Gluten-Free Guide

Winter 2023

Newsletter of the CCA's Québec Support Group

Highlights of this Issue:

CCA Label-Reading Guide
Access the video clip or pdf to learn more about how the CCA is helping you read food labels.

Please see page 3.

Gluten Free in South America
This celiac traveler has tales to tell about his honeymoon trip WAY down south!

Please see page 15.

RECIPE OF THE MONTH

Making risotto need not only be the domain of world-class chefs. Anyone can do it! Try this tasty shrimp risotto recipe. See page 9.

To All Our Quebec CCA Support Group Followers

February 2022

A very Happy New Year to you all in this the 50th Anniversary of the existence of the CCA. Throughout the year, CCA National will be bringing you information about the celebrations that are planned. They include: a February a Kick-Off Event where it all began in Kitchener, Ontario, a May 1st Day on the Hill, Volunteer recognition and Highlights of the CCAs first 5 decades.

The Quebec CCA Support group asks you all to identify your local town or city councillor and then to contact us for a template letter in English and in French to send to your councillor in the month of February. We are asking them to request an item on the agenda of their next council meeting to recognize May 2023 as Celiac Awareness Month and to post this information on the town or city's electronic billboards for the whole month of May.

Our Support group is also planning an activity for all ages for Saturday May 13th, along with all the other CCA Chapters and Support groups of the CCA across Canada. We have made reservations at the Montreal West Bowling Alley from 2 to 4 pm. Save the date. More details TBA.

With the New Year, we welcome a new member of our Support Group sub-committee, Elisa Shepherd, as our Media person. Elisa is a not a stranger to us, as she was previously on the board when we had a CCA Quebec Chapter and brings with her a background in advertising sales and working in the GFFP restaurant certification program. Welcome back Elisa. She joins Marie, Jennifer, and Margaret on this sub-committee. She is going to be busy with the media blitz we hope to have in May 2023.

Since our last newsletter, you have all received a Holiday Greetings Update and our new restaurant list from Jennifer. Going forward, Jennifer will continue to send out monthly updates with additions and modifications to the restaurant list and information and reminders on local Quebec events. This will be in addition to this quarterly Gluten-Free Guide newsletter, published by Mark Johnson, the President of the CCA Ottawa Chapter. If you want to add, or modify a restaurant on our list, please email: quebecsupportgroup@celiac.ca

Our Holiday Gluten-Free Food Drive was not a great success as far as we know. We would like to change our strategy. There are companies that will donate gluten-free foods that we can contact. However, this would involve finding a free storage space, along with some freezer space if possible and a group of at least four volunteers who could get-together twice a year around May and November to package donated food and deliver it to the food banks we have identified who will ensure that donations go only to persons who need GF foods for medical reasons. If you would be interested to volunteer, then let us know at: quebecsupportgroup@celiac.ca

Look for more details on Jennifer's monthly Updates and reminders and you will also find information on our Support Group website, including this newsletter, which can be found under "Articles of Interest." Our new restaurant list will soon be posted as well.

Best wishes to you all,

Marie, Jennifer, Elisa and Margaret
quebecsupportgroup@celiac.ca
www.celiacquebec.ca

News from CCA National

GF 101 session coming up!

CCA National is hosting a Gluten-Free 101 session to help those getting started on the diet. You'll learn about label reading, dining out, traveling, high/low risk foods, making sure your home is a safe space, and self care.
February 13th at 8 PM Eastern.
To register:
https://us02web.zoom.us/webinar/register/WN_65oBC23cR76JZJgZnMJZMw

Another takes place on March 6th.
More info about upcoming events:
https://www.celiac.ca/news-events/events/

New label reading guide
Check out this handy video clip that walks you through how to read a food ingredient label to ensure that the contents are gluten free.
Link: https://www.youtube.com/watch?v=OZHhl16fkLM&t=2s

To download the guide (pdf): https://www.celiac.ca/wp-content/uploads/2022/12/CCA-Labelling-Document-SEP22.pdf

Participate in research!
Are you still experiencing celiac disease symptoms despite your best efforts to follow a gluten-free diet? The PROACTIVE Celiac Study is a phase 2 clinical trial testing the safety and effects of the investigational medication PRV-015. In combination with a gluten-free diet, PRV-015 aims to reduce symptoms and intestinal inflammation caused by accidental gluten exposure. You will not be asked to ingest gluten for this study.

