Dietitian**

**Is there is a link between CD and Type 1 Diabetes?**

**In Loving Memory of David Congram**

**Delicious recipes and more!**

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# Canadian CELIAC

A MAGAZINE FOR CANADIANS WITH  
CELIAC DISEASE AND GLUTEN SENSITIVITY

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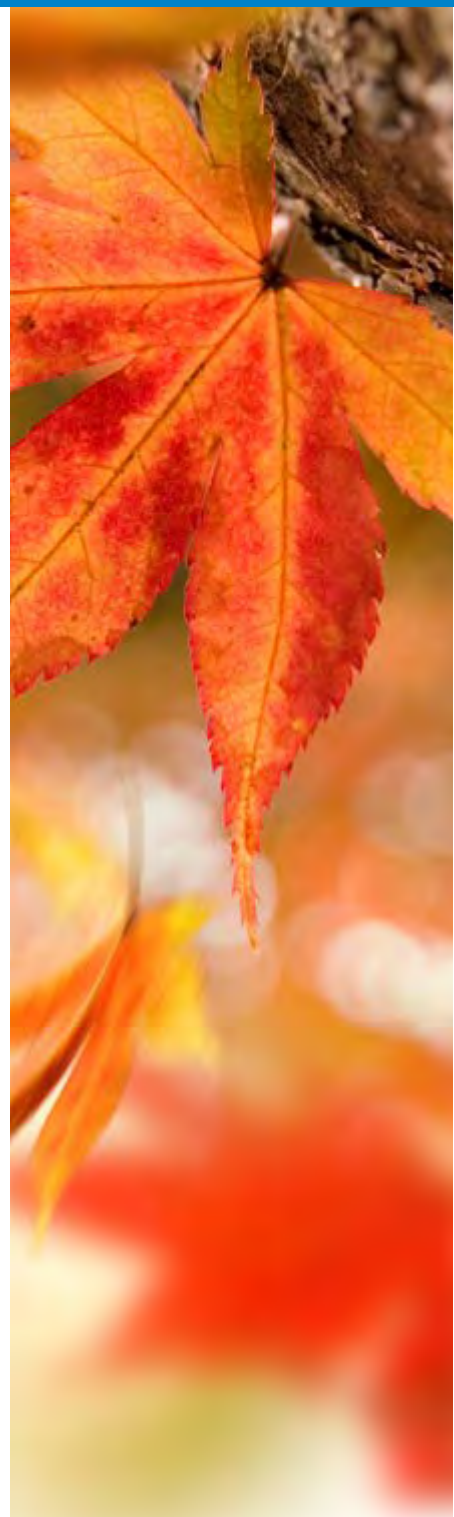
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# A magazine for Canadians with celiac disease and gluten sensitivity



## FALL 2021

NICK PELLETIER .....	<b>5</b>
ADVOCACY EFFORTS.....	<b>10</b>
SELF-CARE 101.....	<b>14</b>
DEAR DIETITIAN.....	<b>15</b>
TYPE I DIABETES AND CELIAC DISEASE LINK?.....	<b>18</b>
IN MEMORIAM.....	<b>20</b>
GLUTEN FREE AND BUDGET FRIENDLY!.....	<b>22</b>
SCOTIABANK CHARITY CHALLENGE.....	<b>26</b>
THE CELIAC ICEBERG.....	<b>29</b>
OGGI – PARTNER PROGRAM FEATURE.....	<b>31</b>
10 THINGS I WISH I KNEW.....	<b>32</b>
GROWING UP CELIAC.....	<b>33</b>
RESEARCH UPDATES.....	<b>38</b>
QUIZ.....	<b>41</b>
RECIPES.....	<b>42</b>



# From the editor's desk

**Talk your talk. Walk your walk. The CCA is here for you.**

## **#Itsnotpretend**

Courage. Strength. Resiliency. These are words that come to my mind when I think of people living with celiac disease. Watching my daughter, my husband and my mother navigate this disease with grace and confidence makes me so proud. As a parent, I went through all the stages of grief watching my daughter sick and then become diagnosed. At first, being an RD, I felt the pressure to know it all. To be the expert. I did not allow myself to be 'the mother.' Because of this, I felt alone. What I didn't know at the time, is that I didn't have to feel alone. I was surrounded by thousands of Canadians who have gone through this experience in their own way. Then, of course, there was the CCA. As an RD, I had accessed CCA resources often and looked towards the CCA as the expert in all things celiac. Since joining the CCA team, I have learned even more about our wonderful community and how the CCA spends its time and energy in ensuring that all feel included and supported. Here, our outward work includes education based on evidence-based information, science, and collaborations with Health Canada and the CFIA. Then we do more quiet work. The phone calls to



individuals that are struggling with their diagnosis or symptoms, the emails we answer that are sent in the middle of the night from parents just like me searching for answers to help their child. This work is so important. This is the CCA and this is why I am so proud to be a part of this team. This year, like many others, we are focusing on empowerment. I see empowerment in my daughter's eyes and in her actions. I see it in my husband and mother. They are equipped with knowledge that has given them the ability to talk their talk and walk their walk. Here at the CCA, we are working tirelessly to achieve our goals that we

have strategically mapped out to accomplish, and we will not stop now. Tell your friends. Tell your co-workers, share the CCA with your family. Spread the word. Be the voice. The CCA is here for you.

Thank you to our donors, we are very proud to be providing high quality content for our readers. By supporting the CCA's research, advocacy, and education efforts, you're making a real difference to those living with this life-changing, autoimmune disease.

Nicole Byrom, RD ◆

## NICK PELLETIER

*“If I can shift someone’s perspective 1% for what they believe is possible in their own life, then I will consider myself as having fulfilled my purpose.”*

Meet Nick Pelletier. Nick is an ultraendurance athlete, and extreme adventurer. Nick also has celiac disease, but has never let having celiac disease hold him back from achieving his dreams.

### **Tell us about your diagnosis journey.**

I was diagnosed with celiac disease when I was 5 years old. I ate all the normal foods as a kid, but was experiencing weight loss, bloating, and frequent spells of being sick. We tested a bunch of different diets to try and rule out certain allergies, but ultimately did a biopsy and concluded that I had celiac disease. I had to change my diet immediately, and once I did, I started to feel much better and gain weight like I was supposed to. No one else in my family has CD, although many of the meals in our house were

catered to my needs, or a separate meal would be made just for me.

### **Who was your role model/mentor growing up?**

The biggest role models in my life have been my parents. They instilled in me my morals, as well as set a good example as far as what to do to live a healthy lifestyle. Other mentors and role models included my high school baseball coach, Miki Kawahara. From him, I learned the standard of work ethic and dedication that was needed to be successful in any pursuit.

Another one of my coaches, Luke Way, taught me training methodology and the science behind training that has progressed me in my endurance career to a place I would never have been without him. My focus and passions have shifted as I’ve grown older, and that has introduced new role models whose characteristics I strive to embody in my own life. Athletes & adventurers such as Ross Edgley, Mike Horn, & Colin O’Brady are a few of these role models.

*Continued on next page*

# “ Comfort Breeds Complacency

**Your father cycled across the US in 1997. What was your motivation to do the same? What were the biggest challenges that you experienced?**

My father cycled solo across America in 1997, three months before I was born. After hearing all the stories about his experience, I knew one day I would have to do it for myself. In my final year of business school in Kelowna, BC, I was introduced to a charity called “Pencils of Promise”. They are a non-profit organization that helps build schools and provide education to children in need. I completed my ride across America for personal achievement, as well as to raise funds for charity. I ended up raising \$11,593USD throughout my 5755km, 50-day ride from San Francisco, California to Old Orchard Beach, Maine. The biggest challenge I faced during the ride was having to do everything solo. Whether that was finding a place to sleep, finding food that I could eat, or servicing my gear, when you’re alone, there is no

one else to take care of the duties that must be completed in order to have a successful expedition. At the same time, going solo was the most rewarding thing for me. Everything that gets completed is all a product of yourself, no biases, no external input. (I did daily vlogs along the ride and I created a recap video which can be found on my [YouTube Channel – Nick Pelletier](#)).

**Your dream was to be part of the US Coast Guard (USCG), however having a celiac diagnosis was a barrier to this dream coming true. Tell us how this affected you and how this point in your life changed your trajectory?**

From an early age, I was introduced to the Coast Guard through my cousin’s husband who was a rescue helicopter pilot for the USCG. The idea of mixing a childhood sport in swimming, with the adventure & adrenaline of jumping out of helicopters to save people in the water made a rescue swimmer the ideal job in my mind. Because I have

dual citizenship with Canada and the United States, I began looking towards the US Coast Guard, as there was more opportunity to pursue the career that I had envisioned. It was not until I started the early process of enlisting into the USCG that I realized I was automatically medically disqualified from contention of this role. As the Coast Guard is part of Homeland Security in the United States, any person with celiac disease cannot enlist because recruits need to be able to eat what the military provides. After I found this out, I was saddened by the fact that I could not pursue the exact career that I had envisioned. But the passion and will to help people with the abilities I have been gifted with is what fuels me. It is what has led to several successful charity projects and impact through social ventures.

**What motivates you to do such intense, strenuous activity?**

In high school, I went to a sports academy where I had an intense focus on baseball. Through the teaching of my coaches, I developed strength & conditioning skills that I still use to this day. I progressed into collegiate baseball before having to end my career of 14 years due to debilitating concussions that would no longer allow me to play the way I wanted to. Though I could not play certain sports anymore, I still had the will to compete burning within me. I began my journey into endurance sports,

*Continued on next page*



# “Progressing my athletic abilities & mental skill set, along with pursuing social impact is what I am passionate about

triathlon specifically. I got in with a high-performance team where I learned an immense amount about the science behind training methodology. I competed in triathlons for a couple of years, some competitions even being on a global stage. After my cycling trip across America in 2019, I got hooked on long-distance activities and the pursuit of “ultra” distanced endeavours. My goal is to be as versatile as I can be throughout multiple ultra-distance activities. Anything involving running, biking, swimming, paddling, or hiking, I strive to be competent over long distances and periods of time. These events can be a mix of anything from two days non-stop, to a month or longer expeditions that require effort day after day. The pain of being sidelined and not being able to compete while suffering from my concussion injuries is what makes me so grateful for any day that I am healthy enough to do what I love. The reason I train so hard

when I have the chance is because I have seen the progression and growth of myself as an athlete after the many years of transitioning through focuses. I have started to realize that many of the barriers set in sports are a result of mental blockades as opposed to physical limits. Ultra-endurance events strip you down to your core and dissolve any ego that may be standing in the way of achieving a well-rounded performance. Though these events are rewarding, passion is the most important part of progression. To get better you must genuinely enjoy the process or else you start to resent the goal. I try to live by a mantra of “goal motivated, process-oriented.”

**Has having celiac disease had an impact on your journey? Has it given you extra motivation to overcome what some may view as a barrier?**

Celiac disease is an undeniable factor in my life. Regardless of whether I

choose to acknowledge it or not, it is still there, and there are dire consequences if I were to ignore it. I choose to accept it for what it is, take the necessary means to eliminate all symptoms, and continue with my life as planned. I have never considered not attempting something because I have celiac disease. I may have started something and been unable to complete it, but this has never been because of my diagnosis.

