



# Calgary Celiac News

## November 2022

Edition 4

[www.calgaryceliac.ca](http://www.calgaryceliac.ca)

# Merry and Bright

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## *Message from the Calgary Chapter President*

It is my honour to serve as the incoming President of the Calgary Celiac Association (CCA). It has been a joy assisting as Vice President on the CCA Board of Directors for the last couple of years. I look forward to continued collaboration with our staff, the board, chapter members and the fabulous volunteers that help make a difference to people living with celiac disease and gluten sensitivity.

Our CCA Casino Chair, Ralph Barnett, rallied together a group of volunteers to run a **casino event** in early October. Thanks to all who came out and helped our chapter with this fundraising event on Oct. 2 & 3.

**Prost!** The CCA was thrilled to be able to host an **Oktoberfest event** this year at Craft Beer Market. We were successful at selling out the event and all enjoyed a safe & delicious 4 course gluten free meal specifically paired with beers from one of our sponsors, TruCraft distributors. We would like to acknowledge the contributions of Cut Cooking, Harvest Meats and Glutino who also acted as sponsors for this event.

The **National Canadian Celiac Association** hosted a virtual conference on November 12 & 13, with a variety of speakers and presentations providing up-to-date research and recommendations on celiac disease. We hope that you were able to participate and hear some new insightful information.

We are very excited to offer a **Calgary Zoolights Holiday Event**, taking place on Dec. 3 and offering a warm up area with hot chocolate & snacks. A special thank you

to all our sponsors including a generous donation from McLeod Law. This event sold out very quickly so stay tuned for other new events planned for next year.

**Strategic planning** has been a focus of the board throughout most of 2022, building on the results from a previous CCA survey that identified Raising Awareness, Supporting Research, and Working with local GF businesses as **top priorities**. Over the next few months, we will be meeting to finalize this agile strategic plan to guide us through the coming years with a goal of continuing to provide opportunities for our members to connect and learn, both virtually and in-person.

These are unprecedented times and there will be some learning involved and challenges along the way, but I'm excited to deliver on our goals and ensure that we are providing engaging programming. We are committed to the success of this chapter and your success as a member and we want to strengthen our connection with you. We want to hear from you, so please do not hesitate to reach out to me or any board member with questions, comments, or concerns.

***My hope is for continued good health and safety of you and your loved ones as well. All the best for a happy holiday season.***

*Lisa*





Always Check our Website for the most current Event Information:

## Celiac 101 Information Session

Date: TUES, November 15, 2022

Nov

Time: 7:00 pm - 9:00 pm

Location: Virtual (Zoom)



Free Virtual Information Sessions are offered for those newly diagnosed with Celiac Disease, Gluten intolerance and Dermatitis Herpetiformis and their families. Everyone is welcome ! Zoom presentation followed by Question & Answer session.

## BC Chapter Baking Demo

Date: SUN, November 20, 2022

Nov

Time: 12:00 am MST

Location: Virtual (Zoom)



You are invited to join a baking demo with the BC Celiac Chapter on Sunday, November 20th at 11am PST on Zoom to learn tips and tricks for making the best cinnamon buns. Please RSVP to:

[info@bcceliac.ca](mailto:info@bcceliac.ca)

## Holiday Zoolights Family Party

Date: SAT, December 3, 2022

Dec

Time: 5:00—9:00 pm

Location: Calgary Zoo

Sold Out



Bring the kids out to celebrate the holiday season, enjoy the Zoolights and meet up with other Calgary Celiac families at Dinny's Green for a Winter Warmup. Hot Chocolate & gluten free snacks will be served! See you there.

## Celiac 101 Information Session

Date: WED, January 11, 2023

Jan

Time: 7:00 pm - 9:00 pm

Location: Virtual (Zoom)



Free Virtual Information Sessions are offered for those newly diagnosed with Celiac Disease, Gluten intolerance and Dermatitis Herpetiformis and their families. Everyone is welcome ! Zoom presentation followed by Question & Answer session.

# AGM & WELCOME TO THE BOARD OF DIRECTORS

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Our **Annual General Meeting** took place on **October 19**, and we had a great turnout of supportive CCA members. We would like to extend a warm welcome to our newest board members:

- Lisa Park,
- Daphne Nahkid,
- Heather Wilson, and
- Rachael Tweedy.

We look forward to working with all of you to find opportunities to activate and apply each of your unique talents and areas of expertise into shared achievements this year.

We would also like to take this occasion to welcome a new office team member, **Emily Halliday**, who has recently began her role with the CCA chapter as our new Events Coordinator. Emily has been a CCA volunteer supporting the education committee for several years and brings passion and event planning expertise working with a variety of non-profit organizations. We are excited to have her join the team and look forward to fresh new ideas and community events for 2023.