To participate, you must have biopsy-confirmed celiac disease, be between 18 and 70 years of age, have been eating GF for at least a year, and are still experiencing symptoms.

More info: www.survey.proactiveceliac.com/r/REFCCA

The CCA is turning 50!
This year marks the 50th anniversary of the CCA. We're kicking off the festivities with an event on February 11 in Kitchener-Waterloo, where the CCA was founded, and we'll be continuing to mark the anniversary with awareness campaigns and events across Canada. For more information, please visit the following website: https://www.celiac.ca/50years/

The newly diagnosed program spans one year and includes: educational programs, a newly diagnosed kit available for order or download, digital resources, an online community, access to peer supporters and more.
Link for more information: https://www.celiac.ca/newlydiagnosed/

Shared Kitchen Tour
Join registered dietitian Nicole Byrom as she takes us on a tour of her shared gluten-free kitchen and shows tips and tricks to help you eat safely gluten free. Please visit this link: https://www.youtube.com/watch?v=BatY1JTkjgU

Research Tidbits

Incidence of celiac disease rising in Canada – Alberta, at least

A population-based cohort study assessed testing of tissue transglutaminase antibodies (tTG-IgA) took place in Alberta from 2012 to 2020. The study found that the incidence of celiac autoimmunity is high and increasing, despite stable testing rates. Variations in testing patterns may lead to underreporting the incidence of celiac.

For more information: https://www.gastrojournal.org/article/S0016-5085(23)00007-0/fulltext

Budesonide beneficial in 89% of patients with non-responsive celiac disease in children

Researchers including the noted Dr. Alessio Fasano studied the effectiveness of the "gluten-containing elimination diet" or budesonide in helping children with non-responsive celiac disease. Both treatments proved highly effective, with long-lasting benefit.

For more information: https://journals.lww.com/jpgn/Abstract/2022/11000/Budesonide_and_the_Gluten_Containing_Elimination.13.aspx

Concerning non-compliance an issue for celiacs

Research out of the Indiana University School of Medicine found that many patients with celiac or IBD had a tough time sticking with a gluten-free diet. The failure to adhere was linked with a failure to consult a registered dietitian after diagnosis – something the CCA recommends. Another study found that 1.6% of celiacs also have IBD.

For more information: https://www.medpagetoday.com/meetingcoverage/ccc/102744

Intestinal and blood lymphograms as new diagnostic tests for celiac disease

Accurate celiac disease (CD) diagnosis is still challenging for some specific patients or circumstances. This research looks at two diagnostic approaches based on immunophenotyping by flow cytometry that they expect to reduce the persistent low diagnostic rates and the common diagnostic delay.

For more information: https://www.frontiersin.org/articles/10.3389/fimmu.2022.1081955/full

Study finds gender variations in TTG stabilization among children

Iron deficiency (ID) is one of the most common manifestations of celiac disease (CD). This pre-print research aimed to determine whether ID at the time of CD diagnosis affects tissue transglutaminase antibody (TTG) normalization

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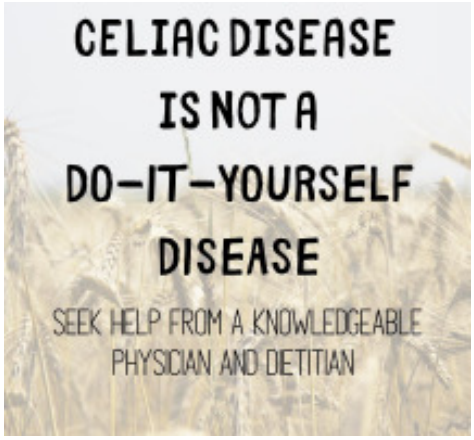
rate among pediatric CD patients adhering to gluten-free diet. They found that ID at the time of diagnosis was not associated with lower rates of TTG normalization a year out, but there was more normalization among male pediatric patients versus female.

For more information: https://www.researchsquare.com/article/rs-2462536/v1

Study in China looks at nutrient supplementation to help celiac patients



The pattern of gut microbiota is closely related to dietary habits, genetic background, and geographical factors. This study aimed to use 16S rDNA sequencing and metabolomics to analyze the fecal microbial composition and metabolome characteristics in patients diagnosed with celiac in Northwest China, and to screen potential biomarkers that could be used for its diagnosis.