**Empowering our CD community is so important, what empowers you to pursue your dreams?**

Having celiac disease is part of my identity, but it does not define me. The path to my goals and dreams is not defined by my diagnosis. Though my dream of being a Coast Guard rescue swimmer could not be realized, that does not change the fact that life still goes on. I like to pride myself on being ‘result oriented’ over ‘problem focused.’ I always ask myself, “what can I do,” rather than tell myself “I can’t do that.” Life is not fair all the time and having celiac disease is not ideal for most people. But this is where the perspective part of life comes into play. Having celiac disease has taught me that even if I am struggling with a certain aspect of my life, there are always others who are struggling too. My dreams and life goals outweigh my fears. I cannot leave my dreams as unknowns in my life. I am going to pursue them without any thought

*Continued on next page*



# “ Lots of healthy foods are naturally gluten free

of celiac disease being a factor. I will never let my diagnosis be a barrier in my life.

**What advice would you give young people with celiac disease to follow their dreams?**

Having celiac disease in your youth can be tough. Most times, people do not fully understand the severity of what we deal with. It can even be made fun of. However, I became more independent because of having celiac disease. I learned to be confident in the person I am and strive to become the person I wanted to be. Celiac disease is just a part of you, it is not the definition of you. Do not let your diagnosis define you or stop you from pursuing your dreams. Take the first

step towards your goals, confident that you will be able to figure the rest out along the way.

**Have you experienced any nutritional challenges/ barriers? Has having celiac disease been a complication at all?**

At this point in my life, I have come to the realization that having celiac disease is mainly an inconvenience. I am very reactive and get extremely sick if I have any gluten or experience cross contamination. However, with a proper diet and precautions, I manage to avoid this. Growing up, birthday parties, baseball trips and eating out all posed a real risk for cross contamination. I quickly realized that sometimes I had limited options in many venues. I may not be able

## Nick's Trail Mix

*Yield: 3-4 cups*

### Ingredients

- 1/2 cup peanuts
- 1/2 cup walnut pieces
- 1/2 cup dried cranberries
- 1/2 cup raisins
- 1/2 cup M&Ms candies
- 1/2 cup Gluten-Free Rice Cereal
- 1/4 cup sunflower seeds

### Directions

Mix all ingredients together in a bowl. Store in an airtight container in the refrigerator.

to enjoy the birthday cake or eat my favourite meal at a restaurant, but it is better to be confident in your health than to take a risk. Traveling is another

*Continued on next page*



# “The best adventure is the next one

challenge. When I was in Morocco and could not speak the local language, I found it difficult to know which foods did or did not contain gluten. I recognized that to stay healthy, I would have to eat the food I knew was safe for me, such as fruit, plain meat, and vegetables. This is not ideal, but for me it is better to experience travel than let my diagnosis hold me back. Alcohol has been another challenge. Peer pressure can be strong at times, but it is important to be firm in your decision and not to do something you would regret just to please a crowd.

## **What GF foods do you include in your diet to fuel your body and allow such high-level endurance activity?**

I am at the point where I have my diet fine-tuned. My diet consists of whole foods including chicken, beef, rice, potatoes, whole-grain GF breads, veggies, peanut butter, eggs, and water. Those who know me know I love to eat. Any type of sweets or snacks that are gluten-free I enjoy. My favorite snack is cereal, especially sugary ones. I enjoy eating out at restaurants that I am confident in, and I have been known to spend hours at all-you-can-eat BBQ joints. I occasionally drink alcohol and when I do I like vodka or rum drinks. I try to keep my diet as healthy as possible, however, during training times I always reward myself with my favourites once I have finished. Some of my favourite meals include pizza, tacos, ribs, burgers, and a full Thanksgiving dinner

with all the fixings. The food I put into my body fuels my activities. It has taken me a long time to know what personally works for me.

## **What is next for your adventurous spirit?**

As the interests I choose to pursue shift, so does my athletic career. I am currently focusing on solo ultra-athletic endeavours. My three main passions are athletics, adventure, and adrenaline. I try to create challenges that embody one of my passions but have aspects of the other two also. Athletic endeavours include self-supported, 100-mile, ultra-distanced runs with a baby stroller to hold my gear, multiple-day ultra-distance swims, or long-form ultra-distanced cycling expeditions. Adventure endeavours include things like a solo packrafting trip where I am off the grid for two weeks, having to find my

own shelter at night and navigating wildlife. For adrenaline activities, I recently achieved my skydiving class “A” license, which is internationally recognized to jump solo. My goal is to create a long-form expedition that involves all three of these passions, while at the same time, documenting it so others can share in the experience. My motto is “comfort breeds complacency.” What this means to me is anytime I feel like I am getting too comfortable, I need to look for a way to progress. Progression is scary and often requires stepping out of a comfort zone. The biggest fear of mine is living a life where I feel complacent and not striving for progression. I am conscious of all the good in life, and I am pleased with my success and the experiences I have encountered, but I am always looking forward to what is next. The best adventure is the next one, so don’t let celiac disease stop you from starting it. ♦



# Advocacy Efforts

## KNOW WHAT YOU ARE BUYING

CCA advocated for improved gluten labelling on Natural Health Products'



DEPOSITPHOTOS

Over the past 4 years, the CCA has been actively advocating for our community by proposing changes to allergen labelling in the Natural Health Product Regulation by Health Canada. Allergen and gluten identification is now considered a high priority for Health Canada as it analyses new regulations set forth by different stakeholders. We are thrilled to see our government continue to prioritize inclusive, innovative, and stringent labelling regulations that support individuals with celiac disease and other ingredient sensitivities.

Natural health products are safe, over-the-counter products that do not require a prescription to be accessed. They include probiotics, herbal remedies, vitamins and minerals, homeopathic medicines, traditional medicines, and other

*examples of  
natural health products*

- vitamins and minerals*
- herbal remedies*
- homeopathic medicines*
- traditional medicines like traditional Chinese and Ayurvedic (East Indian) medicines*
- probiotics*
- other products like amino acids and essential fatty acids*

products, such as amino acids and essential fatty acids. As we know, our community faces a high burden as we must manage a strict, gluten-free diet. Unclear and confusing labels, which are often on natural health products, only add to this burden. In fact, nearly 90% of participants in our recent survey stated that they found it

difficult or sometimes difficult to identify if a natural health product is gluten-free. This is simply not good enough for Canadians. You can trust that the CCA will do everything in their power to advocate for clear, understandable natural health product labels that use plain language.

Our vision is that all Canadians with celiac disease are diagnosed and empowered. We are proud of the resiliency and strength within our community, and we will continue working with Health Canada and other stakeholders to create safe, inclusive, and clear labelling regulations for all consumers.

[Learn more about our advocacy for allergen labelling on natural health products.](#) ♦

# NEWS ALERT

## CELIAC BLOOD TEST COVERED BY OHIP FOR NEXT 6 MONTHS IN ONTARIO

November 1, 2021 - March 31, 2022



After 10 years of advocacy work by staff and volunteers of the Canadian Celiac Association National Office, supported by donors and members, we are pleased to share the news of a new pilot program by the Ontario Ministry of Health. The Ontario Health Insurance Plan (OHIP) will cover the cost of the initial blood screening (tTg IgA) to help diagnose celiac disease (CD) at any approved community-based laboratory.

Ontario has been the ONLY province in the country not to

cover the cost of the blood screening at the primary care level. Patients paid on average \$60 - \$150 per test despite the fact that the test is part of standard clinical diagnosis around the world.

The Ministry of Health (MOH) issued the OHIP Bulletin to all physicians, clinicians etc. who requisition lab services and encouraged them to participate in the pilot that includes 8 other blood tests. The pilot study from **November 1 to March 31** where patients can receive OHIP insured

(free) laboratory services for celiac disease (tTg IgA).

The bulletin states, “The goal of the program is to increase access to these services to improve patient choice and access to testing services that are appropriate to be provided in a community setting.”

**Please note: The free blood screening only qualifies for purposes of diagnosis only and NOT ongoing monitoring of symptoms.**

*Continued on next page*

Celiac tTg-IgA	Collections and Testing	For the purposes of the Pilot, should be ordered for the diagnosis of celiac disease only with the following criteria <ul style="list-style-type: none"> <li>• Indicated in patients over 2 years of age.</li> <li>• Should only be tested while patient is on a gluten containing diet.</li> </ul> <p>If patient is IgA deficient (see “serum IgA” test below), additional testing required will not be funded through this Pilot.</p>
Celiac serum IgA	Collections and Testing	Used alongside Celiac tTg-IgA to determine whether a patient is IgA deficient.

## What do I do next?

- If you live in Ontario and you think you or a family member have celiac disease and have not yet been formally diagnosed, you must be consuming gluten in order for the test to be accurate. The individual must be over 2 years of age.
- [Click to visit our CCA Gluten Challenge information for guidance.](#)
- [Click to download](#) our Diagnosis Fact Sheet to take to your doctor to have a conversation about you or your family members risk for CD.
- It is advised you have both the tTg-IgA and total IgA tests.
- Visit your health care practitioner who is eligible to order laboratory tests (medical practitioners, dentists, midwives, registered nurses(extended class) and naturopaths.
- Have a current and valid OHIP Health Card
- Share the news with your friends and family who you think have chosen not to get tested because of cost. ♦

## CCA's Vision: Every Canadian with celiac disease diagnosed and empowered.

This step comes after 10 years of support from donors and past members, advocacy efforts of many volunteers and staff, 3,500 plus petition signatures submitted BY YOU to Queens Park

Delegations and presentations made at the Ontario Legislative Assembly, Budget Round Tables and local meetings to make this happen.

**Let's make sure this becomes a permanent addition to OHIP!  
Watch for ways you can help all people with celiac disease in Ontario get timely diagnosis with OHIP-covered blood screening.**

[Donate today to help advocacy work continue to secure permanent OHIP coverage.](#)





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# Remember, you are not alone

## THE IMPORTANCE OF SELF CARE

A recent poll has reported that 25% of Canadians are facing increased mental health challenges as a result of COVID-19. For people with celiac disease, they can be at increased risk for depression and other mental health disorders, especially prior to diagnosis. Self-care is an important part of improving and maintaining overall wellbeing.

The World Health Organization defines self-care as “the ability of individuals, families and communities to promote, maintain health, prevent disease and to cope with illness with or without the support of a health care provider.”

Here are some suggestions for how to introduce self-care into your life. ♦



### Self-Care 101

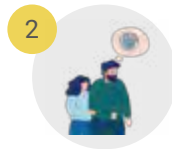
12 Tips for Those Newly Diagnosed with Celiac Disease



1

#### Remember, you're not alone

CD affects thousands of Canadians. You have an army of helpers beside you.



2

#### Take time to grieve your new diagnosis

This is a big change, and it's okay to take some time to grieve. Honour your feelings.



3

#### Show yourself compassion & kindness

Do you practice kind self-talk? Cut yourself some slack, and show your body compassion.



4

#### Connect with your CD community

A top predictor of well-being is membership in a support group. Try the CCA Facebook group.



5

#### Communicate your GF needs

Help your loved ones understand your dietary needs. Give them time to plan before social events.



6

#### Empower yourself with knowledge

Labelling rules can be confusing and stressful. The CCA has resources to get you started.