## **We would like to extend an important message of gratitude:**

A special thank you to the outgoing and continuing board members and volunteers for their hard work and dedication over this past year. As we get ready to launch into a new year, we are building on our association's past achievements and years of dedicated service by the hard-working volunteers and board members that have come before and continue to be involved in contributing to this chapter's success. We are proud to be working with such a wide range of dedicated and caring individuals and organizations.



There are many people contributing at a local and provincial level to keep our association growing and innovating. These are trying times and COVID-19 has caused major disruptions in our lives, and, for you to continue to take the time to connect and give back to the CCA, we thank you.

**We must take a moment** to recognize our 2020-2022 President, **Marcia Bruce**. As chapter President, Marcia has handled some challenging issues and decisions arising from COVID-19, and we are so very grateful for her leadership and continued contributions as she steps into the role of Past President.

I would like to extend a thank you to Joanne Godsman, Office Manager, who along with Marcia, shepherded the chapter through the process of overhauling our operational directives to build in more efficiencies behind the scenes. Projects like this rarely bask in the limelight but are beneficial in supporting the programming that we do. Marcia and Joanne handled these challenges on behalf of our members with patience, creativity, positivity, and professionalism.

I would also like to extend a big thank you to Courtney Brown, our volunteer bookkeeper for keeping us on track with our financials.



This fall we also said goodbye to some of our board of director members;

- Meg Furler who led the Events Committee, and was instrumental in our return to the CCA Stampede breakfast this year;
- Jen Shrubsole whose creative efforts brought great exposure to our social media presence, and
- David Lees, responsible for the onset of the Gluten Free Advocacy Committee and who was particularly valuable in helping us with our relocation to a new office space.

We wish them all the very best and look forward to visiting with them at future events as part of our Celiac community.

We want to express appreciation for our dedicated sponsors, many of whom have been supporting our chapter for years. We are inspired by your commitment to support our association to grow even stronger in the year ahead.

Finally, we want to recognize you, our members, for your continued commitment to supporting and being part of this vibrant Calgary Celiac community.

We will continue to work to ensure that you get value from your membership investment by providing unique opportunities for events, education, and networking.

**Thank you!**

Lisa Cerato, President  
Calgary Celiac Association



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# EVENT SNEAK PEAK FOR 2023

BY EMILY H

## Hello everyone!

My name is Emily, and I am the new Event Coordinator for our chapter.

I've been a volunteer on the Education Committee for many years. I'm a foodie, world traveler and parent of a daughter with Celiac Disease. I'm excited to take on this new challenge of leading our chapter's special events.

I'm not doing this on my own. I've got a team of enthusiastic volunteers who contribute their time to making all of our events special!

If you'd like to join the events committee, please email me at [events@calgaryceliac.ca](mailto:events@calgaryceliac.ca). Whether you'd like to volunteer on the day of an event or help to plan upcoming events, we need you!

Planning has already begun for the coming year. You can look forward to some classics as well as some new events.

**Here** are some of our upcoming events for **2023**:

### *Volunteer Appreciation Brunch*

Chapter volunteers receive a free ticket to the brunch while their family members and friends as well as community members can purchase a ticket. Everything served is gluten free so you can just enjoy a worry-free brunch!

### *SAIT Gourmet Dinner*

SAIT's culinary students prepare a gluten free gourmet feast for us. The food and service are always excellent. Make sure you buy your tickets early as this event sells out each year.

### *Stampede Breakfast*

Join us for a completely gluten-free Stampede Breakfast.



### *Kids Camp and Kids Meetup*

These programs are open to children who have Celiac Disease as well as their siblings. Stay tuned for details.

### *Oktoberfest*

The chapter's Oktoberfest party is a great opportunity to sample gluten free beer and hearty German fare. This event also sold out this year!

### *December Family Holiday Party*

The 2022 holiday party is taking place at the Calgary Zoo where families can enjoy Zoolights as well as some gluten free hot chocolate and snacks. This event sold out quickly, and we'd love to bring it back in 2023.

I'm hoping to add some new events in the new year as well. These include:

- Office Open House
- GF Community Barbecue
- Grocery Store Tours for those who have been recently diagnosed
- GF Dinner Club at local restaurants

I look forward to seeing you in 2023! Watch the newsletter, website, email and social media for more information about upcoming events and programs.

*Emily*

## CALGARY CELIAC FAMILY EVENT (SOLD OUT)

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JOIN US FOR A

# CALGARY CELIAC

# *Zoolights*

# FAMILY EVENT

3RD OF DECEMBER | 5-9 PM

BRING THE KIDS, MEET UP WITH OTHER  
CELIAC FAMILIES AT DINNY'S GREEN,  
ENJOY A WINTER WARM UP, HOT  
CHOCOLATE AND GLUTEN FREE SNACKS

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Tickets for the Calgary Zoolights Family Event were released to our email Subscribers on **November 4th** and it took us only 24 hours to sell out for this fantastic event. We are looking forward to seeing everyone who purchased tickets on Saturday, December 3rd.