For more information: https://www.frontiersin.org/articles/10.3389/fmicb.2022.1020977/full

Guidance for osteoporosis in adult-onset celiac patients

Impaired bone mineral density (BMD) is a frequent complication of adult-onset celiac disease. This is usually due to malabsorption of nutrients, changes in bone metabolism in association with inflammation, and to a lesser extent, decreased overall physical health and mobility. This review aims to highlight the current status concerning surveillance, prevention, and treatment strategies for bone disease in celiac disease. A practical guidance on these matters is suggested.

For more information: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9654202/pdf/nutrients-14-04554.pdf

Ongoing concerns over commercial oats in the GF diet

The oat-based gluten-free products represents a small market, which may have changed, and become more limited during COVID-19 pandemic. This study out of Chile found that roughly one-third of sampled gluten-free labeled oat products in fact had gluten content above 20 parts per million.

For further information: https://www.frontiersin.org/articles/10.3389/fnut.2022.986282/full

New research at McMaster looking at gut microbiota in celiacs

Genes and gluten are necessary but insufficient to cause celiac disease. Altered gut microbiota has been implicated as an additional risk factor. Variability in sampling site may confound interpretation and mechanistic insight, as celiac primarily affects the small intestine. Thus, researchers characterized celiac microbiota along the duodenum and in feces and verified functional impact in gnotobiotic mice. They found that microbiota composition and predicted function in celiac was largely determined by intestinal location.

For more information: https://www.gastrojournal.org/article/S0016-5085(22)00752-1/fulltext

Recipe Corner

Coffee Lovers Overnight Oats with Maple Syrup
Submitted by Monica MacEwen, Moncton Chapter

Supplies:
- 1 large jar, or two small jars

Ingredients:
- 1 cup gluten-free oats
- 2 Tbsp chia seeds
- 3/4 cup oat milk (or any kind of milk)
- 1/2 cup strong brewed coffee, cooled
- 2 tbsp maple syrup (or more, to taste)

Instructions:
1. In a large jar (or two smaller jars) stir together the oats and the chia seeds. In a separate bowl, stir together the oat milk, ¼ cup of coffee, and maple syrup. Pour the milk mixture into the jar(s) and stir to combine. Set in fridge overnight, or for at least 8 hours.
2. To serve these, add the remaining ¼ cup of cooled coffee on top of your overnight oats, and finish with oat milk foam. Enjoy!
3. To make oat milk foam, heat up ¼ cup of milk in a small saucepan. Remove pan just before simmering and pour into a bowl or glass jar. Using a milk frother or a whisk, whisk until foamy. Spoon the oat milk foam on top of coffee.

Blueberry Feta Salad
Submitted by Monica MacEwen, Moncton Chapter

Ingredients – Salad:
- 6 cups mixed greens
- 1 cup blueberries
- 4 ounces crumbled feta cheese
- 1/4 cup almonds
- red onion slivers, to taste

Ingredients – Dressing:
- 1/3 cup olive oil
- 1/3 cup golden balsamic vinegar
- 1 Tbsp lemon juice
- 1 Tbsp honey
- 1 tsp poppy seeds
- 1/4 tsp pepper

Instructions:
Layer salad ingredients in large salad bowl. Prepare dressing by combining all ingredients in a container with a lid; shake vigorously to combine. Toss salad with dressing and serve.

Cheesy Keto Garlic Bread
Submitted by Normand Gallant, Moncton Chapter

Ingredients:
- 1 3/4 cups mozzarella cheese, grated
- 3/4 cup almond meal/flour
- 2 Tbsp cream cheese (full fat)
- 1 Tbsp garlic, crushed
- 1 Tbsp parsley, fresh or dried
- 1 tsp baking powder

- pinch of salt to taste
- 1 egg

Instructions:

1. Place all the ingredients apart from the egg, in a microwaveable bowl. Stir gently to mix together. Microwave on HIGH for 1 minute. Stir then microwave on HIGH for a further 30 seconds.
2. Add the egg then mix gently to make a cheesy dough.
3. Place on a baking tray and form into a garlic bread shape. Cut slices into the low-carb garlic bread.
4. Optional: Mix 2 tbsp melted butter, 1 tsp parsley and 1 tsp garlic. Brush over the top of the low-carb garlic bread, sprinkle with more cheese. Bake at 425F for 15 minutes, or until golden brown.

