National Celiac Association Tennessee

March 2019

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

April 13th Meeting 2:00 – 3:30 pm
Recent Research in Gluten-Free Nutrition

Emily Germer, the Registered Dietitian at the Vanderbilt Medical Center's Celiac Disease Center, will highlight some of the new research, trials, and new celiac nutrition information during her presentation. Come with your questions for her.

Emily graduated from Indiana State University with a Bachelor of Science in Dietetics. She completed a dietetics internship while at Indiana State with a coordinated dietetics program. She specialized in gastrointestinal nutrition. Emily provides patients at Vanderbilt's Celiac Disease Center with comprehensive nutrition counseling, detailed education, and information on maintaining a gluten-diet.

Before working at Vanderbilt, she worked as a Registered Dietitian for the State of Tennessee with the Tennessee WIC program, provided medical nutrition therapy, and developed policies and education materials while she earned two master's degrees from Liberty University. She has a Master of Business Administration in Healthcare Management and Master of Public Health in Nutrition. Helping educate patients on celiac disease and the gluten free diet is her passion since both she and her sister suffer from celiac disease.

We will meet in our NEW meeting place at Westminster Presbyterian Church, 3900 West End Ave., Nashville, TN 37205. See page 2 for directions.

New Meeting Location at Westminster Presbyterian Church

We have been working on a new meeting facility for a while now and we are pleased that we have worked it out to meet at Westminster Presbyterian Church, located at 3900 West End Ave, just a few blocks west of I-440.

Although I-440 is not the best route these days with all the construction, it may be less traveled on Saturdays when we meet.

Take whatever route you prefer to West End Ave. and Mayfair Ave, to the west of the Church. Turn into Mayfair Ave., off of West End Ave. There are a few disabled parking places to the right, along the street. There is a nice large lot across Mayfair on the left for everyone else. Just to the right of the disabled parking places, there is a ramp leading down to the door of Goodpasture Hall where we will be meeting. We'll put out signs for the Celiac Meeting so you can see the ramp and go directly to the meeting room. If you have any problems, call Carol Ann Baily, 615-478-9998, to get directions.

Meetups provide an opportunity to try new restaurants and dine out safely

We are planning a dinner for 7:00 pm at **Anatolia Turkish Restaurant** for **Sunday evening, March 31st**. We hope you have planned to join us there, off White Bridge Rd in the Lions Head center, located behind Dalts.

In May, we want to drive out to Nunnelly, TN to the **Pinewood Kitchen and Mercantile** run by Mee McCormick. She and her husband run a farm with fresh produce and raise pigs and cattle. They are the quintessential "farm to table"restaurant. All their food can be prepared gluten-free and most things are also available dairy free.

So, we need to know whether you would prefer going out for the **Friday Night Gluten-Free Fish Fry** or for a **Sunday afternoon brunch** when they have gluten-free fried chicken and even GF French toast! We could run two groups on two different weekends. One for the Friday night Fish Fry and another for the Sunday brunch. **Which would you prefer? Do you want to try both? Let me know what we should plan next. Call Carol Ann Baily at 615-478-9998 or email carolannbaily@gmail.com**

The Latest on Probiotics and Celiac Disease

Published March 1, 2019 in *Gluten-Free Living*

World-renowned pediatric gastroenterologist, research scientist and entrepreneur Dr. Alessio Fasano is chief of Pediatric Gastroenterology and Nutrition at MassGeneral Hospital for Children. Dr. Fasano directs the Center for Celiac Research and Treatment, specializing in the treatment of patients of all ages with gluten-related disorders, including celiac disease, wheat allergy, and gluten sensitivity. He is also a member of the Gluten-Free Living Medical Advisory Board.

This month, Dr. Fasano discusses the potential benefits of probiotics for someone with celiac disease and the genetic component of the disease. Send your questions for Dr. Fasano to editor@glutenfreeliving.com.

What are the benefits of probiotics for someone with celiac disease, and how can I make sure I'm getting enough of them in my diet?
Probiotics can surely be a powerful and potentially effective tool to help rebalance the gut ecosystem, and our so-called microbiome, for those who experience a variety of chronic inflammatory diseases. And in celiac disease, some studies show that the microbiome is off balance.

However, we are far from establishing whether this unbalanced microbiome is the cause or a consequence of celiac disease. This means that if someone wants to take probiotics to control celiac disease, this is just a wishful target that is not yet on our horizon.

We hope it will be an achievable goal when studies like our Celiac Disease, Genomic, Environmental, Microbiome and Metabolomic Study (www.cdgemm.org) begin to provide detailed results about the development of celiac disease in at-risk infants and how the "landscape" of the microbiome changes as the disease progresses.

If, on the other hand, the goal is to remain healthy, it is my suggestion to use natural sources of probiotics, such as yogurt and fermented foods, etc. A registered dietitian with experience in celiac disease or other chronic inflammatory diseases can be your best ally in maintaining a healthy diet and a balanced microbiome.

I've heard that celiac disease can be genetic. Is this true? If I have celiac disease, are my children more likely to have the disease as well?

Because celiac disease is an autoimmune condition, there is a genetic component. However, the number of genes and which specific genes are involved is still a work in progress. Nevertheless, if someone in the family is affected by celiac disease, we recommend that the entire household be screened because of the higher risk of having celiac disease when compared to the general population.