A huge thank you to McLeod Law for making this event possible and to all our product sponsors for donations for the take home goodie bags.

*See you there!*

*Emily*

*Thank you:*



# MEMORIES OF OKTOBERFEST

BY JOANNE G

The Gluten Free Oktoberfest at Craft Beer Market was a wonderful evening of gluten-free food and beer pairings. Chef Russell, did an excellent job preparing four delicious courses for us to enjoy.

Neil, the beer representative from TruCraft Beverages, educated us about the beers and brewing process from both Lake Front Brewing and Ghostfish dedicated Gluten Free Brewery.

The evening ended with a friendly Stein holding competition, some delicious

German Apple Cake and a take home bag of Glutino Pretzels.

Thanks to all our sponsors who made this event possible. TruCraft Beverages, Harvest Meats, Cut Cooking and Glutino !





# CALGARY CELIAC VOLUNTEER CLASSIFIEDS

## Social Media Volunteer

Are you savvy with Facebook, Instagram, Tik Tok, stories & reels? Do you want to help Calgary Celiac expand it's presence on these platforms? Reply to [admin@calgaryceliac.ca](mailto:admin@calgaryceliac.ca) with a short description of your experience and interest.

## Events Committee Volunteer

If you'd like to join the events committee, whether you'd like to volunteer on the day of an event or help behind the scenes to plan upcoming events, reply to [events@calgaryceliac.ca](mailto:events@calgaryceliac.ca) to learn more.

## Calgary Food Bank Liaison

Would you like to volunteer with the Calgary Food Bank as Calgary Celiac Liaison? Volunteer as a food



sorter with the Calgary Food Bank and ensure that Celiac hampers are safe for our community. Reply to [president@calgaryceliac.ca](mailto:president@calgaryceliac.ca) if you are interested in learning more.

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## Clean out your Empties & Fundraise for the Calgary Celiac Association!

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

Why not start donating your bottles to us today without leaving your house? Simply download the app and select Calgary Celiac Association upon refund.

Use code: **KEEPWARM** for a 90% refund.

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

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# Celiac Research Results

A summary of findings from Love in the time of gluten, a preliminary study concerning the role of partner support in romantic relationships with celiac disease, conducted by Dr. Susan Boon and Emmery Poppleton (University of Calgary), in addition to Janne Holmgren (Mount Royal University).

Celiac disease research typically focuses on the impacts of the gluten-free diet without prioritizing the personal, social, or emotional effects of the disease. To see how celiac disease affects relationships, we asked young adults with celiac to share how their romantic partners could support them with their disease. The responses of the 36 participants indicated that:

- People with celiac disease value a partner supporting the gluten-free diet (33% of responses), as well as understanding and accepting the limitations of their disease (20% of responses).
- 47% of responses indicated that it is also important to support the wider celiac lifestyle.


Our findings suggest that supporting a person with celiac disease isn't as simple as knowing they have a disease while occasionally eating gluten-free. Actively finding gluten-free foods, advocating in social settings, and showing compassion were all actions that appeared to support the person, instead of just their disease. Our team plans to explore celiac disease and interpersonal relationships in greater depth in the future.


For more information on this research, please contact us at: [lovelab@ucalgary.ca](mailto:lovelab@ucalgary.ca). This research was approved by the University of Calgary Conjoint Faculties Research Ethics Board.




## The Keto Caché



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## The Gluten Free Food Guide for Children and Youth

**Dr. Diana Mager's research team** at the University of Alberta has recently developed a New Gluten Free Food Guide for Children & Youth. This research was partially funded by the Calgary Chapter. This Gluten Free Food Guide was reviewed by health professionals across Canada and members of the community living with Celiac Disease.

The gluten-free food guide addresses the unique nutritional concerns of the gluten-free diet (e.g higher fat and sugar content of gluten-free processed foods) and consists of

- A **gluten-free plate** with recommendations
- A **variety of teaching materials** on a wide range of nutrition topics (e.g how to get extra folate, iron and fibre into your diet, grocery shopping tips).

**Stay tuned** to see the differences between the gluten-free food guide plate and the plate presented by Canada's Food Guide to Healthy Eating.

The gluten-free food guide is currently undergoing testing in the Pediatric Clinics in Edmonton and Calgary in children and youth newly diagnosed with Celiac Disease to determine the impact of including the gluten-free food guide on children's diet quality, quality of life and nutrition knowledge. This will help with the new gluten-free food guides integration into the teaching of the gluten-free diet to children and their families and for another opportunity for families to provide us with feedback on these teaching materials and nutritional recommendations.

Dr. Mager is actively recruiting

- **Children (5-18 years)**
- Diagnosed with Celiac Disease in the **last 6 months**, so



If you are interested in this study, please contact

[mager@ualberta.ca](mailto:mager@ualberta.ca)

Once this study is completed, the food guide with its accompanying teaching materials will be freely available to all families (hopefully in the spring-summer of 2023).