Simple Hamburger Vegetable Soup
Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 15 ounce gluten-free vegetable broth
- 4 cups water
- 1 pound ground beef
- 1 large onion, diced
- 4 large carrots, diced
- 1 clove garlic
- 2 large ripe tomatoes
- 1 red bell pepper, diced
- 2 cups green beans, chopped into bite sized pieces
- 2 large potatoes, diced
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- 2 tsp salt, or to taste
- ½ tsp ground black pepper

Instructions:

1. In a large soup pot, brown ground beef with onion. When beef is cooked, add other vegetables and cook for 10 minutes. Pour in broth and water. Cover and boil for 15 minutes.
2. Lower heat and simmer another 20-30 minutes so flavours can cook in. Serve with shredded cheese on top (optional)

Hearty Lentil Bacon Soup
Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 1 medium onion, diced
- 6 carrots, diced
- 2 parsnipsx, diced
- 2 cloves garlic, minced
- 1 ¼ cups black lentils
- 1 Tbsp olive oil
- 4 cups low sodium gluten-free chicken broth
- 2 cups water
- 2 tsp thyme
- 6 pieces cooked bacon
- salt and pepper, to taste

Instructions:

1. In a large soup pot, heat olive oil on medium heat. Add onion, carrot, and parsnip and cook for 5 minutes until softened. Add chopped bacon and cook another 3-4 minutes. Add lentils, broth, water, thyme, salt and pepper.
2. Cover and bring to a boil. Boil for 5 minutes then turn heat to low and simmer. Cook until lentils are soft and most of the liquid is absorbed.

Notes:

- You can use any type of lentils, but I recommend using black lentils. They tend to hold their shape a lot better than green or brown lentils. Orange lentils will turn to mush so I don't recommend using this color.
- If you would like this soup to be lower-fat, use turkey bacon.
- This soup will keep up to 4 days in an air-tight container, or up to 4 months in the freezer.

Chicken with Cherry-Wine Pan Sauce
Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 4 chicken breasts (about 1-1/2lbs)
- extra virgin olive oil, for brushing
- salt and pepper
- 2 Tbsp butter, divided
- 1 shallot, chopped
- 1 cup red wine (like Cabernet)
- 1/2 cup gluten-free chicken broth
- 2 Tbsp balsamic vinegar
- 12 oz fresh or frozen pitted sweet cherries NOT sour cherries (if frozen, do not thaw)
- 1 tsp fresh thyme, chopped
- juice of 1/2 a lemon

Instructions:

1. Pound chicken breasts to an even thickness then brush both sides with extra virgin olive oil and season with salt and pepper. Heat a large skillet over medium-high heat then add chicken and sauté until no longer pink, 3-4 minutes a side. Remove to a plate then tent with foil to keep warm.
2. Melt 1 tablespoon butter in same skillet then add shallots and sauté until tender, 2 minutes. Add wine, chicken broth, balsamic vinegar, and fresh cherries, if using, then simmer until sauce is reduced by nearly half, 3-4 minutes. If using frozen cherries, add now with thyme then continue to reduce sauce until slightly thickened, 2-3 minutes, pressing down on cherries gently with the back of a wooden spoon.
3. Remove skillet from heat then stir in remaining tablespoon butter and lemon juice. Spoon over chicken breasts then serve.

Pan Roasted Steak with Goat Cheese and Caramelized Onions
Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 1 Tbsp extra virgin olive oil
- 2 sweet onions, thinly sliced
- 2 (12 ounces each) New York Strip steaks, cut 1-1/4" thick
- coarse ground salt and pepper OR steak seasoning
- 2 Tbsp butter
- 2 ounces chèvre (goat cheese), softened to room temperature

Instructions:

1. Heat extra virgin olive oil in a large, oven-proof skillet (cast iron is best) over medium heat. Add onions then sauté until caramelized and slightly seared, stirring occasionally, 30-40 minutes, turning heat down just slightly if onions begin to burn. We're looking to achieve between seared and caramelized onions. Scoop into a bowl then set aside. Onions can be made a day ahead of time.
2. Preheat oven to 400 degrees. Trim excess fat off steaks then season one side generously with seasoning. Turn heat under skillet to just below high then, once skillet is very hot, add butter and allow to melt. Add steaks seasoned-side down to skillet then season top sides of steaks.
3. Sear steaks for 2 minutes, or until a golden brown crust as been formed on the bottom, then flip and transfer the entire skillet into the preheated oven for 6 minutes for medium doneness (roast for more or fewer minutes depending on how well done you like and/or if they were cut thinner or thicker then 1-1/4" thick.)
4. Transfer steaks to a cutting board then let rest for 8-10 minutes before thinly slicing against the grain. Serve topped with butter from skillet, seared caramelized onions, and goat cheese.