The risk for the general population is 1 percent; in first-degree relatives of people with celiac disease, this increases from 10 to 40 percent, perhaps depending on genetic makeup. Genetic predisposition is necessary but not sufficient, since there are other elements at play, including the environmental trigger of gluten, increased gut permeability, a hyperbelligerent immune system and an off-balance microbiome.

Recall of Nature's Path's EnviroKidz Cereals for Wheat and Barley

February 15, 2019, Nature's Path Foods announced a voluntary recall of a specific production run of EnviroKidz Choco Chimps, Gorilla Munch and Jungle Munch cereals for they may contain undeclared gluten (wheat and barley). People who have a wheat allergy, celiac disease or sensitivity to gluten and wheat should not consume the cereals with the BEST BEFORE DATE listed below due to potential adverse health effects. Nature's Path is also removing any affected cereals from customer store shelves and warehouses.

United States

Product Name – United States	Size	UPC	Best Before Date
EnviroKidz Choco Chimp	10 oz	0 58449870241	08/27/2019
EnviroKidz Gorilla Munch	10 oz	0 58449 86002 0	08/24/2019
EnviroKidz Gorilla Munch	10 oz	0 58449 86002 0	09/21/2019
EnviroKidz Jungle Munch	10 oz	0 58449870289	08/01/2019

Con Agra has recalled their Chef Boyardee Chicken and Rice Bowls for undeclared wheat and milk.

If you joined NCA, our national organization, you would have already received this recall information as well articles about research and news about living gluten-free. It costs $35 to join initially, but only $30 to renew annually. Go to www.nationalceliac.org to join so you can get this information directly.

Webinars and Podcasts

Last Updated On March 9, 2019 -- NCA's most recent newsletter included these Podcasts that might interest some of you. Dr. Peter Green and Dr. Benjamin Lebwohl are at the Celiac Disease Center at Columbia University and they provide an update to some of our long-held beliefs about celiac disease.

Some of you might be interested in the senior residence guide from the Canadian Celiac Podcast. Others may want to listen to ways to lose weight on vacation when following a gluten-free diet.

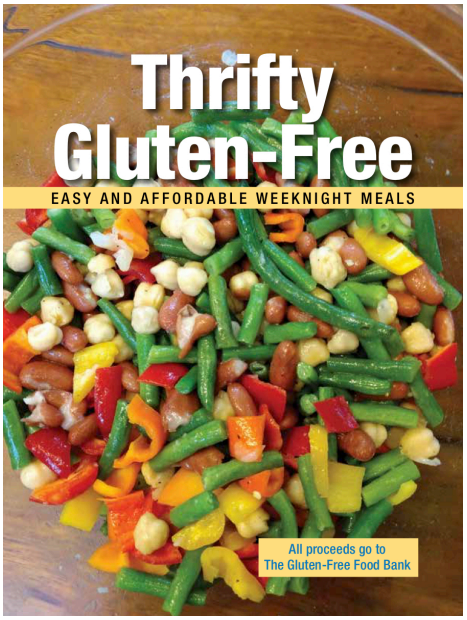
These links should give you the information that interests you.

The latest episode of the Celiac Project Podcast features a discussion on the recent Gastroenterology journal publication by Dr. Peter Green and Dr. Benjamin Lebwohl, both affiliated with the Celiac Disease Center at Columbia University, updating some long-held beliefs on celiac disease.

The latest episode of A Canadian Celiac Podcast features a senior residence guide.

The current episode of Gluten Free Weigh In discusses losing weight on vacation.

Thrifty Gluten-Free -- A new cookbook from NCA



Proceeds from sales of this budget recipe e-book go to the NCA Gluten-Free Food Bank.

Featuring:

- Setting up a Gluten-Free Kitchen
- Gluten-Free Cooking Tips
- Recipes for Vegetarian Entrees, Meat, Poultry and Fish Entrees, Soup and Side Dishes

Purchase and download Thrifty Gluten-Free today!

Upcoming Events for NCAT-- May Meetup(s) at the Pinewood Kitchen, TBD; Picnic, June 15; Meeting on September 14; Holiday Potluck on November 16!

We are trying to provide a variety of informative and fun programs for our local NCA Tennessee chapter (NCAT). **We need your input, however.** On page 2 we asked you to let us know if you want to go to the Pinewood Kitchen for Friday night GF Fish Fry and/or the Sunday afternoon GF Fried Chicken or French Toast menu. Please let us know what you want to do.

We also want to know if you want to have another **Picnic in June**. Last year's was lots of fun. If you came, do you want to do it again? If you missed it, are you interested in coming this year?

We set a date for the September meeting, but we need some ideas for a program. **What would you like to hear about or learn from this program? Give us your ideas. We'll find a speaker.**

Put November 16 on your calendar now so you won't miss our annual Holiday Potluck, always the best attended and most delicious meeting of the year!

Check out the changes we have made to our website to reflect our new NCA membership.

Want to see other things on the website? Let us know!

www.nashvilleceliacs.org

We're also on Facebook

http://www.facebook.com/pages/National Celiac Association