



August 2023

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

Join Us on Saturday, September 9<sup>th</sup>  
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 gluten-free 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 23<sup>th</sup> !



## Celiac Awareness Day on Sept. 13<sup>th</sup>

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 [nationalceliac.org](http://nationalceliac.org) 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 9<sup>th</sup>. You can come to our meeting after that, at 12:00, and share what you have learned with all of us!**

**JOIN US** Celiac Disease Clinic

**FIND YOUR STRENGTH** **SAT SEPT 9 10:15 AM**

A BONE HEALTH FOCUSED WORKOUT FOR THE CELIAC COMMUNITY & THEIR FAMILIES

ONEC1TY NASHVILLE

SCAN ME

**FAMILY FRIENDLY!**

REGISTER AT  
[CELIACDISASECLINICWORKOUT.EVENTBRITE.COM](https://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!



AT THE FOREFRONT

**UChicago  
Medicine**

cureceliacdisease.org

Celiac  
Disease  
Center

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.

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



Boite à Bento from Amazon -- not just for kids

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/>

The bento box she used during the event:

[https://www.amazon.com/dp/B0B82F2HNR?ref=ppx\\_pop\\_mob\\_ap\\_share&th=1](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/>

**PERFECT PORTIONS + TASTY EATS**

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



**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.

### 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!



### 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!



### 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.

### MAISIE CAFE



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

### 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

Another incredible pastry shop - in my opinion, you want (need) an éclair, a piece of sweet bread, and whatever your heart desires. If you're short on time, 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 éclair here and it blew my mind. They operate on Saturdays only now, and request you pre-order 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 10<sup>th</sup> Meeting; Holiday Potluck on November 11<sup>th</sup> !

**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.