We are also developing a **Gluten Free Cookbook** for Children that can be used in addition to the Gluten Free Food Guide. If you have any tasty gluten-free recipes' you are willing to share please check out our **internet survey**.

<https://redcap.link/GFcookbook>





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# NEWS FROM NATIONAL CCA OFFICE

## STATE OF CELIAC SURVEY

The CCA National are pleased to announce the launch of the State of Celiac survey. This survey is for adults diagnosed with celiac disease, we encourage you to be a voice.

You can access the survey [here](#).

## NEWLY DIAGNOSED PATHWAY

The CCA National have been busy and have also launched a new program for those newly diagnosed. This new initiative is the result of hard work from the CCA National's dieticians.

The program is designed to assist newly diagnosed people through the overwhelming

amount of content that exists, and get them on the path to better health, faster.

To access and sign up for the program please click [here](#).

## NATIONAL CONFERENCE, Nov. 12-13

The CCA National Conference was held on November 12 & 13th, virtually over Zoom. If you did not have a chance to attend, stay tuned for the recordings of this important event. There were health professionals, policy-makers, academics, learning, sharing, and strengthening efforts to improve celiac disease diagnosis and quality of life, information, and best practices with our community.

# CALGARY CELIAC—LOCAL GF BUSINESS LIST

Did you know that Calgary has a number of 100% Gluten Free Businesses? Calgary Celiac is committed to maintaining a list of dedicated Gluten Free Restaurants on our Website. We also feature dedicated bakers, local products and are starting to compile a gluten-friendly restaurant list.

**Want to help?** Submit your list recommendations to [info@calgaryceliac.ca](mailto:info@calgaryceliac.ca)

[WWW.CALGARYCELIAC.CA](http://WWW.CALGARYCELIAC.CA)

### Dedicated Gluten Free Restaurants:

Arepas Ranch	12445 Lake Fraser Dr SE	<a href="#">Website</a>
Avatara Pizza	Parkdale & Shawnessy	<a href="#">Website</a>
Expatasia	12445 Lake Fraser Dr SE	<a href="#">Website</a>
Heaven Restaurant	119 – 1013 14 Ave SE	<a href="#">Website</a>
Mestizo	12445 Lake Fraser Dr SE	<a href="#">Website</a>
Milk Tiger	1001 14 SW Calgary	<a href="#">Website</a>
Que Chivo Salvadorian Street Food	12445 Lake Fraser Dr SE	<a href="#">Website</a>
Selia Bar	1222 Edgemont Blvd. NW	<a href="#">Website</a>
The Village Flatbread	2511 – 17 Avenue SW	<a href="#">Website</a>
Whole Life Co	340 – 14 St NW	<a href="#">Website</a>



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## Pumpkin Spice Poke Cake

1 pkg. Namaste Foods Spice Cake Mix

1-15 oz. can pumpkin puree

1-10 oz. can gluten free caramel sauce

2 cups whipped cream or 8 oz. container  
whipped topping

Pumpkin pie spice for garnish

1/4 cup chopped pecans (optional)

Preheat oven to 350°F and line 9" x 13" pan  
with parchment paper or spray with non-stick  
spray.

Combine pumpkin with Spice Cake Mix in  
large bowl until smooth. Batter will be very  
thick.

Spread batter into pan. Bake for 27-31  
minutes or until toothpick inserted into center  
comes out clean. Let cool completely.

Using back end of a wooden spoon, poke  
holes all over top of cooled cake. Pour  
caramel sauce over holes, but reserve some to  
drizzle on top.

Spread whipped cream or topping evenly  
over top. Drizzle with remaining caramel  
sauce and sprinkle with nuts and pumpkin pie  
spice if using. Can be chilled before serving.

*Enjoy!*



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1st year makes it a survivor.  
On the 5th year it becomes a  
warrior on the battle field.  
On the 10th year, one is  
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# LET'S SHARE SOME HISTORY, PART 3B:

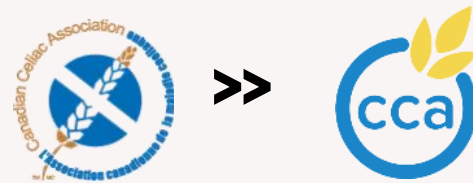
BY J. MURRAY

As we wrap up this years' newsletters, it's time to continue exploring the other changes that happened in rapid succession through the first two decades of this century. Progress in the diagnosis and treatment of Celiac Disease was not only apparent in the medical advancements, educational development and plant science research as described in the last newsletter, but major changes developed in government legislation, support programs offered though the local Calgary chapter and the huge developing support of the local community with restaurants and businesses coming on board offering choices that gave us a sense of 'real life' and interesting foods.