Shrimp and Asparagus Risotto

Submitted by Monica MacEwen, Moncton Chapter

Ingredients:

- 6 cups gluten-free chicken stock
- 4 Tbsp butter
- 1 shallot, minced
- 4 cloves garlic, pressed or minced
- 1-1/2 cups Arborio rice
- 1/2 cup dry white wine (pinot grigio or sauvignon blanc recommended)
- 1 cup asparagus chopped into 1" pieces (choose thin asparagus stalks, if possible)
- 16 jumbo shrimp (16/20 count), peeled and deveined
- 1 cup freshly grated parmesan cheese
- salt and freshly cracked black pepper

Instructions:

1. Bring chicken stock to a boil in a medium-size saucepan over high heat then turn off heat and place a lid on top to keep stock hot.
2. Melt butter in a large, 11-12" skillet over medium heat then add shallot and sauté until softened, 2-3 minutes. Add garlic then sauté until very fragrant, 1 more minute.
3. Add rice then stir to coat in butter and cook (while stirring) for 1 minute. Add wine then stir slowly and continuously until nearly absorbed by rice - this will happen quickly. Add 1/2 cup (1 ladleful) chicken stock then stir slowly and continuously until nearly absorbed by the rice. Continue adding stock 1/2 cup or 1 ladleful at a time, stirring slowly and continuously until it's nearly absorbed by the rice before adding the next addition.

4. When there are approximately 4 additions of stock

left, add asparagus then continue to stir and cook. When there are only 2 additions of stock left, add shrimp then continue to stir and cook until rice is tender and shrimp is cooked through.

5. This entire process should take between 35-40 minutes. If you find the rice is completely tender before the last of the stock is added - that's fine as you may not need to add all of it. Turn off heat then stir in parmesan cheese, and then add salt and pepper to taste. Serve immediately.

Orange and Chocolate Chip Muffins
Submitted by J. Godsman (Calgary Chapter)

Ingredients:

- ½ cup butter
- 1 cup white sugar
- Peel of 2 oranges, grated
- 2 large eggs
- ½ cup sour cream
- ½ cup fresh squeezed orange juice
- 1 tsp baking powder
- ½ tsp baking soda
- 2 cups gluten-free flour blend
- ½ cup mini chocolate chips

Instructions:
Pre-heat oven to 400F. Beat butter and sugar until creamy. Add orange peel, eggs, sour cream and orange juice. In a separate bowl, mix dry ingredients together and fold lightly into wet ingredients. Fill paper lined muffin tins. Bake for 12-15 minutes.

Tip: A great way to use up mandarin oranges that are past their prime. Just throw 2 small oranges in a blender (removing any large pieces) and use to substitute into this recipe for the orange juice and peel.

Blueberry Lemon Tarts
Submitted by Jackie Ivey, Moncton Chapter

Ingredients:

- 1 cup pecans
- ½ cup cashews
- ½ cup medjool dates (pitted)
- ½ tsp cinnamon
- Pinch of sea salt
- 1 cup plain Greek yogurt
- 1 ½ tbsp. honey
- ½ tsp vanilla extract
- ½ tsp grated lemon zest
- 1 tsp freshly squeezed lemon juice
- 1 cup fresh blueberries

Instructions:

1. Line a 12 cup tin with parchment or silicone cupcake liners.
2. In a food processor, pulse nuts, dates, cinnamon and salt together until crumbly. Press into each cupcake liner. Freeze at least 1 hour (the firmer the better).
3. In a bowl, whisk together the yogurt, honey, vanilla, zest and lemon juice.
4. Cover and refrigerate until ready to use.
5. Remove liners from the muffin tin and transfer to a plate. Scoop a small spoonful of the yogurt filling on top of each crust. Top with a few blueberries.
6. Freeze up to 1 week. Thaw a few minutes before enjoying.

