

August 2023

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

Join Us on Saturday, September 9th 12:00 -- 2:00 pm at Westminster Presbyterian

Kara Miller (MS, RDN, CSSD, LDN) is a Kroger Health dietitian in the Nashville area conducting individual appointments, grocery tours and teaching classes. Prior to Kroger, Kara was a Sodexo dietitian working with university dining programs across the state of Tennessee to create safe dining environments for college students and their families. She also worked closely with the housing departments and Offices of Accessibility to create an inclusive collegiate experience. Kara was Certified AllerTrainer™ through MenuTrinfo for five years, training culinary teams on the importance of avoiding cross-contact, understanding ingredient lists, and assessing package claims.

Additionally, Kara is an all-foods-fit dietitian who believes food is fuel and so much more (memories, culture, community and fun). She's passionate about understanding your motivational "why" to help you create realistic and sustainable goals for your busy lifestyle. Kara explains the science of nutrition in easy-to-understand terms with practical application. You'll leave your appointments with specific goals that help you feel empowered, confident and encouraged. Outside of work, Kara loves hiking with her family, cheering on sports teams, and relaxing on a patio with her favorite people and a board game.

In-person appointments are available at Westhaven Village Kroger in Franklin, TN (411 Whitman Rd., Franklin, TN 37064). To schedule, please call 513-387-8313.



Kara Miller will speak to us about her services as a dietitian at Kroger and share her experiences as an AllerTrainer while Beth Winthrop, a trainer with Menu Trinfo, will Zoom in to discuss culinary training for senior living facilities to accommodate the needs of those living with celiac.

Summer's Swim & Supper featured great food, family fun, and fellowship.

We had a great spread of yummy glutenfree dishes.



Families enjoyed swimming in the pool.



Conversations, meeting new people, enjoying fellowship with others.



(NCAT) owes a big thanks to Cheryl and Chris Chamberlain for the Family Swim and Potluck Supper At the Founder's Point Subdivision Pool in Franklin on July 23th!





Dr. Samuel Gee was born in the UK on September 13, 1839. He wrote a paper titled On the Coeliac Affection in 1888 which first described celiac disease. The paper recommended "To regulate the food is the main part of the treatment... He concluded, "... if the patient be cured at all, it must be by means of diet."

NCA provides continuously updated resources for school, dining out, travel and more. They answer questions by phone and email and collaborate with leading organizations such as Harvard Medical School's Celiac Research Program. They work with local chapters like ours –NCA Tennessee to reach people across the country.

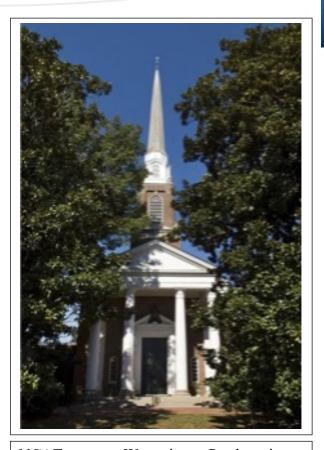
What can you do to celebrate Celiac Awareness Day? Share with others your experience with the celiac diet. Go to <u>nationalceliac.org</u> for more information about the resources available to those dealing with celiac.

You might want to register for this bone health workout event that the Celiac Disease Clinic is offering at 10:15 on September 9th.

You can come to our meeting after that, at 12:00, and share what you have learned with all of us!



REGISTER AT CELIACDISASECLINICWORKOUT.EVENTBRITE.COM



NCAT meets at Westminster Presbyterian Church located at 3900 West End Ave on the Mayfair Avenue side. There is a nice parking lot across Mayfair from the ramp that leads down to Goodpasture Hall where we meet.

There are also several disabled parking spaces right along the sidewalk that goes down to the meeting room. There is new security to the church building now, so we will have someone let you in the door to the meeting room at the end of the ramp.

Look for NCAT signs along the sidewalk and down the ramp. You really can't miss us and we want you to find the meeting!



Celiac Disease Center

cureceliacdisease.org

UChicago's Celiac Disease Center's
Education Program Coordinator, Lindsey
Yeakle, is also a trained chef. In a series of
cooking classes, she will show you how to
make a variety of delicious gluten-free
goodies like this Bento Box Lunches
program from August 26.

Boite à Bento from Amazon -- not just for kids

She suggested putting one item from each list in the Bento Box sections:

Proteins:

Egg muffins Hard boiled eggs

Falafels

Rotisserie chicken

Chicken salad

Tuna salad

Sandwiches - PB&J (use Sunbutter if your school is nut free), ham and cheese or whatever you prefer

Roll-ups - any fillings you enjoy

Hummus or Bean Dip and crackers/tortilla chips

Yogurt

Cottage cheese

Lunch meat

Cheese and crackers

Waffle sandwich (use gluten free waffles in place of bread – fill with cream cheese and jam)

Salad topped with protein from this list

Fruits:

Grapes

apples (sprinkle cinnamon to slow browning)

peaches

pears

melons (watermelon, cantaloupe, honeydew)

strawberries

banana rollup (fruit and protein)

clementines oranges pineapple blueberries applesauce

raspberries pitted cherries

mango chunks

Veggies:

Cucumbers

Carrots Celery

Tomato cucumber salad

Pickles

Lettuce in salads or added to wraps and sandwiches

Roasted broccoli
Bell pepper slices
Bell pepper slices

Snap peas

Snack/Dessert:

Pretzels

Cereal or Cereal bars

Tortilla chips Crackers Popcorn Nuts or seeds

Here are a couple websites that will help you get creative with Bento boxes:

https://www.yummytoddlerfood.com/easy-bento-lunch-box-ideas/

https://www.mjandhungryman.com/bento-box-school-lunch-ideas/

https://livesimply.me/easy-real-food-school-lunch-ideas/

· wya

9"x 6.5"x 1.75" / 23*17*4.5 cm Recommend age 7+ due to tight seals.