## Government Legislation

In 2004, Health Canada began the rigorous process of improving food labelling. The initial changes addressed nutritional values of processed foods. Once this phase was in place, the focus shifted to the clear identification of priority allergens, and in Canada, this also included the identification of all sources of gluten as well as added sulphites greater than 10 ppm. We have enjoyed the clear identification of all gluten sources, which included wheat, rye, barley, triticale and regular oats, with this new legislation. Of note, wheat appears on packaging as both a priority allergen and a gluten source. This labelling came into full effect on **August 4, 2012**. At the time, the Canadian labelling regulation offered the most comprehensive identification of gluten sources in foods in the Americas. Revisions to this labelling continued with updating to the labelling of oats being a significant change in 2015. The next shift of focus has been addressing a more realistic understanding of daily values of nutrients in standard portions. This was to have been completed by the end of 2021, but the completion date had to be delayed to the end of this year, 2022, because of the impact of Covid 19.

All countries that label foods with a gluten free claim follow the internationally respected Codex Alimentarius Commission standard, where Gluten Free is defined as containing less than 20 ppm. However, now that there is better scientific testing available, Canada and many other countries have taken the lead to encourage and support manufacturers to aim for no detectable measures of gluten content in their products. Current testing can detect gluten content at levels of 5 ppm and many manufacturers make note on the packaging of their products testing below 5 ppm. That's such a vast improvement from the test capabilities of 200 ppm as recently as 1999.



## The Calgary Chapter of the CCA

The new century marked growth and development within our volunteer driven organization. We established a larger, more accessible office with a part time paid staff member, Karen Renaud, that allowed the expansion of programs and activities

In 2000, Betty Salewicz organized the first GF Stampede Breakfast. In 2013, it was renamed Wendy T's Gluten Free Stampede Breakfast honouring the memory of Wendy Turnbull whose baking skills and knowledge of the ever-increasing variety of flour products available made her a leader in the new order of baking that offered taste, textures and nutritional values to satisfy our need for better baked products.

In 2003, 2004, 2006 and 2008, the Calgary Chapter hosted 4 regional conferences and introduced free standing GF markets in connection with the conferences. These conferences, in addition to speaker presentations provided at our AGMs, provided an opportunity for the chapter to showcase the results of research completed by some of the young investigators whose research was supported with funding from our Casino revenues.





In 2006, Kelly McGowan was invited to present her research findings at the XII International Celiac Symposium held at the Celiac Disease Center at Columbia University in New York. It was quite an honour for a teenager who scoured the statistical evidence generated from her participation in the research project managed by Dr. Decker Butzner.

Following the series of regional conferences, The GF markets became the focus for several years and were held twice annually, providing the opportunity for the newly diagnosed members of the community to taste test new products as well as old favourites.



In 2014, the Calgary Chapter once again hosted the National Conference. It was this conference that marked the beginnings of the shifting focus from in person programs encompassing an entire weekend to topic specific hour long online virtual presentations that would expand further when Covid19 made its appearance 6 years later. I, personally, miss seeing the friends I've made across Canada from attending the in-person conferences. However, the cost savings at both the personal level and the host chapter level with virtual conferences can't be denied.

The Chapter continued to organize events for members, including the Pasta Frenzy (2005 sponsored by Maplegrove Foods), BBQ events in Bowness Park, brunch events at the legion, and conducted a member survey (2006) of perceived needs relating to the food and restaurant industries. Not surprisingly, the greatest concern rested with knowledge of chefs, line cooks and servers in understanding the Gluten Free Diet and especially recognizing the seriousness of cross contamination. And not surprisingly, this still continues to be a major concern to this day, despite extensive and well developed inhouse education on the part of many restaurants in keeping their staff well informed.

In 2014, and recognizing the 20<sup>th</sup> consecutive year of running the Celiac Kids' Camp, Rod McDaniel became sponsor of the camp moving forward,

assuring that the camp could continue financially in the future. (The camp has been impacted by Covid but is still an ongoing program of the Chapter.)

## Our Local Community

The focus on the ever increasing need to provide more and better quality gluten free products did not go unnoticed in the Calgary community. Specialty businesses and restaurants began to pop up throughout the area. Some supported the celiac community for several years, some have become long standing members of the Calgary scene, all assured us that gluten free could be provided with remarkably fine quality. Lakeview Bakery (Calgary) and Kinnikinnick Foods (Edmonton) were joined by a variety of other gluten free businesses that were supportive of the gluten free community. These businesses included restaurants, bakeries and specialty stores as well as well as people who offered specialized services.

The restaurant scene included: Chianti NE, Lemongrass West, Avatara Pizza, Splitt Restaurant (2005), Heaven Restaurant (2012). And we can't forget the gourmet dining offered by SAIT as a means of expanding their culinary arts programs. Once (and later twice) each academic year, the students hosted a multicourse sit-down dinner that gave them a chance to learn the details of the gluten free diet and gave the celiac community the opportunity to power dine on menu choices that were often off limits to the gluten free community.