7

#### Include nutritious foods & water

As you navigate GF nutrition, include healthy foods that are inherently GF, like fish & vegetables. Stay hydrated.



8

#### Find professional support

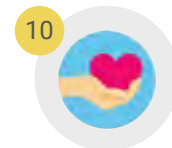
Consider counselling services to help you adapt to these changes. A dietitian can help too.



9

#### Include enjoyable physical activity

Include activity that you enjoy, such as walking, biking, dancing or yoga. Find a friend to join in.



10

#### Practice gratitude & positivity

Think about something you're grateful for today. Write it down and look back for extra positivity.



11

#### Manage your stress

A CD diagnosis can be stressful. Find coping techniques to help you, such as journaling or calling a friend.



12

#### Prioritize sleep

Getting a good night's rest is key to well-being. Set up a routine that helps you sleep well.

### Daily Affirmations

Positive thoughts can help you take care of yourself. Here are some kind affirmations to remember.

- ♥ Celiac disease does not define you
- ♥ It is okay to put your mental health first
- ♥ You are not alone
- ♥ Your pain is temporary
- ♥ Be kind to yourself, you deserve it
- ♥ You can handle this
- ♥ You are doing your best
- ♥ You are stronger than you think
- ♥ Your CD community wants to help

# Dear Dietitian,

## 1. I struggle with lunch ideas.

**What are some easy, gluten-free (GF) lunch suggestions?**

You are not alone; many Canadians lack lunch inspiration. Before we get into our suggestions, we want to stress the importance of planning ahead. It is not necessary to create a comprehensive meal plan, but rather cook some extra rice, quinoa, or potatoes the night before that can easily be used for lunch. It is also helpful to have nutritious, ready-to-go foods available, such as canned legumes, canned tuna, or boiled eggs. Our other lunch-success tip is to keep a balanced plate in mind; try to include a protein source, a food high in carbohydrates, and some fruits and/or vegetables. Now, let's get into some delicious, GF lunch ideas! **1) A Bento Box.** Include your favourite GF crackers, cheese cubes, raw vegetables and DIY trail mix with nuts, seeds, and dried fruit. Hummus and GF pita also work well here. **2) Rice & Bean Salad.** Add pre-cooked rice, black beans, bell pepper, lettuce, guacamole, salsa and sour cream to a container. The fibre-rich black beans, rice and vegetables will keep you feeling full throughout the day. **3) Egg Muffins.** This lunch option is high in protein, and perfect for on-the-go. Try these [Basil, Feta](#)

[and Tomato Egg Muffins](#) to get started. **4) Pepperoni Pizza Toast.** If you are working from home, this quick lunch is perfect for you. The CCA's [pepperoni pizza toast](#) is a go-to lunch! **5) Microwave Baked Potato.** If you need a quick, reliable GF lunch (or dinner) recipe, this one is for you. This [Microwave Baked Potato](#) is a 10-minute meal, sure to please all members of your household. To make this meal even quicker, chop the vegetables and scrub the potatoes ahead of time.



**2. I am making a delicious pumpkin pie recipe, but I am confused about the labelling requirements for spices. Do they need to carry a GF claim?**

Canadian labelling laws are some of the most robust worldwide.

All priority allergens (such as wheat, eggs, soy, etc.), gluten sources (wheat, barley, rye, triticale and regular oats), and added sulphites, used as a food ingredient or a component of a food product, must be declared on the product's label. Perhaps you have checked the ingredient list and there are no gluten sources, but there is a 'May contain: Wheat' statement.' Health Canada strongly advises individuals with a wheat allergy and/or celiac disease to avoid food products with this statement. In summary, you can trust the label when purchasing spices. Since they are not at high risk for cross-contamination, it is okay to choose spices that do not have a GF claim. Please refer to the following CCA resource for more information: [Food Labelling: Guidelines for Individuals with Celiac Disease Following a Gluten-Free Diet.](#)

**3. My son who has celiac disease goes to a school that is nut-free. What are some good gluten-free and nut-free snack suggestions to pack in his lunch box?**

There are lots of foods available that are inherently gluten and nut-free, such as fruit, vegetables, yogurt, cheese, turkey, seeds, legumes, and many others. Let us

*Continued on next page*

go over some of our top kid-friendly snack ideas.

- [Fruit and Yogurt Dip](#)
- [Midnight Coconut Lentil Fudge](#)
- [DIY Snack Mix](#)
- Hummus and Baby Carrots
- [Homemade Banana Muffins](#)
- Cheese Cubes and Grapes
- Popcorn and Sunflower Seeds
- [Edible Cookie Dough](#)
- [Chocolate Avocado Mousse](#)

For more lunchbox snack ideas, check out the CCA's [back to school tips](#).



#### 4. I accidentally ate gluten yesterday, and I am feeling sick. What should I do?

First off, please remember that you are not alone. This happens often within our community, and while it can be very upsetting, it will pass. Unfortunately, there is no quick solution to a gluten reaction – it is a waiting game. With that in mind, there are a few steps that you can take to improve your well-

being at this time. We want to begin by stressing the importance of self-care. Mistakes happen, so please cut yourself some slack and be kind to yourself. If the symptoms you are experiencing have left you bedridden, include activities that prioritize your mental health, such as starting a new book, watching your favourite movie, or calling a close friend. This brings us to our next suggestion, which is to rest. Give your body time to heal, as it's been through a lot as well. Take a nap, have your mom come over to help with the kids, or let your neighbour cook you dinner – whatever it is, give yourself permission to rest as long as you need. Next up, please stay hydrated. Depending on your symptoms, your body may be experiencing high levels of fluid and electrolyte losses. Do your part to replace this lost fluid by consuming water, tea, juice, soup, or any other fluid-rich foods and beverages. Additionally, give your digestive system some time to heal. Some foods are harder to digest than others, such as dairy products and fibre-rich foods. Turn to the comfort foods that you know you can tolerate. Lastly, consider taking some over-the-counter pain relief to help if you are experiencing headaches or joint pain. Overall, our biggest tip is to simply look after yourself, and let it pass. **Approach this upsetting situation as a learning experience; next time, please do your best to ask necessary questions, read the label and packaging details, and use [CCA resources](#) to ensure the product you're consuming is gluten-free.** ♦



**CCA has teamed up with the Gluten-free Certification Program to offer a searchable certified product finder to help you stock your gluten-free pantry with safe gluten-free foods. Thousands of products carry the CCA's trusted GFCP mark. Click here to read more:**



<https://www.celiac.ca/living-gluten-free/gf-product-finder/>

# 2021

November 13-14

CANADIAN CELIAC  
virtual  
CONFERENCE



Registration is now open for the Canadian Celiac annual virtual conference. Topics include materials for both new celiac disease patients and those who have been living with the disease longer term. Register to learn the latest about celiac disease in Canada, as well as get perks like opportunities to ask qualified medical individuals questions; win prizes, and learn about the NEW CCA labelling guidelines. This is one you don't want to miss!



**Dr. Jocelyn Silvester,  
MD PhD.**

Assistant Professor of Pediatrics at Harvard Medical School; Director of Research for the Celiac Disease Program at Children's Hospital; Associate Staff at Beth Israel Deaconess Medical Center.



**Dr. Dan Leffler,  
MD, MS, AGAF**

Gastroenterologist and Founding Member of the Celiac Center at Beth Israel Deaconess Medical Center; Associate Professor of Medicine at Harvard Medical School.



**Dr. Sara Ahola Kohut,  
PhD, C. Psych.**

Clinical health psychologist and associate scientist with the Inflammatory Bowel Diseases Centre at Sick Kids; Assistant Professor at University of Toronto.

REGISTRATION:

**CELIAC.CA**

Register by November 10

**13-14 NOVEMBER 2021**  
**12 PM - 430 PM ET**  
VIRTUAL - ZOOM REGISTRATION

# IS THERE A LINK BETWEEN TYPE I DIABETES AND CELIAC DISEASE?

BY NICOLE BYROM, RD

**It has been well established that disorders of an autoimmune nature occur more frequently in patients with another autoimmune disease. Environmental triggers in genetically susceptible people are believed to be a cause of autoimmune diseases.**

What do we know about the relationship between Type I Diabetes (T1D) and celiac disease (CD)? We know that both CD and T1D are autoimmune disorders with shared genetic components. We also know that both CD and T1D have increasing incidence worldwide. This suggests that in addition to genetic factors, environmental factors play a key role. Environmental factors that have been proposed include the influence of viruses on our body, the infant diet and its effects on autoimmunity, and the role of the gut microbiome. At this stage, however, we believe there are multiple pathogenic pathways leading to clinical disease, but no clear pathway has been determined at this time.

## **What is Type I Diabetes? (T1D)**

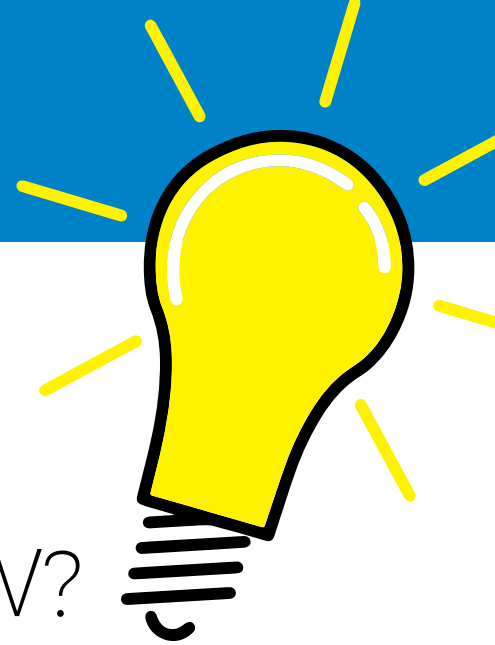
Once known as juvenile diabetes or insulin-dependent diabetes, T1D is a chronic condition in which the pancreas produces little or no insulin. Insulin is the hormone needed to allow sugar into the cells of the body to produce energy. It is now known that although T1D often occurs in childhood and youth, it can also appear in adulthood. Like CD, there is no known cure for T1D, and management consists of diet and insulin treatments. Symptoms of T1D include increased thirst, frequent urination, extreme hunger, unintended weight loss, irritability, fatigue, weakness, and blurred vision. Glucose, a simple sugar, plays a significant role in T1D; insulin allows glucose into the cells. Therefore, if there is no insulin, sugar will build up in the bloodstream leading to serious complications from high blood sugar levels. On the other hand, those with T1D are also at risk of low blood sugars.



## **Does having celiac disease increase your risk of having T1D?**

The prevalence of CD in T1D is 5-7x higher than the general population. The general populations' risk for developing CD is ~1% whereas for those with T1D this risk is ~6%. It must be noted that this relationship is not reciprocal. People who have been diagnosed with T1D are at increased risk of developing CD, however, the opposite does not appear to be true; those diagnosed with CD do not appear

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# DID YOU KNOW?