PERFECT PORTIONS + TASTY EATS

The bento box she used during the event:

https://www.amazon.com/dp/B0B82F2HNR?ref=ppx pop mob ap share&th=1

Egg muffin recipes that are very good:

https://www.spendwithpennies.com/make-ahead-egg-muffins/https://www.wellplated.com/healthy-breakfast-egg-muffins/

Yes, you can eat gluten-free in Paris! Tori Ross, one of NCAT's founders, recently spent time in Paris for her birthday and brought back suggestions for gluten-free coffee and sweets, breakfasts and cafés, and lunch and dinner. Enjoy planning your next trip!

Where to eat in Paris?

COFFEE & SWEETS

GROM



Infamous ice cream shop in the GF world, with good reason. It's 100% GF - cones included! and takes pride in high quality ingredients.

LA MAISON DE MOCHI

Several locations in Paris selling a large variety of mochi (flavored rice dough filled with ice cream). A great treat on hot days!



MAISIE CAFE



Small cafe serving up vegan treats and great coffee. Not my favorite spot, but it's great in a pinch.

CAIRN COFFEE SHOP

A coffee shop inside a health store with a selection of gluten free baked goods. The chocolate caramel cake is particularly good!



MAISON PLUME



Gluten and sugar free pastry shop - my best tip is to order pastries with more savoury flavors, they'll taste better with no sugar.

CLEMENTINE OLIVER

A bakery specializing in breads, instead of pastries. Try the baguettes, they're among my favorite in Paris!



BREAKFAST/CAFES



COPAINS

Amazing croissants, pastries, breads, and sandwiches. One of my favorite gluten free bakeries anywhere.

LA MANUFACTURE DU SANS GLUTEN

Hole-in-the-wall shop in Montmartre serving up some of the best pastries (and my fave croissants) in the city.



HAMBELLAND

nother incredible pastry nop - in my opinion, you rant (need) an eclair, a iece of sweet bread, and hatever your heart esires. If you're short on me, prioritize here.





YUMMY AND GUILTFREE

A shop in Le Marais serving up sweet and savoury waffles with a variety of toppings. You'd never know it's 100% GF!

LE PONT TRAVERSÉ



A cafe by Noglu with both sweet and savory options. Pro tip, get food to-go and enjoy it in the Jardins de Luxembourg around the corner.

HELMUT NEWCAKE

I had my first ever GF eclair here and it blew my mind. They operate on Saturdays only now, and request you preorder to ensure you get what you want!



Where to eat in Paris?

LUNCH/DINNER

RIZ RIZ

Asian fusion restaurant that is vegan as well as GF. Incredible curries meat eaters will still leave very happy!

CAFE MAREVA

Known for their sweet potato waffles with a variety of toppings. Not the most atmospheric place but great food!



COCOCO

Excellent bento boxes and rice bowls (and lactose free, too!). Some of the best GF fried chicken I've ever had, and I've had a lot...



KAPUNKA

Exclusively gluten free Thai chain (with one location being fully vegan). Absolutely fantastic pad thai!



LITTLE NONNA

An Italian restaurant a stone's throw from the Arc de Triomphe. The pizza, in my opinion, is particularly worthwhile.

TASCA

Another Italian restaurant not far from the Eiffel Tower. Hard to go wrong here, but the stuffed pasta & tiramisu are fantastic



MIMI

A small, intimate Italian restaurant with a rotating menu (definitely make a reservation).

WILD & THE MOON

Gluten free, organic, plant based chain that serves mains, juices, and baked/raw vegan treats in a vibey setting.

ONDA

Brazilian street food they sell tapioca wraps stuffed with fillings of your choosing. Trust me, these are great.

MANICARETTI

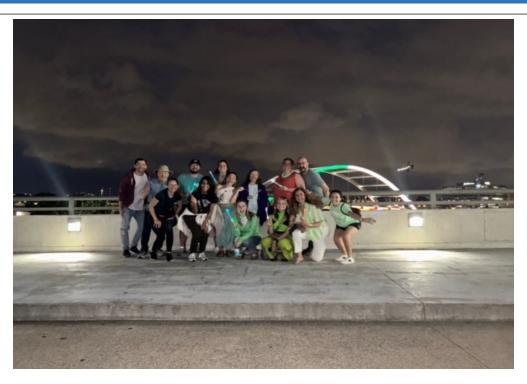
Small Italian cafe, with a small menu to boot. The menu seems to rotate though expect plenty of pasta choices. Great in a pinch to take away!

Upcoming Events for NCAT—

September 10th Meeting; Holiday Potluck on November 11th!

Put November 11th on your calendar now so you won't miss our annual Holiday Potluck, always the best attended and the most delicious meeting of the year! We have reserved the room at Westminster Presbyterian with tables to be set up for the potluck. We will let you know the details in the next newsletter.

We are trying to provide a variety of informative and fun programs for our local NCA Tennessee chapter (NCAT) for 2023. We need your input, however. If you have ideas about topics you'd like to see discussed or demonstrations, etc., let us know so we can arrange programs you will enjoy.



The NCAT joined the VUMC Celiac Center group to watch the lighting of the Korean Veterans' Bridge for International Celiac Day, on May 16, 2023.

www.nashvilleceliacs.org