Gluten Free Specialty Stores and Bakeries included: Earth's Oven (2003), Judy G's Pizza (2008), Sandra's Original GF Store (2009), Calgary Gluten-Free Store

(2010), Totally Gluten Free Bakery (Lacombe 2011), Care Bakery (2011) Miss P's Gluten Free. As time moved forward, niche specialty options appeared on the Facebook page and in newsletter ads offering perogies, cupcakes, super special cake decorating and countless others.





Cinde Little took her love of cooking into the community as well, originally offering in person cooking classes and then becoming a regular online teacher, with a particular focus on encouraging kids to become skillful in the kitchen.



And, **BEER**, there must be beer... and it must be paired with Oktoberfest. La Messagiere answered the original call and produced the first gluten free beer in Canada. Others followed with new flavours to please any palate. And

Oktoberfest opened their doors to include the gluten free community in the annual festivities. Life doesn't get much better.

**2009 marked the status of the Gluten Free Diet being the #1 specialty diet in North America. By 2012, the gluten free food industry had reached \$460 million in sales, marking a 25% increase from 2008.**

During these same years, celebrities began to attach their names to creating celiac awareness. In 2000, Rich Gannon, QB from the Oakland Raiders was amidst the first celebrities to lend his name to the increasing profile of CD, as the new national spokesman for Celiac Sprue. Jennifer Esposito and Elisabeth Hasselbeck both wrote books, offering a personal perspective of the struggles to get a diagnosis and the struggles of fitting into the gluten filled world. Celiac Disease began to appear as a storyline in many TV shows, with an episode of House (2006) being one of the earliest occurrences.

The previous articles covering the years 1960-1980 and 1980 -2000 seemed so comparatively slow in pace, and truly, the progress of knowledge and understanding related to celiac disease was slow paced. And then came the 21<sup>st</sup> century. The single most significant impact to the profile of this disease came with the development of the tTG blood screening test. The exponential growth of people being diagnosed was beyond amazing. Critical mass was achieved. Celiac Disease could no longer be ignored. Once we had critical mass, major stakeholders could see opportunity for growth, whether that was in science, technology and research, or

food development. Now, having entered the third decade of this century, we are seeing a new shift in the demand for gluten free foods, and specialty diet foods generally. With a huge focus currently on paleo, keto, plant based, vegan and sustainable foods and food production, more and more, gluten free foods are appearing with a hybrid focus as part of this shift. Once again, we must be mindful that though some of these hybrid products are gluten free, many are not, and careful label reading is still so very necessary.

If someone had told me 55 years ago, when I was diagnosed, that there would be such a marvellous world of choices in my future, I would have wondered how it could be possible. Now I see the proof in the grocery store isles, when I turn on the TV, when I read an online research paper, when I tune into an interesting podcast, and, and, and. Never did I expect to have so many friends and acquaintances that also have celiac disease. And here I am, knowing now that this rapid paced growth is just the beginning. I can only imagine what will evolve in the next few months, years, decades.

I am truly grateful to the people whose curiosity got the better of them and led the charge to better medicine, better food, better understanding, and better tomorrows. So please, as we head into the 50<sup>th</sup> anniversary celebrations of the CCA as an organization, let us all be humbled by the determination of two Moms who wanted the best for their newly diagnosed celiac kids and where their determination has taken all of us.

*Jo Anne*



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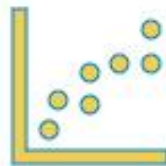
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## **RESEARCH ROUND-UP**

### ***Online Media***

James King, MSc

The increased utilization of the internet, and more recently, the consumption of social media is now deeply embedded into most of our day-to-day lives. While there are undoubtedly advantages from this technology in terms of easily accessing knowledge and connecting with others, there has been a growing concern around the abundance of misinformation and disinformation within these mediums. Such outlets are justifiably sought out among those affected by celiac disease given the ability to find recipes, learn about issues such as cross contamination, and find valuable information through resources like the Calgary Celiac Association. There has been some interesting, albeit limited, research to date in how these resources are used, their advantages, and areas of concern in celiac disease.

### **Complementary and Alternative Medicine**

A study from 2019 assessed popular chiropractor, naturopath, homeopath, acupuncture, and integrative medicine websites in the ten most populated cities in the United States.<sup>1</sup> Clinics and practitioner sites were investigated to determine if there were claims made about celiac disease and/or gluten, whether the condition could be diagnosed and/or treated at the clinic, and whether any claims made on these topics were false or unproven. Over one-third of the websites (36%) included information about celiac disease and/or the gluten-free diet. Integrative medicine and naturopathic sites had the most reference to diagnosing (22% and 12%) and treating celiac disease (27% and 23%). However, a large portion of the sites also included disclaimers that the information provided should not be considered to guide their medical or diagnostic decision-making: 58% on chiropractor sites, 51% on integrative medicine sites, 42% on homeopath sites, and 39% on naturopath sites. Finally, the investigators evaluated assertions made about celiac disease and/or treatment in terms of their evidence or lack thereof. Of the claims assessed, almost 60% were deemed as unproven or false, with variation across clinic type (73% for acupuncture, 70% for naturopaths, 65% for homeopaths, 50% for chiropractors, 40% for integrative medicine).

