



November 2021

NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

Our Next Meeting -- Saturday, Nov. 13th 1:00 – 3:00
No Holiday Potluck, sadly, but please share your holiday recipes for sides and desserts

We were concerned about meeting in person and hosting our traditional holiday potluck. When I called Westminster Presbyterian Church, where we held our meetings before the pandemic, I found out that the church has yet to resume meals, except for catered box lunches. While there is nothing wrong with that, it would not be a great replacement for our potluck.

So, we sadly made the decision to, once again, conduct our meeting via Zoom. We are asking all of you who are interested to join us via Zoom. Those of you who would like to share recipes for holiday dishes and desserts, please plan to tell us about your recipe. After the meeting, those who have shared recipes can send us a copy of the recipe and we'll send all the recipes out to the participants. We'll also record the meeting so that we can post it on the website for others to see and if those who watch later want the recipes, they can email us at nashvilleceliacs@gmail.com and we'll send them the recipes too.

If you don't have a recipe to share, that's okay. You can ask those who are sharing recipes about a dish that you would like to know how to make. Again, we will send out all the recipes in an email to the participants, so you will have quite a collection of recipes to prepare for your holiday feasts.

Here's the Zoom link for Saturday's meeting:

<https://us02web.zoom.us/j/88507552877?pwd=RjFqY044L0tZMXVXV29PbEM1dStKZz09>

Meeting ID: 885 0755 2877 Passcode: 757158

One tap mobile +13126266799,,88507552877#,,,,*757158# US (Chicago)

We will meet via Zoom on November 13th

We have used Zoom for the past six meetings now and we have recorded several of these excellent presentations. We are creating a NCAT YouTube channel so that you can access those presentations outside of the meeting time and view it as many times as you want. We should have our channel ready with four or five meetings available for you to watch and recommend to others you may know or meet who want to see more information about living with celiac

Once again, we do not feel comfortable meeting in person. The church where we have been meeting has also not yet resumed meals except for catered individual meals. Our Holiday Potluck would not be possible there. We decided that we should once again meet via Zoom and exchange recipes among our members. Please plan to join us and bring at least one idea or recipe for a holiday dish or dessert to share.

If you haven't used Zoom yet, it is very easy. We will set up a meeting for November 13th 1-3 pm. You may use a computer, an iPad, or your smartphone to log into the Zoom meeting. You will enter with audio and video from your computer or phone. We will be able to see each other and we will be able to converse as we usually do. During the meeting, you should mute your audio so that no distracting noises interfere with the person talking, but you will be able to unmute the audio to ask questions as needed and to share your recipes. It's really almost like meeting in person except we are all at home and meeting virtually on the screen.

September's meeting – Archie, a gluten detection service dog with his partner, Gretchen Mansourian



Here's Gretchen Mansourian out on the patio of the Sunflower Café with Archie. Because he is a trained service dog, she can take him out to restaurants where he can detect gluten that may result from cross-contamination in the kitchen.

During our September meeting, she demonstrated how she works with Archie each day to improve his ability to detect gluten in new items, even things Gretchen doesn't normally eat or drink.

She tested him with beer recently and he sniffed it for a longer time than usual. He was surprised by this new combination of scents! However, he still detected gluten and alerted Gretchen to it.

Gretchen gave us a very informative program about the history of service dogs and the fact that since celiac disease is considered a disability, we can have service dogs and how they are trained. If you missed it, watch it on our YouTube channel.

Nourished Festival Returned Nov. 5-6 !

We sent you the link for the Nourished Festival this past weekend, so I hope that if you could, you participated in some of the classes and special discounts that the participating vendors made available. They seem to intend to have one of these virtual events every six months, so maybe you can participate next time. In the meantime, here are a few of the highlights:



Rustic Scoop makes several flour mixes, such as their Pizza Crust Mix and they provided an Artisan Roll recipe using their mix. Here's the link: https://www.rusticscoop.com/blogs/the-scoop/artisan-rolls?utm_campaign=emailmarketing_118165635123&utm_medium=email&utm_source=shopify_email Their Pancake and Waffle Mix is the base for pumpkin bread and muffins. Here's the link to that recipe: : https://www.rusticscoop.com/blogs/the-scoop/pumpkin-bread-and-muffins?utm_campaign=emailmarketing_118165635123&utm_medium=email&utm_source=shopify_email

Lorraine Fagela sells **Lorraine's Gluten-Free All-Purpose Flour** that is bean and nut free as well. She demonstrated how to make gluten-free Asian dumpling wrappers and several different fillings. Her recipes for the dough and the fillings is a pdf document that you can download. We will attach the recipe in a pdf format to our email with this newsletter. She also demonstrated cinnamon rolls and monkey bread. You can find those recipes on Lorraine's Gluten Free website along with her excellent flour blends for both sweet and savory baking. Her website address is: www.lorrainesglutenfree.com

Deepa Deshmukh, MPH, RDN, CDE, BC-ADM, made a presentation about Transitioning to Plant-Based Diets for good health and weight loss. She discussed the health benefits of converting to a nutrient-rich plant-based diet with herbs and spices to make sure it is very flavorful. She urged people to begin to plan dishes with ancient gluten-free grains, seeds, nuts, protein sources such as lentils, beans, peas, tofu, and edamame, plus colorful vegetables, fruits, add herbs and spices. She advised beginning with one day a week and then progress to more. She said that eating cooked vegetables is easier for digestion at first rather than raw vegetables. She also suggested eating more small meals per day. She provided a recipe for flourless sweet potato brownies. We'll also attach the pdf of this recipe to the message with this newsletter. You may also want to look at YouTube for **Nutritionist Deepa** to see the videos she has posted there.