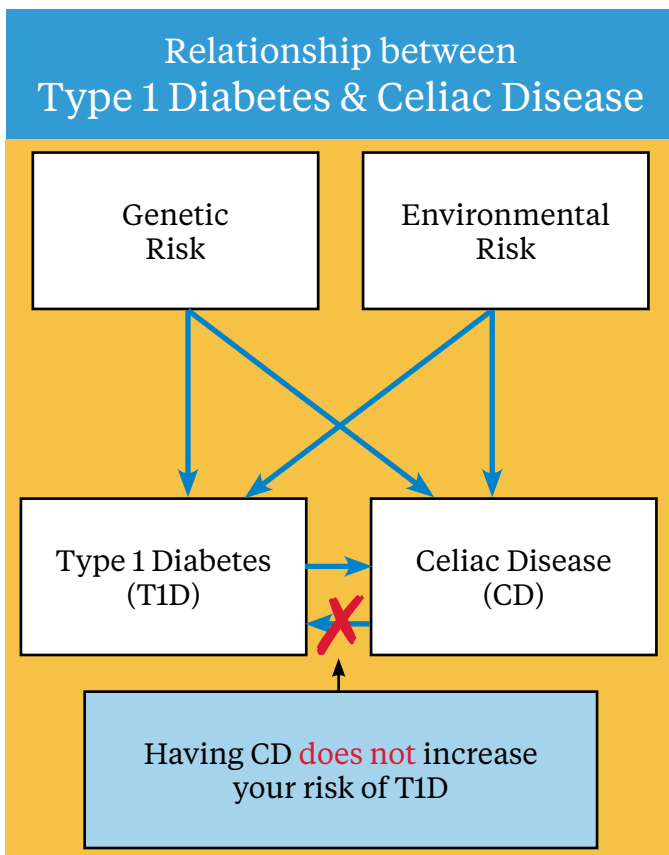
The strongest evidence that genes are involved in the etiology of T1D and CD is demonstrated in identical twins. Here when one twin has either condition the likelihood of the other developing one is 42% for T1D and 75% for CD.

to be at increased risk for developing T1D. It is noted that in the USA, T1D affects 3 million people and 6% (180,000) of those diagnosed also have CD.

## What are the current recommendations for people with T1D?

It is recommended that people diagnosed with T1D be tested for celiac disease even if asymptomatic or have a prior history of negative celiac screening. The current recommendation is to be screened at diagnosis, then annually for the first 4 years. After 4 years, testing should take place once every 2 years for the next 6 years.

The chart below demonstrates the relationship between CD and T1D. As you can see, CD and T1D are influenced by both environmental and genetic factors. ♦



COMPARABLES	
Celiac Disease	Type 1 Diabetes
Autoimmune Disease	Autoimmune Disease
Incidence Increasing: worldwide is ~1%	Incidence Increasing: worldwide is ~1%
Causative agent/ triggering antigen: dietary gluten.	Causative agent/ triggering antigen: unknown
Genetic Link	Genetic Link
Environmental Trigger	Environmental Trigger
Increased risk of bone impairment when undiagnosed or poorly controlled	Increased risk of bone impairment when undiagnosed or poorly controlled
Symptoms can appear before overt histological damage	Symptoms appear late in the disease course
Symptoms: diarrhea, <b>weight loss</b> , failure to thrive, iron deficiency abdominal pain, reduced bone density, chronic fatigue, growth failure	Symptoms: polyuria, polydipsia, extensive hunger, <b>weight loss</b> , chronic fatigue, reduced bone density, growth failure, hyperglycemia

# In memoriam...

## IN LOVING MEMORY OF DAVID CONGRAM CCA BOARD OF DIRECTORS 2015 - 2021

**“SERVED WITH QUIET LEADERSHIP, INTEGRITY AND COMPASSION.”**

It is with profound sadness that we inform you that our beloved volunteer and ‘honourary staff’ member, David Congram, passed away on September 10, 2021.

David Congram was a man of quiet leadership, integrity, and compassion. David actively served on our Board of Directors since 2015, holding the positions of Secretary and Vice President. From stuffing envelopes, leading major grant projects, to participating in the CCA's Annual Scotiabank Runs and events, David always had time to help and offer his support. In fact, David was considered an Honourary CCA Staff Member for the countless volunteer hours he gave in and out of the office. David had celiac disease and knew that his efforts were helping not only himself and others in Canada but his family and future generations. David walked the walk – quietly leading by example. We will miss his wise counsel, generosity, and kindness.



They say one-person can make a difference. Well, in this case, there could not be a truer statement. David, you made a difference for so many people. Thank you, sincerely, for all that you did for the CCA. You were and will continue to be an ambassador for our community.

### ***Memories from James Congram - son of David Congram***

*“Son of a baker, David grew up as a very sick child in England. He was sent to the hospital and then back home six times to essentially die because doctors didn't know what wrong with him. At some point his mother put him on a diet of fruit and rice pudding and David began to recover slowly and was eventually diagnosed with celiac disease.*

*Initially he went into woodworking, but thanks to his teacher who saw his brilliance and doing calculations in his head, David was recommended to a mentor who got him into mathematics and actuarial sciences where he flourished as an international leader and practitioner. David went on to mentor and teach students at the University of Toronto*

*Rotman School of Business after his successful career.*

*David was a lifelong learner and loved to return the gift as a mentor to help work with people to solve problems and generate solutions. Following the parable, he would always be happy to sit down and help you find the answer, even when he already knew it.”*

*Continued on next page*

# David was committed to making positive change

## A Message from the CCA President, Janet Bolton in memory of David

David was the first Board member to welcome me when I joined the CCA Board. I recall he pointed to his rice cracker-based appetizer and explained to me the importance of safe gluten-free grains, telling me “this is why our work matters”. You could see that for David, his work was personal.

On the Board, David served as both a colleague and a mentor to me. At meetings, David was always engaged, knowledgeable, and helpful when it came to finding a compromise or solving a problem. Outside meetings, David was committed to making positive change, working quietly behind the scenes to make a difference and to make the Board’s work – and my work - easier. I was privileged to work closely with David on CCA’s transition from being a member-based organization to one with a broader donor-based focus. This was detailed work that required significant financial analysis and projections, and David always stood tall.

Last year, my husband and I had the privilege to walk with David and Marg through one of Toronto’s ravines as part of the Scotia Run fundraiser for CCA. David always showed up for the Run, and for any in-person event around the GTA. He knew, intuitively, that being present for your team is also work that matters.

When I last spoke to David a few weeks ago, we spoke about his eventual retirement from the CCA Board and his hope that he would leave the organization in a strong position. He also told me enthusiastically about his upcoming visit with his family, whom he clearly adored.

It is my hope and plan to honour David by ensuring that our Board takes good care of CCA so that it remains strong. Thank you, David, for the time you gave to us. May your memory be a blessing to your family.

If you’d like to donate in memory of David, it will help continue that work he so passionately cared about – access to safe gluten-free food, increased awareness and research to improve quality of life for people living with the disease. ♦

[Leave a tribute gift in honour of David. Click here](#)



# Nutritious and delicious

## NATURALLY GLUTEN FREE, NUTRIENT RICH AND BUDGET FRIENDLY!

BY EMILY KEWELL, BASC

Choosing naturally gluten-free food sources can be both budget friendly and highly nutritious. In addition, choosing whole foods can reduce stress felt while grocery shopping. Including naturally gluten-free food items will not only save some money, but also increase your overall nutrition.

These food options intrinsically lack wheat, barley, rye, cross-bred grains, and other grains that are often contaminated with gluten, such as oats. By including naturally gluten-free foods in our diets, we can feel empowered to make safe, gluten-free food choices.

### Here are 10 foods to include on your next grocery list:

#### 1) **Potatoes**

Potatoes are one of the most popular vegetables in North America. There are many varieties available in Canada, such as white, red, russet, and yellow. These root vegetables are naturally gluten-free, and rich in carbohydrates, B vitamins, and various important minerals, such as potassium, which helps reduce

the risk of high blood pressure and stroke.

Besides their nutritious qualities, potatoes are affordable and accessible. As of February 2021, the average retail price in Canada was \$1.11 per 0.5 kg of potatoes. High food costs are a frequent problem in our gluten-free community; research has shown that food products labelled “gluten-free” were on average 242% more expensive compared to gluten-containing items in the same food group. Additionally, potatoes are an environmentally friendly crop, requiring smaller amounts of water and fertilizer to grow.

Incorporate potatoes into your dinner rotation with [Oven-Baked Carrot and Sweet Potatoes Fries](#), perfect for the whole family.

#### 2) **Yams & Sweet Potatoes**

Yams are tuberous root vegetables that are often confused with sweet potatoes. Although they come from different families, yams are rich in carbohydrates, such as starch

and fibre, just like sweet potatoes. Eating enough fibre is important for our gluten-free community, as gluten-free diets tend to be low in fibre. This is because gluten-free foods (pasta, bread, etc.) are often made with low fibre refined flour and starches.



Fibre plays a key role in our digestive health. Choosing fibre-rich foods is especially relevant for our CD community, as many of us struggle with issues related to bowel movements, such as constipation and diarrhea. Fibre also helps regulate blood sugar levels and lower cholesterol. Sweet potatoes are sold for around \$3.25 per kg. While yams are a bit pricier, selling for closer

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# “building strong bones is an essential component to good health

to \$7.00 per kg, you could choose a mix of both for a better deal.

Yams are also an excellent source of vitamin C, an important water-soluble vitamin that is naturally present in many foods, such as fruits and vegetables. Vitamin C keeps our immune system strong, as well synthesizes collagen, a protein that plays a key role in wound healing. Additionally, it is an important antioxidant, which may help prevent or delay certain cancers, cardiovascular disease, and other diseases.

These 4-Ingredient [Sweet Potato Brownies](#) are the perfect gluten-free treat to make this weekend.

### 3) Amaranth

This nutritious, versatile grain is a gluten-free powerhouse typically sold as seed, flour, or cereal.

While traditionally grown in hot climates, its' cultivation is gaining popularity in Canada. Amaranth is rich in fibre and various micronutrients, such as iron and manganese. Both nutrients are especially important in our celiac community. Iron is absorbed in the small intestine, and damage to this area, as seen in CD, can impair absorption. For people who are newly diagnosed, or undiagnosed, 40-80% of individuals report iron-

deficiency anemia. Remember, despite Amaranth being a naturally gluten-free grain, it may have been in contact with wheat, rye and/or barley during seeding, harvest, storage, transportation, processing and/or packaging. This means amaranth is at risk of being contaminated with gluten-containing ingredients and must carry a gluten-free symbol to be safe for people with celiac disease.

The cost of amaranth fluctuates in Canada; it sells for around \$1.05 per 100 g. While it is a bit pricier than some other gluten-free grains, it remains more affordable than many gluten-free pastas and breads.

Try amaranth by making [Amaranth-Green Onion Fritters](#) for dinner this weekend.

### 4) Quinoa

Quinoa has gained a lot of publicity in recent years, but for good reason. This grain, often sold as a seed, in flours, as flakes or in pastas, is high in protein, carbohydrates, and various vitamins and minerals, such as potassium and phosphorus. Phosphorus plays a key role in the formation of healthy bones and teeth. Given that people with newly diagnosed or undiagnosed

CD may experience complications with bone disease, such as osteoporosis, it is important that we eat foods rich in this important nutrient. Building strong bones is an essential component to overall good health.