Ultimately, the authors expressed concern for individuals with potential or diagnosed celiac disease given the rise in usage of alternative and complementary medicine. For example, some of the clinic sites described individuals would be safe to eat gluten if they consumed digestive enzymes for gluten, which would be harmful for those with celiac disease.<sup>2</sup> It is difficult to parse out what has led to a high proportion of false claims in celiac disease; it can be speculated that the rise in the gluten-free industry and mainstream adoption of the gluten-free diet for health reasons may, at least in part, contribute to this phenomenon.

This study focused on health information from the United States, wherein healthcare systems and delivery are vastly different from Canada. However, this research was inspired by a previous Canadian-based study assessing claims regarding treatment of allergies/sensitivities from complementary and alternative medicine practitioners.<sup>3</sup> Similarly, this initial research found many of the statements made in these contexts were unproven or false, with some also posing potential harm. Moreover, given the consumption of similar media and culture between the two countries, it is reasonable to raise awareness about these concerns in a Canadian setting.

As someone diagnosed with celiac disease and now researching the condition, I can easily understand the desire to seek alternative therapies or ways of managing the condition beyond the gluten-free diet. Not only can the diet pose challenges in day-to-day life, but many individuals affected report continued symptoms after adhering to the gluten-free diet for a significant amount of time. If one feels that the available treatment offered in the current healthcare system is limited, it is only natural to search for more answers given the information available at our fingertips. But again, as the age of information has contained side-effects of misinformation in certain areas, it is important as a community to be cognizant of this and combatting it in our experience of celiac disease.

### Social Media

Although the cautions of false claims online explored above focused on clinic-based sites, social media has become a common forum to discuss and connect about various chronic diseases. Whether it is through organization pages like the Calgary Celiac Association, medical professionals, or unique individuals describing their own experiences and advice with an illness, these resources have potential to provide valuable information and support through various challenges. Personally, I have learned a lot about different research projects through social media as well as shared experiences from other individuals describing their day-to-day lives with celiac disease.

A recent study analyzed 100 videos on TikTok (which has officially made me feel out of touch with the latest trends) with the most views related to celiac disease.<sup>4</sup> In total, these videos amassed over 440 million likes. Many videos focused on challenges related to celiac disease (73%) and/or managing the gluten-free diet (63%). Generally speaking, videos that focused on diagnosis-related information or gluten-free diet management received more likes on average (672,000 and 518,000, respectively) compared to videos that did not discuss these topics.

It is difficult at this stage to determine exactly what this means – does this content provide the most value in terms of community connection and psychological support? Or is there also useful evidence-based information that could be offered through such platforms? The investigators conclude that further long-term research is needed to fully understand the





implications of these virtual interactions. But, given an increased consumption of social media for health issues, it is important to continue to be critical of the source of information and also consider ways in which its value can be maximized for improving the lives of those affected by celiac disease.

As with most aspects in the online world, my belief is the need to find an optimal balance between leveraging it for the benefit of individuals and society generally while reducing its capacity for harm. This is of course much easier said than done, and I certainly do not have a clear answer as to how this can be achieved given the complexities involved with regulating online content. As this facet of our lives continually evolves, I think it is important to keep considering how we can most meaningfully use these tools to benefit our health as individuals as well as to help others with celiac disease.

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

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



## KinniTOOS® Mint Magic Cheesecakes

*This no-bake cheesecake is nestled on a Kinnikinnick Mint Magic KinniTOOS®. You might want to grab one two or three!*

*Recipe created by Kinnikinnick Corporate Chef Lori Grein*



### Mint Magic Cheesecakes

- 1 package Kinnikinnick Mint Magic KinniTOOS® (220 g)
- 1 package gelatin powder - unflavoured (7 g)
- ¼ cup hot water (50 g) 1 package cream cheese - softened (250 g)
- ½ cup granulated sugar (115 g)
- ¼ cup sour cream 14% (55 g)
- 1 tbsp peppermint extract (15 g)
- ½ cup cream 33% - whipped (112 g)
- Optional: green food colouring

### Ganache

- 200 g mint chocolate (gluten-free)
- 240 g cream 33%

### Mint Whipping Cream

- 1 cup cream 33% - whipped (225 g)
- 1 tsp peppermint extract
- Optional: green food colouring

### Decorations (Optional)

- mint chocolate (gluten-free)
- fresh mint leaves

### Directions

#### Mint Magic Cheesecakes

1. Line 15 muffin cups with a paper muffin liner.
2. Place one Kinnikinnick Mint Magic KinniTOOS® Cookie in the base of each paper cup. Set aside.
3. In a small bowl combine hot water and gelatin. Whisk until dissolved. Set aside.
4. In a medium bowl beat cream cheese until smooth,

scraping down sides of bowl in between mixing (approx. 5 - 7 minutes).