Pink Lemonade Cupcakes
Submitted by Monica MacEwen, Moncton Chapter

Ingredients – Cupcakes:

- 2 ½ cups gluten-free flour blend (that contains xanthan gum)
- 2 tsp baking powder
- 1/8 tsp salt
- 1 ¼ cups sugar
- 1 Tbsp lemon zest
- 3/4 cup butter softened
- 2 large eggs
- 2 tsp pure vanilla extract
- ½ cup lemon juice
- 3/4 cup almond milk
- pink food colouring (optional)

Ingredients – Frosting:

- 1 ½ cups butter
- 3-4 cups powdered sugar
- 2-3 tablespoons lemon juice you can also use water
- pink food colouring (optional)

Instructions:

1. Preheat the oven to 350F. In a bowl, add the dry ingredients and whisk to blend. In a separate bowl, add the wet ingredients and mix well. Add food coloring if you prefer to use it. Pour the wet ingredients into the dry ingredients and mix.
2. Line a muffin tin with cupcake papers and fill each ¾ full with the batter.
3. Bake for 18 minutes or until done. Remove to a cooling rack and allow to cool.
4. In a stand mixer or using a hand mixer, add the softened butter and whip. Slowly add the powdered sugar and lemon juice. Add optional food dye. Frost the cupcakes as desired.

Carrot Cake Mug Cake (Serves 1)
Submitted by Normand Gallant, Moncton Chapter

Ingredients:

- ¼ cup gluten free flour blend (that contains xanthan gum)
- 3 Tbsp brown sugar
- ½ tsp baking powder
- dash of salt
- 2 Tbsp butter melted, or light oil
- 1 egg, large
- 2 Tbsp milk or non-dairy
- 1 tsp vanilla extract
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 2 Tbsp carrot, grated
- 1 Tbsp walnuts (optional)

Instructions:

1. Add the dry ingredients into a mug. Mix well. Shred the carrot (2 tablespoons worth). In a small bowl, add the butter and cook for 30 seconds to melt it. Whisk in the rest of the ingredients. Add shredded carrot.
   - Note: Recommend mixing the wet ingredients in a separate bowl and then pouring them into the mug. This makes sure your ingredients are completely mixed.
2. Microwave the carrot cake for 90 seconds. It is going to rise up while cooking and then sink a little after you open the microwave door. This is normal.
3. Cooking time will vary slightly depending on the mug shape and depth. If the top is done it will feel firm. The mug cake will pull away from the sides when it is cooked. Allow the gluten free carrot mug cake to cool completely.

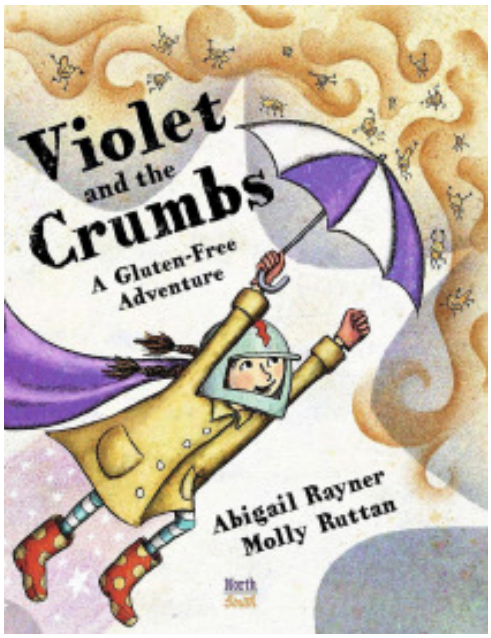
Six Gluten-Free Ways to Celebrate with your Valentine

While February 14th originated as a Christian feast day honouring one or two early Christian martyrs named Saint Valentine, the day has become a celebration of romance and love in many regions of the world.

Whether you have a special someone in your life or choose to celebrate the day with family or friends here are a few gluten-free ideas to hopefully inspire you:

1. **Plan an outdoor adventure** – a walk or snowshoeing in nature, skating on one of several outdoor rinks around the city, a sleigh ride, etc.
2. **Take a class together** – look for local artists offering painting or pottery classes
3. **Go to a show or an event** – with COVID in the rear-view mirror, check out listings for movies, local theatre, concerts, comedy or other forms of live entertainment to create a special memory
4. **Romantic Dinner for Two** – wow your partner with a gluten-free home cooked meal or, if spending time in the kitchen isn't your idea of fun, make a reservation at any one of the gluten-friendly restaurants in our city such as Gusto, Five Bridges, The Keg, Moxies, Taj Mahal, or perhaps venture a little further (to Buchtouche) for an evening with Chef Carson at Dune View Inn/Auberge Vue D'La Dune
5. **Mini Get Away** – plan a night or weekend get away at one of the beautiful local cabins or in one of our near by towns/cities for a little change of pace and scenery where you can explore new things together
6. **Recreate Your First Date** – for those true romantics at heart, maybe this year you want to take a walk down memory lane and recreate that moment when you first felt those butterflies for your significant other!