Quinoa sells for around \$1.33 per 100 g in Canada. Prices are variable though, with cheaper options being sold at large discount supermarkets. When purchasing quinoa, please ensure that it carries a gluten-free claim for it to be safe for those with celiac disease.

If you are concerned about arsenic levels in rice products, quinoa is an excellent substitute for rice in many recipes, such as stews and casseroles. Alternatively, it can be added to sweet gluten-free meals and snacks, such as [Chocolate-Raspberry Quinoa Pudding](#).

### 5) Wild Rice

Wild rice is an aquatic grass found along shores, rivers, streams and in shallow water. This grain is rich in many nutrients, such as protein, potassium, B vitamins, phosphorus, fibre, and iron. Wild rice is a viable alternative to traditional rice;

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since it is an aquatic grass, it may not be exposed to certain environmental contaminants (i.e. arsenic) like traditional rice. Since our CD community tends toward a higher intake of rice-based products, the Canadian Celiac Association is actively involved in Health Canada's proposal to add a maximum level of inorganic arsenic in rice-based products intended for infants and young children. To learn more, see [CCA's Statement on Arsenic Levels in Foods](#).

The price of wild rice in Canada is variable, selling for around \$1.46 per 100 g. Like quinoa, cheaper options are available in large discount supermarkets.

Explore wild rice by trying [Baked Wild Rice with Veggies](#). This easy recipe is a perfect side dish.

## 6) Lentils

Lentils are part of the pulse's family, with similar nutritional characteristics to other pulses, such as beans and chickpeas. Canadian farmers first started growing lentils in the 1970s, and now, Canada is the world's leading producer and exporter of this gluten-free food. Lentils are an excellent source of protein, fibre, iron, zinc, magnesium, and other vitamins and minerals.

In addition to being a nutritional powerhouse, lentils are budget-friendly. They can be purchased canned or dry. A can of lentils includes 2-3 servings and sells for around \$1.00 to \$2.00 in Canada. It is important to remember that pulses, like legumes, have been cross contaminated with wheat, rye and/or barley in the past. The CCA recommends purchasing these products with a gluten-free claim. If that is not possible, it is advised to spread the dry pulses out on a baking sheet and visually inspect them for foreign grain kernels. Please refer to the [CCA Food Labelling: Guidelines for Individuals with Celiac Disease Following a Gluten-Free Diet](#) for more information.

Try lentils in these delicious [Beef and Lentil Burgers](#). Serve them with your favourite gluten-free bun and a tasty side salad for dinner this weekend.

## 7) Frozen berries

Berries such as strawberries, raspberries, blueberries, and blackberries are packed with vitamins, minerals, fibre, and antioxidants. Although, not easily purchased fresh this time of year, berries freeze beautifully and maintain their nutritional benefits even when frozen.



Frozen berries are often less expensive than fresh, and as mentioned above, are just as nutritious. You can also buy them frozen in larger quantities if you have the freezer space, saving more money. A 2 kg bag of frozen berries sells for around \$11.00 to \$13.00 in Canada. Berries can be added to fall favourites such as oatmeal, muffins, smoothies, and crumbles.

Stay cozy this month by staying in with a good book, a warm blanket and some delicious [Blackberry Crisp](#).

## 9) Tofu

Tofu is an excellent plant-based and gluten-free food to add to your grocery list. Tofu is made from pressed soybean curds, with varying degrees of texture, such as silken, soft, firm, and extra-

*Continued on next page*

# “knowledge builds empowerment”

firm. Silken or soft tofu blends beautifully in soups, sauces, or smoothies. Firm or extra-firm tofu keeps its shape and goes nicely in stir-fries or baked dishes.

Tofu prepared with calcium sulphate is rich in protein, iron, calcium, and various other minerals and vitamins. Calcium helps our body maintain strong bones and teeth. It also helps our muscles move and lets our nervous system transmit messages.

A block of tofu sells for around \$2.00 in Canada and includes about 2 servings worth. Not only is tofu an inexpensive alternative to chicken or beef, but it is also an excellent way of including more plant-based protein in your diet.

Incorporate plant-based cooking into your weekly dinners by trying [Tofu “Chicken” Nuggets](#). This recipe includes hot sauce, so please ensure you are using gluten-free hot sauce. Serve this tasty classic with sweet potato fries and your favourite roasted vegetables, such as carrots or broccoli.

## 10) Eggs

Eggs are the last gluten-free, nutritious, and budget-friendly food we want to shed a spotlight on. As a protein-rich and versatile

food, eggs are a terrific addition to GF sandwiches, stir-fries, and easy breakfasts. Eggs are rich in protein, iron, vitamin D, and various other minerals and vitamins. Choosing iron-rich foods is especially important in our community, as iron-deficiency anemia is one of the most common non-classic symptoms of undiagnosed celiac disease.

Egg yolks are a good source of vitamin D, a fat-soluble nutrient that is sometimes low in the Canadian diet. Our bodies need vitamin D to absorb calcium. Thus, getting enough vitamin D keeps our bones and muscles healthy.

We can get vitamin D in three ways; our body synthesizes vitamin D following sunlight exposure, through food, or through supplementation. Unfortunately, numerous factors lower our body’s ability to produce vitamin D, such as seasonal changes and sunscreen use.

Additionally, we produce less vitamin D as we age. Osteoporosis Canada recommends that adults aged between 19-50 years get 400-1,000 IU of vitamin D daily. Those over 50, as well as those at elevated risk of bone disease, should receive 800-2,000 IU of vitamin D daily. Individuals with undiagnosed celiac disease, or

those who are newly diagnosed and still recovering, would fall into this high-risk group. However, individuals with CD who follow a stable, gluten-free diet would not. In addition to eggs, vitamin D is found in fortified orange juice, fortified margarine, milk, enriched soy beverage, and fish, such as salmon and swordfish. For more information about bone health and vitamin D, please visit [Osteoporosis Canada](#).

Depending on the brand and carton size you choose, eggs will vary in price. The average retail price for one dozen, or 12, eggs in Canada was \$3.62 as of February 2021. This would give us around 6 servings, making eggs an affordable protein food. Since vitamin D is fat-soluble, it is best absorbed in your bloodstream when paired with dietary fats. An example would be frying scrambled eggs in fortified margarine.

## Final Thoughts

Naturally, gluten-free, nutritious, and budget friendly foods are widely available in Canada for our CD community. As versatile and whole foods, they are perfect additions to a gluten-free diet. By including some of these foods on your next grocery list, we hope that you feel empowered and happy with your dietary choices. ♦

# Every step makes an impact

## SCOTIABANK CHARITY CHALLENGE

This past October our community Stepped Up for celiac disease. Walkers and runners across the country laced up for the Scotiabank Charity Challenge to help every Canadian with celiac disease get diagnosed and empowered.



Our goal was to raise \$40,000 to increase awareness about celiac disease and provide better access to care.

Funds raised ensure that children and adults with celiac disease throughout Canada are supported by programs and services. The Canadian Celiac Association (CCA) is Canada's largest national charitable funder of celiac disease and gluten disorder research. We provide access to free, evidence-based education to help Canadians confirm their diagnosis and support their journey to live longer, healthier lives. ♦



TEAM BC CCA DOING THEIR 5KM WALK TO SHOW THEIR SUPPORT FOR THE CCA. IN THIS PHOTO: NICOLE BYROM, LYNDA NEILSON, LIZ WALL & JESS PIRNAK.



A BEAUTIFUL WALK WITH MELISSA SECORD, SEAN, PETE AND WESTON DAVIS AT THE DAVIS FAMILY FARM RAISING MONEY FOR TRACKS FOR CELIAC



CALEIGH MCAULEY IN PEI DOING 10KM WALK TO STEP UP FOR CELIAC DISEASE.



TEAM TRACKS FOR CELIAC LEAD BY OUR VERY OWN MELISSA SECORD. THIS TEAM MET AT THE BEAUTIFUL DAVIS FAMILY FARM TO STEPUP FOR CELIAC DISEASE AND RAISE MONEY TO SUPPORT CANADIANS LIVING WITH CELIAC DISEASE.



Thank you!





**Making the right choices just got easier,  
in partnership with the Canadian Celiac Association.**



**I'm reclaiming  
flavour.**

**No gluten,  
no problems.**

**Dinnertime just  
got happier.**

**Comfort is back  
on the menu.**



**My Health, My Choices helps you identify dietary attributes  
and find the foods that matter to you.**

**Visit [Metro.ca/MyHealthMyChoices](https://Metro.ca/MyHealthMyChoices) to learn more.**

# The Celiac Iceberg

## Are we only diagnosing the *tip of the iceberg*?

The best-known symptoms of celiac disease are digestive in nature – chronic diarrhea, abdominal pain, and unintended weight loss. However, celiac disease is much more than a digestive problem.

Some of the top atypical symptoms are anemia, bone disease, elevated liver enzymes, neurological problems like migraines, short stature, and reproductive problems. However, not everyone recognizes when to test for celiac disease based on these atypical symptoms; as noted by the celiac iceberg, 80% of cases go undiagnosed.



Continued on next page

*What are the various types of celiac disease and what do they mean for me?*

### **Symptomatic celiac disease:**

Symptomatic celiac disease (CD) is often the easiest to catch as it has visible symptoms. Those with untreated, symptomatic CD will present with one or more typical CD symptoms, such as chronic diarrhea, abdominal pain, abdominal distension, malabsorption, irritability, weight loss, muscle wasting, and dermatitis herpetiformis (DH). Did you know that only 35% of newly diagnosed patients present with chronic diarrhea? This dispels the myth that diarrhea is always found in those with celiac disease.

### **Silent celiac disease:**

Silent celiac disease may be harder to catch given that these symptoms can be harder to identify or connect to CD. In a landmark prevalence study

investigators determined that 60% of children and 41% of adults diagnosed during the study were asymptomatic.

Non-classic signs and symptoms of CD include the following:

- Unexplained iron or folate deficiency anemia
- Aphthous stomatitis (oral canker sores)
- Dental enamel defects
- Persistent/recurrent vomiting
- Irritable bowel syndrome (IBS)
- Chronic constipation
- Abnormal liver enzymes (ALT/AST)
- Arthritis, arthralgia
- Osteoporosis / Osteopenia
- Short stature (in children)
- Delayed puberty
- Infertility

### **Latent celiac disease:**

Individuals with latent celiac disease have genetic markers for CD, but the disease has not manifested itself yet. This means

that there is no intestinal damage or elevated antibodies caused by gluten. Individuals at high risk of latent CD include immediate family members and those with other autoimmune conditions, such as type 1 diabetes.

Individuals experiencing ANY of the symptoms mentioned above should be screened for celiac disease. The CCA recommends that individuals in the following categories get tested:

- Children above the age of 3 and adults who have a 1st degree relative with celiac disease
- Autoimmune diseases such as Type 1 Diabetes Mellitus, Autoimmune Thyroid Disease, Hashimoto's Syndrome and Multiple Sclerosis
- Persistent miscarriages or infertility
- Irritable bowel syndrome (IBS)
- Asthma
- Down Syndrome



HELP US GET TO THE INTERNATIONAL CELIAC SYMPOSIUM 2022

**DONATE YOUR  
AEROPLAN  
POINTS.** **AEROPLAN** 

# A gluten-free certified partner program feature



Welcome to Oggi Foods, where high standards and great taste are the launch pad for authentic gluten-free Italian pizza. Here, the perfect pizza has been created. Each crust is hand-stretched and stone baked to perfection. Oggi foods knows that with easy to prepare healthy foods on hand, this allows you more time to enjoy the company at your table. Welcome to Oggi Foods.