5. Add granulated sugar and sour cream. Mix until smooth.
6. While continuing to mix, slowly add dissolved gelatin in a slow, steady stream. Mix just until combined.
7. Add peppermint extract and optional food colouring.
8. Fold in whipped cream.
9. Divide filling into 15 paper cups.
10. Let set for 4 hours or overnight in the refrigerator.

### Assembly

1. Place a wire rack on a baking tray.
2. Remove Peppermint Cheesecakes from refrigerator and carefully lift out of muffin tin.
3. Remove paper cups and place on wire rack.

### Mint Ganache (Do not make Mint Ganache until Peppermint Cheesecakes are set)

1. Place chopped mint chocolate in a medium bowl. Set aside.
2. Heat cream until just before boiling.
3. Pour cream over chopped mint chocolate. Stir until chocolate is melted and smooth.
4. Place Mint Ganache in a pourable measuring cup or piping bag.
5. Let Mint Ganache cool until thick enough to cling to the side of a bowl.
6. Pour or pipe cooled Mint Ganache over Peppermint Cheesecakes.
7. Return to refrigerator to set for 30 minutes.

### Mint Whipped Cream

1. In a medium bowl, whip whipping cream until stiff peaks.
2. Add peppermint extract and optional green food colouring.
3. Place in a piping bag with a star tip and set aside.

### Decoration

1. Using an off-set spatula, carefully remove KinniTOOS® Mint Magic Cheesecakes from wire rack.
2. Place on serving tray.
3. Top each KinniTOOS® Mint Magic Cheesecake with a rosette of Mint Whipped Cream.
4. Decorate with a piece of optional mint chocolate and a mint leaf or a Kinnikinnick KinniTOOS® Mint Magic Cookie.

Yields 15 servings





## **GRIMMS Maple Bacon Brussel Sprouts**

*Shared with permission from Grimms Fine Foods*



It's that time of year again when the weather gets chilly and the food gets more comforting! Chanelle Saks, @ChezChanelle, shares one of her treasured Thanksgiving traditions with us — her Maple-Bacon Brussel Sprout recipe! Serve alongside your turkey or one of our Grimm's Hams (Old Fashioned or Festive would pair perfectly!)

It's a savoury-sweet combination that brings together Grimm's Thick Sliced Bacon with maple syrup for a delicious depth of flavour that will make your Brussel Sprouts a family favourite.

### **Ingredients**

- 6 slices of Grimm's Thick Sliced Bacon – Traditional or Natural
- 1 lb brussel sprouts (approx. 20), cleaned and halved
- 1-2 tbsp olive oil
- 3 tbsp pure maple syrup
- Salt and Pepper to taste
- Served alongside a Grimm's Ham Half – Old Fashioned or Festive

### **Preparation**

1. Preheat the oven to 400F. Line a baking sheet with parchment paper and arrange 6 slices of Grimm's Bacon. Cook in the preheated oven for 15 minutes – flipping once halfway.

2. Remove the bacon from the oven (keeping the oven on) and dice into small pieces.
3. To the same baking sheet (do not remove the grease), add the cleaned and halved brussel sprouts and drizzle with the olive oil, maple syrup, and season with salt and pepper. Give them a good toss then sprinkle with the bacon bits.

Return the baking sheet to the oven and cook for another 20 minutes, until brussel sprouts and bacon are cooked and crispy. Serve alongside a Grimm's half ham and enjoy!





Vanessa Sarraïno R.H.N  
REGISTERED HOLISTIC NUTRITIONIST

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# Holiday Energy Bites

20 balls

15 minutes



## Ingredients

- 1 1/2 cups shredded unsweetened coconut
- 1 cup walnuts or almonds or a mixture
- 1 cup Dates, pitted and soaked for at least 20 minutes
- 1/4 cup maple syrup
- 1/4 cup coconut oil
- 1/4 tsp mint extract (if this is not available add 1/4 cup of mint chocolate chips)
- 1 cup Cranberries, dried

## Method

1. Line a baking sheet with parchment paper
2. In a food processor, process nuts until they are small little pieces. Careful not to over process it will start to become a butter.
3. Add in remaining ingredients except for cranberries. Process until a round sticky ball begins to form.
4. Lastly add in cranberries and mix until the cranberries have been well combined into the sticky dough.
5. Use a tablespoon or a small cookie scoop of dough and roll into a ball. Place on a baking sheet. If you wish you can roll the ball in cocoa powder or other chopped nuts.
6. Place in the fridge to set, approximately one hour.
7. Enjoy

Contact Vanessa at [vanessa@vanessasarraïno.com](mailto:vanessa@vanessasarraïno.com) for a copy of her publication **Celiac Sweeties-Holistic Infomation and Reciped for Individuals with Celiac Disease**



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