Violet and the Crumbs: A Gluten-Free Adventure



For those of you who have children or know of family or friends with young children recently diagnosed with Celiac disease you may want to go to your local library or book store to look for this gem. "Violet and the Crumbs: A Gluten-Free Adventure" is a book by Abigail Rayner that speaks to the challenges of cross contamination.

As one reviewer writes, "Though a medical diagnosis makes social situations tough for a young girl, she finds a way to cope. After Violet learns she has celiac disease, birthday parties and school lunches are a drag. Her peers try to be understanding about how she can't partake in cakes and cookies, but what they don't understand is that gluten is everywhere—even the crumbs. "Safe" foods like fruit become off-limits as soon as someone handles them with fingers that previously touched gluten-filled snacks. Her protective measures leave her isolated at school, but Violet gradually becomes a bit of a superhero when she advocates for animals like ducks, who are often fed foods not suited to their digestive systems. But she still has to figure out a way to fit in with her classmates so she can make some friends. The protagonist is White, and the supporting cast is diverse in skin tone and ability. Accompanied by artwork rendered in a muted palette, the text balances Violet's narrative with more scientific explanation without feeling preachy or didactic. Anyone who feeds other people would be well served by this tale. An illustrated glossary of gluten-full and gluten-free grains makes up the endpapers. Kids with celiac will feel seen. -- Kirkus Reviews"

Gluten-Free Certification Program

When you see the GFCP logo you know the manufacturer has used special processes to make sure your gluten-free food really is gluten free.

For more information, visit www.celiac.ca

Unexpected Sources of Gluten: 10 Surprising Foods Which May Contain Gluten

As previously shared by the CCA here (Unexpected Sources of Gluten Infographic (celiac.ca))

Gluten is a protein found in wheat, barley, rye, triticale, and derived grains. Some well-known foods contain gluten, such as bread and pasta.

However, gluten is found in some unexpected foods too, with some examples listed below. It is important to remember that not all variations of these foods contain gluten (i.e. not ALL chocolate contains gluten) but some do.

The best way to know if a food contains gluten is by reading the ingredient list.

1. Chocolates, Candies and Ice Creams
2. Seasoning Mixes
3. Condiments and Salad Dressings
4. Deli Meats / Processed Meats
5. Meat Substitutes
6. Oats
7. Soy Sauce
8. Potato Chips and French Fries
9. Alcohol and Other Beverages
10. Soups and Gravies

Make Health and Wellness a Priority This Year

Unlike the cars we drive or the appliances we use, our bodies are not replaceable nor do they come with a warranty. It's up to us to manage and maintain our own personal well being to the best of our abilities. Below are a few simple areas to keep in mind when prioritizing yourself and well being:

1. **Talk to a loved one** – set up a weekly video chat with friends or family to help stay connected to those who matter most
2. **Discover a new podcast or pick up a new book** – immerse yourself in a podcast or new book to expand your mind and learn something new
3. **Practice mindfulness** – set aside some quiet time for deep breathing to promote the ultimate rest and relaxation
4. **Schedule a dance break** – listen to a feel-good playlist of your favourite tunes to elevate your mood and get your body moving in any way that feels best
5. **Create a bedtime routine** – prioritize sleep and head to bed early so you can feel rested and energized for the day ahead

Gluten Free in South America

Mark Johnson, President, CCA Ottawa Chapter

When it comes to Canadians and their winter travel destinations, South America isn't usually atop the list. However, I've just returned from my long-awaited honeymoon, and am happy to report that it was a gluten-free success! As I always do, I spent a good deal of time planning, and for our visits to Asunción, Paraguay, and Buenos Aires, Argentina, I deliberately booked an Airbnb super close to gluten-free bakeries.