The CCA chatted with Joe Turturici Founder & President of Oggi Foods and asked some questions to learn more about their products and hear their story! Here is our conversation.

## 1. How did Oggi Foods come to be?

Oggi Foods is a pioneer in producing gourmet and authentic gluten-free Italian pizzas. Our story originates in the Naples area of Southern Italy. It was here that pizza was created and the standards of quality and taste set. Using our Neapolitan recipes, we created an authentic pizza without gluten and with the finest GMO-free ingredients. Inspired by great tasting authentic food from Italy we wanted to create better-for-you food without sacrificing taste or quality. Our goal is to cater not only to people suffering from celiac disease but also

to anyone who simply wants great tasting food. Therefore we called our company " Oggi " which translates to " today " in Italian, meaning modern/ innovative food of today.

## 2. Tell us about your plant-based options.

After perfecting our crusts, we teamed up with Beyond Meat® to deliver the perfect plant-based & gluten-free pizza that everyone can enjoy regardless of their dietary restrictions. Our plant-based options open the door to many new and exciting options. Oggi's plant-based pizzas consist of the Siciliana, topped with Beyond Meat sausage crumbles and vegan mozzarella, and the Americana, with fire-roasted vegetables, vegan mozzarella, and plant-based beef crumbles. The latter has also been nominated for a Canadian Grand Prix New Product Award this year.

## 3. You have some new products on the market! Tell us about your plant-based bites.

After receiving a ton of positive feedback about our vegan pizzas, we wanted to create more options that would cater to the Better-for-you food trend. Our plant-based bites are made with Beyond Sausage Italian Crumbles and are just delicious! They would make an amazing addition to the dinner table, as a snack item or appetizer for friends and family.

## 4. What makes your pizzas extra special?

To start with, our award-winning pizza crust is made with a blend

of gluten-free flours. It is stone-baked and hand-stretched, which is important for creating air bubbles and removing extra moisture. Our pizzas are the only frozen gluten-free pizzas in the industry with rising air pockets (Commonly found in pizzas with gluten).

## 5. Tell us a little about the crusts that you sell.

Our crusts have won multiple awards from Sysco and the Canadian Grand Prix for taste and innovation! Each crust is hand-stretched and stone-baked delivering a truly traditional style pizza. We only use extra virgin olive oil when making our delicious gluten-free crusts and hold taste and quality to the highest of standards.

## 6. Where are your products found?

Our Products can be found across many major Canadian Grocers such as:

- Sobey's
- Loblaws
- Whole Foods
- Provigo
- IGA
- Real Canadian Superstore
- Save on Foods
- Costco

## 7. Do you have any social media sites?

- [www.instagram.com/oggifoods/](http://www.instagram.com/oggifoods/)
- [www.facebook.com/oggifoods](http://www.facebook.com/oggifoods)
- [www.youtube.com/channel/UCCvoQKrBtsJxSvcDlhga8gw](http://www.youtube.com/channel/UCCvoQKrBtsJxSvcDlhga8gw)
- [twitter.com/oggifoods?lang=en](https://twitter.com/oggifoods?lang=en)
- [www.tiktok.com/@oggifoods](https://www.tiktok.com/@oggifoods)
- [www.pinterest.ca/oggifoods/oggifoods.com/](https://www.pinterest.ca/oggifoods/oggifoods.com/) ♦

# Living with Celiac

## 10 THINGS I WISH I KNEW WHEN I WAS DIAGNOSED WITH CELIAC DISEASE

BY QUINN JO

Quinn was diagnosed with celiac disease one year ago. At the time of diagnosis, Quinn was suffering from severe GI upset, constant stomach pain and extreme exhaustion while trying to care for their father during the last year of his life. Having an answer to what was happening to Quinn's body was very relieving, but the journey of living 100% gluten-free proved to be a real struggle logistically and emotionally. When Quinn was diagnosed, they looked online for help and advice. They noticed that there was not a lot of support for the mental and emotional side of this diagnosis. Quinn found this the most painful part of their diagnosis. If anyone out there is struggling, you are not alone, it will get better just hold on.

### 10 THINGS I WISH I KNEW WHEN I WAS DIAGNOSED

1. The journey back to full health is going to be lengthy. Celiac disease is an auto immune condition, so your body has been attacking itself for a long time and it will take time to heal.

2. Those with celiac disease may have other immune conditions,

nutrient deficiencies, and food allergies due to systemic damage, so monitor your body for other things going on.

3. When you are first diagnosed it is best to eat food that is easy to digest (broths, soups, cooked veg, rice, bananas, etc.) Go back to this simple diet whenever you have an exposure to speed up your recovery.

4. Gluten is in many surprise places (broths, candy, sauces, drinks, pills, etc.) so check everything.

5. Cross-contamination is a big thing, especially at first, so be incredibly careful about where you eat.

6. Don't ask people without celiac disease where it is safe to eat.

Only someone whose body reacts to gluten will know if something is truly GF.

7. Having celiac disease is expensive! Both because GF food is expensive and because you will likely make or buy a lot of food at the beginning that will not work for you.



8. This diagnosis will be an adjustment to your friendships and relationships. If you are highly reactive to gluten, your partner may also have to go GF.

9. The habits required to keep you safe as a person with celiac disease (label checking, food monitoring, food limiting, etc.) may trigger an existing eating disorder. Reach out for help if you are feeling triggered and alone.

10. Food is not just food, it's celebration, comfort, and community. Having celiac disease, especially at the beginning, may make it hard to find food anything but triggering, frustrating and sometimes scary. This is an emotional trauma and loss that you have the right to grieve. Be patient with yourself and expect some breakdowns. ♦



# GROWING UP CELIAC

*Brought to you by*



A diagnosis of celiac disease or a gluten-related disorder can be overwhelming at first. For children, it might mean a change to their diet and having to enjoy different snacks and treats than the ones they might be used to having. They or their caregiver will need to carefully check labels for sources of gluten. Chocolates, sauces and treats often contain wheat but there are many that are safe to consume. It's just takes some time, knowledge and a bit of practice.

It's important for the child along with the parents to learn to read labels and advocate for themselves.

**Growing Up Celiac is brought to you by Gold Partner Kinnikinnick.**

<https://www.celiac.ca/living-gluten-free/children/>

## Spot the Difference

Can you spot 5 differences between these pictures?

1



2



# Kids Recipes

## SUGAR COOKIES

### INGREDIENTS

#### Cookies

- 1 package Kinnikinnick Sugar Cookie Mix (454 g)
  - 1/3 cup granulated sugar (65 g)
  - 3/4 cup butter or margarine - softened (144 g)
  - 1 tsp pure vanilla extract (2 g)
  - 2 large eggs (112 g)
- Optional: granulated sugar for decorating

#### Icing Sugar

- 3 large egg whites (99 g)
- 3 1/4 cups icing sugar (325 g)

### DIRECTIONS

#### Making Cookie Dough

- 1 In a mixing bowl, combine sugar, vanilla and butter. Cream until light and fluffy.
- 2 Add eggs one at a time, mixing until incorporated.
- 3 Slowly add Kinnikinnick Sugar Cookie Mix to creamed mixture. Mix until combined (pea size texture).
- 4 Finish mixing dough with hands until smooth.
- 5 Form dough into a log. Cover with plastic wrap and refrigerate for 30 minutes.

#### Rolling Out Cookie Dough

- 1 Preheat oven to 350°F (176°C). Lightly spray baking tray or line with parchment paper.



- 2 Divide dough into 3 portions. Roll dough on a lightly floured surface - about 1/8" thick (use Kinnikinnick All Purpose Flour Blend to aid in rolling out cookies).
- 3 Cut into desired shapes with knife or cookie cutter. Continue with remainder of dough.
- 4 Place cut out cookies on baking tray and sprinkle with granulated sugar (don't use sugar if icing cookies).
- 5 Bake in preheated oven for 10 - 12 minutes.

- 6 Remove from oven and cool for 5 minutes before removing from pan.

#### Icing

- 1 In a medium bowl whip egg whites to soft peak.
- 2 Slowly add icing sugar 1 cup at a time.
- 3 Colour icing with your favourite colours.
- 4 Pipe or dip cooled cookies.

Yields 40 Cookies  
**Prep Time: 10 mins**  
**Cook Time: 12mins**  
**Total Time: 75mins**

# Kids Recipes

## S'MORES CHOCOLATE SWISS ROLL

### INGREDIENTS

#### Chocolate Sponge

- ½ package Kinnikinnick Angel Food Cake Mix (225 g)
- 5 eggs (280 g)
- 2 tbsp cocoa powder (30 g)
- 2 tbsp water (30 g)
- 2 tbsp icing sugar (18 g)
- 2 tbsp granulated sugar (25 g)

#### Marshmallow Filling

- 1 jar Marshmallow Fluff (gluten-free) (213 g)
- ¼ cup cream 10% (45 g)
- 1½ cups miniature marshmallows (gluten-free) (84 g)

#### Chocolate Coating

- 6 oz semi-sweet chocolate (168 g)
- 1 tbsp shortening (30 g)

#### Decorations (optional)

- large marshmallows (gluten-free)
- small marshmallows (gluten-free)
- Marshmallow Fluff (gluten-free)
- chocolate (gluten-free)

### DIRECTIONS

#### Sponge

- 1 Preheat oven to 350°F (176°C).
- 2 Line a 15 x 10 rimmed baking tray with parchment. Set aside.
- 3 In a small bowl, combine cocoa powder and water to make a slurry. Set aside.
- 4 In a separate small bowl, combine icing sugar and granulated sugar. Set aside (this will be used during the rolling stage).
- 5 In two separate bowls, divide egg whites and yolks.
- 6 Mix egg whites until stiff peaks. Set aside.
- 7 In a separate bowl, mix egg yolks until combined.
- 8 Add cocoa powder slurry to egg yolk mixture. Mix until combined.
- 9 Add ½ package Kinnikinnick

Angel Food Cake Mix to yolks and mix until combined (approx. 3 - 5 minutes).

- 10 Using your hand or a spatula gently fold in stiff egg whites just until combined.
- 11 Deposit batter on lined baking tray. Spread with an offset pallet knife until even.
- 12 Bake in preheated oven for 18 minutes (check for doneness, sponge will spring back when touched).
- 13 Remove from oven and let sit for 5 minutes.
- 14 Sprinkle a new piece of parchment (slightly longer than the pan) with ½ of the sugar mixture.
- 15 Invert pan on sugared parchment and carefully remove Chocolate Sponge from pan.
- 16 Remove baking parchment from Chocolate Sponge.
- 17 Sprinkle top of Chocolate Sponge with the remainder of sugar mixture.
- 18 Tightly roll Chocolate Sponge width-wise with the aid of parchment paper. Let cool.

#### Marshmallow Filling

- 1 Using a spatula, combine Marshmallow Fluff and cream together. Set aside.