Maya Rose, MS, CNS, talked about what to do if you get glutened. She said that after a gluten exposure, you need to work on lessening the inflammation caused by the gluten. Even after gluten has been eliminated from your body, you still need to calm the inflammation of the digestive system. She suggested drinking lots of fluids like water, tea, broth, coconut water, and supplemental electrolytes if diarrhea makes that necessary. She advised having peppermint, green, and ginger tea on hand for such occasions to reduce inflammation, bloating, nausea, and even to help with headaches. Another tip – golden milk -- add turmeric and other spices such as ginger, cinnamon, and cardamom with a milk of your choice, sweetened with honey, maple syrup, stevia or agave. Eat easily digested foods such as eggs, rice, applesauce, sweet potatoes, squash, bananas, soups, and smoothies. Her website is: <https://gutrevivalnutrition.com/>



Background

H.R.4917, the Food Labeling Modernization Act of 2021

Rep. Frank Pallone, Jr. (D-NJ) & Rep. Rosa DeLauro (D-CT)

- Celiac disease (CeD) is a serious, genetic autoimmune disorder in which ingesting gluten causes damage to the villi of the small intestine, affecting 1% of the population. Up to 13% of the US population may be affected by non-celiac gluten sensitivity (NCGS), and 23% of adult US shoppers report gluten avoidance in their household. The only treatment for CeD and NCGS is the total elimination of gluten-containing foods, including wheat, barley, and rye sources.
- Adapting to a strict, gluten-free diet is a complex process, where lack of compliance significantly affects mortality in CeD, including a 6x greater risk from non-Hodgkin's lymphoma and a 4x greater risk from small bowel cancer.
- The current Federal Food, Drug, and Cosmetic Act does not require ingredients that contain gluten to disclose this on the food label.
- Gluten-containing grains appear under more than a dozen different names on food labels (*e.g.*, "natural flavoring") that do not disclose the presence of wheat, rye or barley, causing consumer confusion.

Food Labeling Modernization Act (H.R.4917)

- The Food Labeling Modernization Act (FLMA) of 2021 will align labeling regulations with the latest nutrition science and advance national public health priorities through food labeling policies aimed at:
 - o Encouraging reformulation
 - o Countering misleading claims
 - o Providing information online
 - o Revealing new health information
- This legislation will require disclosure of gluten-containing grains (wheat, barley, and rye) in the ingredient list and/or "Contains" statement on ingredient labels to protect people with celiac disease. Currently, wheat is the only gluten-containing grain required to be disclosed on the food label.
- This labeling will allow concerned consumers to know, for example, that the malt syrup in their food contains barley.
- For the more than 3 million Americans living with celiac disease, that small distinction is an important one.

This bill is still being considered. Contact your representative and senator to voice your support.

Upcoming Events for NCA— Our Next Meeting will be on March 12! What topic would you like to see? Let us know!

Future Meeting Dates to put on your Calendar:

- May 14
- June 11 – possible picnic
- September 10
- November 12 – possible Holiday Potluck



National Celiac Association

National Celiac Association (NCA) has stepped up the services to help educate, advocate, and empower people during this difficult period. NCA has 60 support resources across the United States assist and empower over 10,600 people yearly. Programs such as Supporting Celiac Seniors and Raising Our Celiac Kids (ROCK) are a must for many. In the past 18 months, NCA's Feeding Gluten-Free initiative has helped over 255,000 adults and children by facilitating the purchase and distribution of GF food to food pantries in 32 states.

Our NCA Tennessee chapter is hopeful that next year's expansion of the Feeding Gluten-Free program might come to Middle Tennessee. If any of you would like to get involved in that project, you may want to donate to NCA to fund those efforts or you might work with Second Harvest Food Bank to see how they could provide donated gluten-free food products to those who need gluten-free food during these times of food shortages and job losses.

You may have missed the **Going Gluten Free: Off to a Fresh Start** last week, but they record those webinars and you can see it on the NCA website. You can also recommend this session to anyone you meet who has been recently diagnosed. It is a thorough explanation of celiac disease and non-celiac gluten sensitivity, the gluten free diet, hidden sources of gluten, how to shop, read labels, share a kitchen, and order in restaurants.

There was also a presentation on **Dermatology and Celiac Disease: Did Gluten Cause this Rash?** made by the Harvard Medical School Celiac Research Program back in October. This is also available on the NCA website for you or others you know to view.

Beginnings and Endings: Gluten-Free Holiday Appetizers and Desserts will be offered by NCA on Monday, November 15th, 12:00 – 1:15 pm. Lee Graham, Executive Director of NAR and Executive Chef Denise Herrera from Burton's Grill will cook up some holiday favorites such a butternut squash soup, smoked trout spread, and butterscotch pudding.