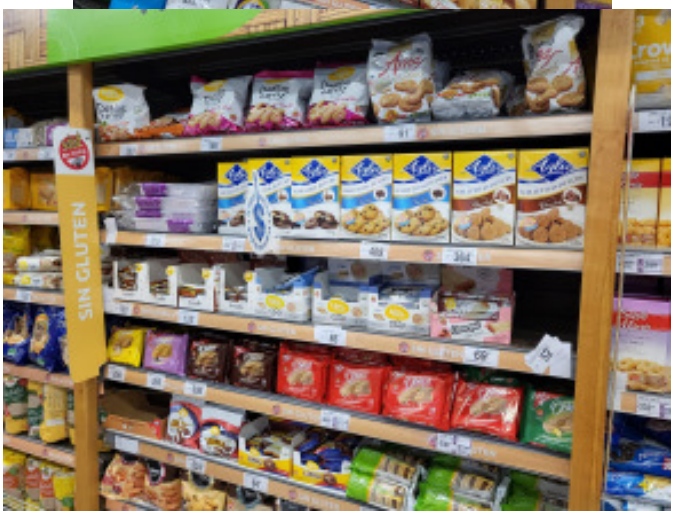
We actually started the trip in Santiago, Chile, and after my gluten-free meals aboard the long Air Canada flight down, I relied on grocery store purchases to get by while there – fruits, vegetables, rice, etc. I wasn't there long enough to explore the area, and while I considered going to a gluten-free restaurant, there weren't any nearby, so we cooked ourselves. That's one reason I more often go for Airbnbs rather than hotels – the ability to easily cook for myself, especially in unfamiliar terrain or where I do not speak the language. I have picked up very basic Spanish, but still, good to play it safe.

In Asunción, however, I immediately stocked up at Love Cook, a gluten-free bakery that offered lots of doughy delights. Empanadas are pretty common throughout much of South America, and they had several choices for me (chicken and ham and cheese are quite popular). I also bought a few other items that, while I do not know their names, contained bread and meat and I was happy to give them a try. I also learned that alfajores are quite a delicious dessert! Definitely try one if you get the chance.

At our next stop, Buenos Aires, Goût Gluten Free (see photos on page 19) also did not disappoint. They too had a line of empanadas, and plenty of pastries to suit all tastes, including more alfajores. I visited that bakery on my first day, and on the second, I visited La Union Gluten-Free Bakery, where I enjoyed a cappuccino with medialunas – a sort of croissant that

goût

had chocolate in it. Mmm! I was only in Buenos Aires for around 18 hours, and given that I had these two bakeries within a ten-minute walk, I didn't bother seeking out restaurants. We did pop into a grocery store, and I was surprised at the wide array of products available (versus Chile, where the supermarket I visited had almost nothing). See photos on this page. The "sin TACC" logo is what you want to be looking for – it's the Spanish version of gluten free, and you'll see it on products in a number of South American countries. TACC = trigo (wheat), avena (oats), cebada (barley) and centeno (rye).



After our brief stop in Buenos Aires, Mary and I embarked on a two-week cruise that sailed around part of Antarctica, with stops in Ushuaia and Puerto Madryn (both in Argentina), as well as the Falkland Islands and Montevideo, Uruguay. I ate extremely well aboard the Celebrity Infinity, with smoked salmon and an omelet for most breakfasts and my dinners prepared in advance in a gluten-free area of the kitchen. They are always very attentive to cross contamination, and from tuna steaks to beef tartare, and from gluten-free pizza to chocolate mousse, I never went hungry. See photos on page 21. I had no need to worry about gluten free at the various stops, as they were always just a few hours in length and I ate on the cruise ship.

Heading home, I was pleased to find celiac-friendly service at the Centurion Lounge at the major international airport in Buenos Aires (EZE). I ordered gluten-free ham and cheese empanadas – one last empanada indulgence before leaving South America.

If, down the road, you're looking to get away from winter and want to try something a bit out of the

ordinary, consider South America! We certainly had no shortage of heat (it was 36-39 degrees each day in Asunción, and a bit cooler in the other spots) and Chile, Argentina, and Uruguay all boast amazing beaches. There are travel deals to be found out there – though it's a 10.5 hour flight to get to Santiago or Buenos Aires from Toronto, so be ready for that. Whatever you do to compensate for the frigid cold of Canadian winters, please be safe, and always strictly gluten free!

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