#### Chocolate Coating (prepare prior to using)

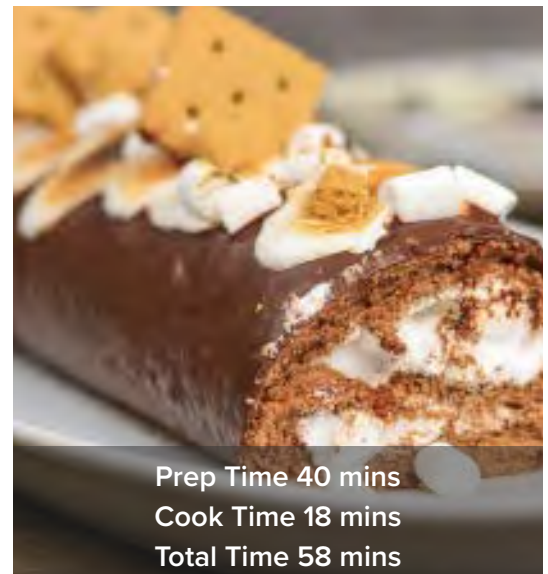
- 1 Using a bain-marie (place a snug fitting heat proof bowl over a pot of water and bring to a boil), melt semi-sweet chocolate and shortening.
- 2 Remove from heat and let cool slightly before using.

#### Assembly and Decorating

- 1 Unroll Chocolate Sponge on parchment paper.

- 2 Spread Marshmallow Filling evenly.
- 3 Cover surface with miniature marshmallows.
- 4 Roll width-wise using the parchment paper to aid.
- 5 Dust off outer surface of excess sugar mixture.
- 6 Place filled Chocolate Sponge on a wire rack.
- 7 Prepare Chocolate Coating. Let cool slightly.
- 8 Starting at one end, pour Chocolate Coating across top of Chocolate Sponge. Use an offset palette knife to help spread Chocolate Coating. Let chocolate set slightly.
- 9 To show filling, cut off both ends of Marshmallow Graham Swiss Roll before transferring to a serving tray.
- 10 Decorate top of S'mores Chocolate Swiss Roll with Kinnikinnick S'moreables®, additional marshmallows and Marshmallow Fluff.
- 11 Use a kitchen torch to add that S'mores look.
- 12 Finish with broken pieces of chocolate.

Yields 10 servings



Prep Time 40 mins  
Cook Time 18 mins  
Total Time 58 mins



**Cookies galore, try three more.**

*Mint Magic* Flavour



*Cinna Bun Fun* Flavour



*Birthday* Flavour



     
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kinnikinnick.com



# TEEN TALK WITH SOPHIA!

BY SOPHIA FELLETI

My name is Sophia Felletti and I live in Toronto, Ontario with my parents and sisters. I am 14 years old and was diagnosed with celiac disease two years ago. I am a grade 9 student at an arts school in a musical theatre program. Writing for the CCA is a great opportunity to share my journey with young teens and adults. Since my diagnosis, I have learned to bake gluten-free desserts with my mom and I enjoy hobbies such as singing, reading, and writing.

## **Self-care for a Teen with Celiac Disease**

My name is Sophia and I am a teenager living with Celiac Disease. To me, self-care and self-love are important for a healthy mind and body, especially since being diagnosed with celiac disease.

My condition sometimes makes me feel isolated and school closures prompted by COVID-19 exacerbated those emotions. I was excited to have new experiences in my first year of high school. What followed was quite the opposite; I could not see my friends or even sing at school

in my music theatre class. I felt tired and unmotivated. This made my cravings for gluten and sugary sweets worse.

But self-care techniques helped me to cope. I began walking regularly with my sister for my physical well-being. The fresh air and intimate conversations helped to clear my head. I also created a 2021 vision board filled with my dreams and goals that gave me a positive mindset. Reading fiction relaxes both my mind and body. It takes me to a safe place where I don't have to worry about what I can and cannot eat. Watching a TV show that makes me laugh takes my mind off worries and is also a wonderful way to de-stress. One of my teachers taught me that yoga and meditation are a way to liberate the mind and think of personal growth. When I do a five-minute meditation, I feel awareness and

wholeness in my body. It is something I look forward to each morning.

Stepping into this new part of my life with self-care techniques is comforting. I feel more in control of my thoughts and emotions. I enjoy spending time at home now taking care of my mental and physical health. ♦



# Research Update

## The PROACTIVE Celiac Study

*Are you still experiencing celiac disease symptoms despite following a gluten-free diet?*

The PROACTIVE Celiac Study may be right for you! This study is currently in their second phase of clinical trials to test the safety and effects of the investigational medication PRV-015. This medication works in combination with a gluten-free diet and aims to reduce symptoms and intestinal inflammation caused by accidental gluten exposure.

Eligible participants are those who are between 18 and 70 years of age, have biopsy-confirmed celiac disease, have been on a gluten-free diet for at least the past 12 months, and are still experiencing celiac disease symptoms.

### *What To Expect:*

You would continue following your usual gluten-free diet throughout the study, which lasts approximately 9 months. This study involves a screening period, a treatment period, and a follow-up period. You would not have to



consume gluten at any time during the study. To learn more about the study and see if you qualify, [click here](#). Use referral code: REFCCA.

## INDIGENOUS HEALTH STUDY

### **CCA to lead first of its kind Indigenous health study on celiac disease**

*As a first step, CCA is aiming its first survey at Northern community medical practitioners who serve the Indigenous communities. If you would like to support this and other research, visit [www.celiac.ca/donate-today](http://www.celiac.ca/donate-today)*

With the incidence of celiac disease increasing worldwide, one of our priorities at the CCA is to be more reflective and inclusive of the diverse community we serve and with whom we have yet to connect. This means reaching out to new communities and channels, supporting new research into examining non-traditional celiac communities including Indigenous populations and addressing the barriers to diagnosis and treatment. As part of CCA's mission to increase diversity, we are conducting a first of its kind Indigenous research study. It is our intention to publish the data in advance of Indigenous Day on June 21st and submit findings to the International celiac disease symposium.



*Continued on next page*

# Research Update

## New Research on the Economic, Social and Health Cost of the Gluten-Free Diet

With support from a CCA James A. Campbell Grant, researchers at the University of Manitoba are looking at some financial, nutritional, and social challenges associated with following a gluten-free diet (GFD). Their findings indicate around 1.9% of Canadians follow a GFD. The provinces of Ontario and Quebec had the lowest likelihood of following a GFD. Given that Ontario's health plan does not cover serological testing for celiac disease, researchers suspect this may be a barrier to receiving a diagnosis and following a GFD.

The study also indicates that Canadians following a GFD had lower intakes of folate, an essential B vitamin, as well as calcium and vitamin D. These two nutrients are important for bone health, which can be a concern in our community. Additionally, Canadians following a GFD were more likely to eat at home rather than in restaurants, and have other dietary restrictions, such as avoiding dairy, meat, eggs, and fish/shellfish. Their overall findings indicate that we must improve access to gluten-free foods at restaurants, as well as improve the nutritional quality of gluten-free foods. Furthermore, we must improve access to serological testing for celiac disease in primary care in Ontario. Lastly, we must debunk the myth that a gluten-free diet will help with weight loss. There is no evidence to support this claim.

These measures will help ensure that Canadians are not avoiding gluten unnecessarily, and those who must have access to nutritious gluten-free foods and the option to eat socially at restaurants. Learn more about this research [here](#). ♦

## 2021 HOLIDAY GUIDE



Arriving to inboxes November 22

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# Test your knowledge!

## QUIZ

How much do you know about celiac disease? Take our test to find out!

- Which of these are symptoms of undiagnosed celiac disease?
  - Anemia
  - High liver enzymes
  - Depression/ anxiety
  - All of the above
- Which of the following types of alcohol is not safe for consumption on a gluten-free diet?
  - Gluten-reduced beer
  - Whiskey
  - Champagne
  - Rum
- A label that carries a 'may contains' statement for wheat, but also a gluten-free symbol is safe for someone with celiac disease.
  - True
  - False
- Which of the following ingredients does NOT need to carry a GF symbol to be considered safe for people with celiac disease?
  - Oats
  - Rice
  - Cereals
  - Lentils
- It is safe for someone with celiac disease to eat fries from a shared deep fryer.
  - True
  - False
- Oats do not need to carry a gluten free symbol if they are low down on an ingredient list.
  - True
  - False
- Which of the following is a source of gluten?
  - Wild rice
  - Malt vinegar
  - White wine
  - Plain yogurt
- Which of the following is not a source of gluten?
  - Licorice
  - Soy sauce
  - Alfalfa Sprouts
  - Kamut flour
- Nuts need to be labelled gluten free.
  - True
  - False
- When dining out you should:
  - Tell the server that you have celiac disease
  - Ask if the restaurant has a dedicated fryer for their GF items
  - Ask the server if they wash their hands between preparing gluten-containing foods and GF items
  - All of the above
- Which of the following foods is considered low risk for gluten contamination?
  - Lentils
  - Oats
  - Plain meats
  - All of the above
- May Contain statements are not regulated in Canada.
  - True
  - False
- Fibre is often a nutrient that is low for individuals eating a gluten-free diet. Which of the following foods is rich in fibre?
  - Most fruits and vegetables
  - Ground flaxseed and chia seeds
  - Walnuts
  - All of the above
- For those with a shared kitchen, which of the following are tips to avoid gluten cross-contamination?
  - Have your own toaster
  - Carefully label GF foods & keep your kitchen free from gluten and crumbs
  - Use squirt bottles for condiments
  - A & B
  - All of the above
- Which of the following conditions is known as celiac disease of the skin?
  - Rosacea
  - Psoriasis
  - Dermatitis Herpetiformis
  - Seborrheic dermatitis

1.D 2.A 3.A 4.B 5.B 6.B 7.B 8.C 9.B 10.D 11.C 12.A 13.D 14.E 15.C  
Answer key:

## DELICIOUS CHEESE BISCUITS

by the  
**Everyday Gluten Free Gourmet**  
[everydayglutenfreegourmet.ca](http://everydayglutenfreegourmet.ca)

### INGREDIENTS DRY INGREDIENTS

- 2 cups gluten free flour (I use my EGFG flour blend\*)
- 4 tsp baking powder
- 1½ tsp psyllium husk powder
- ¼ tsp baking soda
- ½ tsp salt
- 3 Tbsp butter, chilled and cubed

### WET INGREDIENTS

- ¾ cup plain yogurt (I use 6% Greek yogurt)
- 1 egg
- 2 Tbsp vegetable oil
- 2 tsp lemon juice
- CHEESE – 1 cup shredded or crumbled cheddar cheese

### DIRECTIONS

1. Line baking pan with parchment paper.
2. In a large bowl whisk together flour, baking powder, psyllium husk powder, sugar, baking soda and salt.
3. Rub the butter into the flour mixture (I use my fingers) until all the pieces are smaller than a pea.



4. In a measuring cup measure yogurt then add egg, oil and lemon juice. Whisk together.
5. Stir yogurt mixture into flour until evenly mixed. Add cheese and finish stirring.
6. Let rest at room temperature for 30 minutes.
7. Preheat oven to 425°F.
8. Using a 3-inch portion scoop or a lightly greased dry measuring cup (⅓ cup) portion shape the into biscuits directly onto the pan. Alternately, you could roll the dough into a rectangle and cut it into squares.
9. Bake in preheated oven until nicely browned, 15-18 minutes. The structure will continue to form as they cool so wait 10 minutes before eating them if you can.

*My EGFG flour blend is 300g sweet rice flour, 300g potato starch, 200g sorghum flour, 200g millet flour*

### Tips for gluten-free bakers:

- Gluten free flours don't absorb liquid as fast as wheat flour does. Two adjustments are to let the dough rest and to replace butter with a combination of butter and oil.
- The structure of baked goods continues to form as they cool so wait 10 or 15 minutes before eating your biscuits. Better yet do the taste test and see for yourself. When hot the texture is a bit gooey and they seem under done. When just warm they should be perfect.
- Gluten free baking doesn't stay fresh the same way baking with wheat flour does. Biscuits are meant to be eaten fresh but since that's not always practical be sure to wrap them as soon as they are completely cool. They can be frozen too.

## CORNBREAD SAUSAGE STUFFING BALLS

### INGREDIENTS

- 1 onion, chopped small
- 1 red pepper, chopped small
- ½ fresh Anaheim chile, chopped small (or green pepper)
- 2 Tbsp chopped cilantro
- ¾ tsp dried oregano
- 2 eggs, lightly beaten
- 1 cup GF chicken stock
- FINISHING – 3 Tbsp melted butter

### DIRECTIONS

1. Preheat oven to 375°F to crisp cornbread cubes
2. Cut cooked cornbread into ¼-inch cubes and spread in a single layer on 2 baking sheets. Bake in preheated oven for 15 minutes. Cool. Transfer to large bowl. Set aside.
3. Cook the chorizo in a large skillet over medium-high heat until brown, breaking the sausage meat into small pieces while stirring, about 10 minutes. Remove from the pan. Once cooled the sausage can be cut into smaller pieces if desired. Add to cornbread.
4. In same pan add oil and sauté onion, red pepper and Anaheim chile until tender, 10-

15 minutes. Add to cornbread along with the cilantro and oregano.

5. In a 2-cup measuring cup combine chicken stock and eggs. Pour into cornbread mixture and stir until evenly combined. Stuffing can be prepared to this point one day in advance.
6. BAKING - Preheat oven to 375°F. Line baking sheet with parchment paper.
7. Shape mixture into 2-inch balls using your hands or a portion scoop. Place on baking sheet 2 inches apart.
8. Brush with melted butter. Bake 20 minutes or until evenly browned and crisp on the outside.
9. SERVING - Serve hot with your choice of cranberry sauce, ancho chile gravy or your favourite gravy. ♦



# GLUTEN-FREE HOLIDAY GIVEAWAY!

Enter for a chance to win some of our holiday favourites  
(and if you're extra lucky some surprise items too!)

**3 LUCKY WINNERS!**



**CLICK TO ENTER**



**Schär**



# Upcoming CCA Events

## Gluten Free 101

This free webinar has been developed for Canadians newly diagnosed with celiac disease or gluten sensitivity who want to build their confidence in managing their own disease or that of a family member or friend.

It is an interactive session so bring your questions!

Upcoming webinar dates:

**November 23, 2021 8:00 PM ET**

**December 13, 2021 9:00 PM ET**

Upcoming events page: [Upcoming Events and Activities - Canadian Celiac Association](#)

To stay updated with all CCA events. Click here: <https://www.celiac.ca/news-events/events/>



### National Conference

The CCA Fall Conference 2021 is the national conference where Canadians with celiac disease and gluten-related disorders, health professionals, researchers, policymakers, academics, food manufacturers and distributors, come together to strengthen efforts to improve celiac disease management and quality of life, to share the latest research and information, to promote best practices and to advocate for celiac disease issues and policies grounded in research. Registration is Now Open!

**November 13-14, 2021**

Registration Link: [Registration Options \(donorperfect.net\)](#)

[CCA Conference Speakers](#)

[Canadian Celiac Association](#)

## Tasty, Healthy and Gluten-Free

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# Other Ways to Give

## Why Donate?

The Canadian Celiac Association relies on donations to:

- Fund Canadian research to help improve quality of life and the early detection of celiac disease, dermatitis herpetiformis (DH), and non-celiac gluten sensitivity (NCGS)
- Be a source of accurate, compassionate, and timely information to the public through a toll-free 800 number, website, and Facebook online support group
- Develop materials and campaigns to bring awareness of CD, DH and NCGS and the impact of these conditions on individual health and wellness
- Investigate and review the latest research and scientific evidence by our Professional Advisory Council
- Develop medical professional guidelines by our expert Professional Advisory Committee for healthcare providers to better diagnose and manage celiac disease and NCGS
- Advocate for improvements to labelling, food safety and health policy

## Donate Today

<https://www.celiac.ca/ways-to-give-menu/>

**Online:** [Click here](#) to make an online donation. You will receive a tax receipt by email, usually within minutes of making your donation.

**Telephone:** Call toll free **1-800-363-7296** to talk to a real person and make a donation. You will receive a tax receipt in the mail.

**Mail:** Please make your cheque payable to “Canadian Celiac Association” and send it to:

**Canadian Celiac Association**  
**1450 Meyerside Dr. Suite 503**  
**Mississauga, ON L5T 2N5**

## Join the Monthly Donor Challenge and your donation will go 2X as far!

Lead the fight against celiac disease and related conditions each and every day by becoming a sustaining donor.

A generous anonymous donor will match all new monthly donations **up to \$10,000!** We are seeking **55 new monthly donors** by the end of 2021. Can you help us get there?

By giving monthly you will be making a positive and lasting difference in the lives of people living with and affected by celiac and gluten-related disorders. Regular monthly donations allow the CCA to invest in long-term resources such as our Registered Dietitian for client support, projects and research studies. Your support will help bring us closer to a cure every day of the year.

[Become a Monthly Donor - Canadian Celiac Association](#)

## Other Ways to Give

**Legacy giving:** [Legacy Gifts - Give Now - Canadian Celiac Association](#)

**Give in honour of someone:** [Give in Honour of Someone Special - Canadian Celiac Association](#)

**Donate securities:** [Donate Securities in Support of the Canadian Celiac Association](#)

**Donate Aeroplan points:** [Donate Aeroplan Points - Canadian Celiac Association](#)

**Other ways to give:** [Other Ways to Give - Canadian Celiac Association](#)

**Donate a Car:** [Donate a Car - Support the Canadian Celiac Association](#)

# In my opinion

## WHAT KIND OF GFer ARE YOU?

BY JANET DALZIEL  
OPINION



Read every label every time? Grab the usual brand in a rush to get home and get dinner on the table? Eat the icing off the regular cake at a staff celebration? Trust the server who says the fries are GF without asking about dedicated fryers? Call manufacturers to inquire about cross contamination in factories? Reject a friend's homemade treat because non-GF foods are also prepared in that kitchen? Is there a right amount of vigilance? How do we balance being sensible with being careful in a world full of gluten?

### Helpful Links

CCA Labelling document  
<https://www.celiac.ca/living-gluten-free/food-labelling/>  
Gluten Free Dining Guide:  
<https://www.celiac.ca/living-gluten-free/dining-out/>  
Gluten Free Product Finder:  
<https://www.celiac.ca/living-gluten-free/gf-product-finder/>  
Client Support:  
[clientsupport@celiac.ca](mailto:clientsupport@celiac.ca) • 1.800.363.7296. Ext. 224

“  
**The point is to find a livable balance...**

First of all, right off the bat, it has nothing to do with symptoms, whether you have any or not. Please stop with the “I’m so sensitive” comments as if it is a competition to be the best sufferer. Perhaps those with few or no symptoms feel they can take chances and risk exposure because they do not collapse in a heap when exposed. Yay, good for them, but not the point. The point is to find a livable balance between functioning in the real world, where we do not control much of what comes our way and being paranoid about every

source of contamination, and letting our condition rule our lives to the exclusion of all else.

When we first learn that gluten is our enemy, we do need to be hyper-vigilant as there is so much to learn about our food and what we can and cannot have. We tell people it gets easier with time and practice, that the learning curve is steep but not endless; this is true. Most can integrate the rules for interpreting labels and evaluating risks and move on eventually to an automatic way of making judgements about the safety of what is on the plate. But some do not. Some people remain stuck, questioning ingredients that are known to be safe and distrusting manufacturers. They scour multiple

# “ We find ways to make new food traditions for celebrations

websites and user groups, many of which seem intent on promoting false “insider” information to discover gluten hiding everywhere, like conspiracy theorists. I worry that they drive themselves crazy and that their family, friends and all the people in the shops and restaurants they visit, then learn to dismiss all the rest of us as crazies too.

On the other side, there are others who choose to live life more dangerously. If they risk foods they know they should not eat because they cannot resist, they do not want to make a fuss at somebody’s house or their grandmother who does not understand made them a special treat, why should it matter to us? Presumably, they know they are doing damage and risking future complications, but they persist. It is difficult for some people to take the long view and refrain from pleasurable activities that may be harmful eventually. This need

to avoid gluten is not really like postponing gratification. There is no gluten gratification to come if they can only apply their will power for now. It is a decision they must make now for the future. Why care about them? Well, they also affect how the rest of the world views those of us who are strict.

We may once again be dismissed as crazy if they have been led to believe that a little bit of exposure will not hurt and is normal by people who do not follow the diet. Their friend does not worry about gluten-reduced beer or a little malt vinegar, why should we?

I could probably write an entire article on the various personality types that exist among us. Have you met the religious fanatic who believes that gluten-free is the one true answer for everyone? Perhaps you know my devil-may-care friend who says life is short and one should

eat the gluten dessert first. And there is the professorial type who tries to educate every server with a dissertation on stunted villi and Marsh scores to make sure they understand just how important it is serve him properly. My personal favourite is the friend or relative who takes over for me in a restaurant when I’m ordering to explain what I need and why I need it because they just do not think I am expressing myself strongly enough!

I hope most of us see ourselves somewhere in the middle, living our lives to the fullest while still protecting our health. We find ways to make new food traditions for celebrations. We find restaurants and friends we trust to include us and cook for us. We find ways to welcome and support newbies without scaring them. And we try to take care without seeming to go overboard. Afterall, it is a balancing act. ♦



 **1-877-250-4904**  
 [info@donatecar.ca](mailto:info@donatecar.ca)

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# LEAVE A LEGACY

Your legacy will directly translate into improving the lives of people living gluten free through the CCA's innovative work. This means more Canadians will have greater access to gluten free, nutritious food, and health services.

Besides supporting CCA's mission through the years to come, you will also be giving your family an example of philanthropy that will become a precious family tradition in your honour.

There are several ways to make a planned gift:

Wills and Bequests

A Gift of Property

Gifts of Appreciate Securities

Gifts of RRIFs and RRSPs

Charitable Gift Annuities and Remainder Trusts

Gifts of Life Insurance



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Planning your family's future today will give you peace of mind tomorrow.

No matter your age or life stage, creating a Will allows you to leave a legacy to protect loved ones and support causes you cherish. You can leave a legacy of hope, helping support future generations to come.

**The CCA now offers a free Will Kit which you can complete on-line.**

**Visit [this link](#) for information on how you can create a legal Will in 20-minutes or less at no cost to you.**

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