

# Q&A

## QUESTION...

Dear Adrienne,

I am diagnosed 5 years with coeliac disease. I recently got my cholesterol checked and it is a little on the high side. A friend of mine advised me to cut out all cheese and dairy products from my diet but I am a bit concerned. Am I right in thinking that by cutting out dairy I might reduce my cholesterol but I might also put my bones at risk?

Yours Sincerely,  
Anonymous

## ANSWER...

Dear Anonymous,

You are absolutely right, as you are coeliac you are at increased risk of developing Osteoporosis so it is important to ensure you are getting a varied and balanced diet, including a good source of calcium.

By swapping high fat dairy produce for lower fat options you can maintain your calcium intake but also address your cholesterol lowering

requirements (see overleaf). Remember, consuming calcium rich foods is not the full story, it is essential that your diet is 100% gluten free to maximise absorption of nutrients from your food. For most coeliacs lunch can pose the biggest problem (breakfast and dinner being easier to cater for), the problem being that gluten free bread is usually not ideal for making sandwiches. Kelkin Ltd. recently launched Kelkin Gluten Free Sourdough Bread which does not have to be refreshed once opened, it tastes delicious straight from the pack. The large, soft slices are ideal for making sandwiches. We have included a FREE voucher with this edition's newsletter for you to trial it for yourself!

Make sure to join the Coeliac Society of Ireland for support and information. Every member receives a copy of The Food List – a comprehensive list of suitable manufactured products on sale in Ireland. Many members refer to it as their 'Coeliac Bible'.

Reader's questions which feature in our Gluten Free Newsletter will receive a €50 One4all voucher compliments of Kelkin.

# TOP TIPS

## FOR MAINTAINING BONE HEALTH WHILE TRYING TO REDUCE CHOLESTEROL

SWAP...  
FULL FAT MILK.



FOR...  
LOW FAT SUPERMILK OR LOW FAT FORTIFIED MILK WITH CALCIUM & VITAMIN D.

SWAP...  
FULL FAT CREAMY YOGURT.



FOR...  
DIET YOGURT.

It has less fat and sugar but still provides calcium.

SWAP...  
FULL FAT CHEESE.

Some examples: full-fat cheddar, full-fat soft cheese, Parmesan, Stilton Wensleydale, etc.



FOR...  
LOW FAT COTTAGE CHEESE (WITHOUT CREAM), OR MEDIUM FAT- EDAM, MOZZARELLA, FETA.

However if your cholesterol is very high (>6) you may be advised to avoid cheese completely (your dietician/doctor will advise you).

NOT A DAIRY EATER?...



TRY SOYA MILKS.

These milks are an alternative to dairy but still supply you with calcium. Alpro Soya Plus is a soya milk with added plant stanols which may help reduce cholesterol as part of a low saturated fat diet.

Ask Our Gluten Free Customer Care Team...

Send your queries, comments and questions to our friendly, fully trained Gluten Free Customer Care Team at [info@kelkin.ie](mailto:info@kelkin.ie) or phone 01 4600 400 between 9am-4pm Monday to Friday.

## KELKIN LECITHIN GRANULES



are gluten free and can help support good heart health. Our Lecithin Granules contain only pure, natural lecithin, obtained from soya beans providing a rich source of choline which is helpful in the breakdown of fats. High levels of Homocysteine are associated with increased risk of heart disease. The consumption of choline will help reduce these levels. We recommend that you take one teaspoon, three times daily. Kelkin Lecithin Granules can be sprinkled onto cereals, salads, yoghurts or taken directly from the spoon.

## WIN! A HALF DAY GLUTEN FREE COOKING COURSE, FOR YOU AND A FRIEND...

At Kelkin we aim to help you make healthier choices and we're excited to give you the chance to win some great prizes in our quarterly newsletter!

With this edition we're giving you a chance to win a half day gluten free cooking course, for you and a friend, with Rosemary Kearney (taking place between 2pm-5pm January 28th 2012) in Ballymaloe Cookery School, Co. Cork.

To be in with a chance to win this great prize, simply answer the following question:

- Q) Kelkin Gluten Free Sourdough Bread doesn't need to be...
- A) Refreshed.  
B) Washed.

Email the answer\*, with your name and contact phone number to [info@kelkin.ie](mailto:info@kelkin.ie)

\*Closing date for competition entries: January 19th 2012.



# COELIAC NEWS



Let our in-house nutritionist Adrienne O'Reilly, take you through our step-by-step guide on living with Coeliac Disease

## WIN!

A HALF DAY GLUTEN FREE COOKING COURSE, FOR YOU AND A FRIEND.



Ballymaloe



FOLD - SCORE

FOLD - SCORE

# WELCOME

Welcome to the first edition of Kelkin's Gluten Free Newsletter, designed specifically with your needs in mind. Here at Kelkin, we have a wide range of gluten free foods for you to choose from. Our products range from cereals, breads, crackers, pastas and sauces to a large selection of treats.

At Kelkin we aim to design Gluten Free Newsletters filled with topics and information you want to read about so if there's anything you'd like to see featured in the next edition just let us know – we'd love to hear what you have to say!



Introducing Kelkin's In-House Nutritionist:

*Adrienne O'Reilly, BSc. MINDI.*

"My career spans over 20 years, in which time I have had the pleasure of working with people with coeliac disease both as patients and as customers. In this first edition of Kelkin's Gluten Free Newsletter I feature an article on Osteoporosis and its prevalence among the coeliac population. If after reading this article you have any further questions don't hesitate to contact a member of the Gluten Free Customer Care Team, we are always happy to answer your queries."

Contact the Gluten Free Customer Care Team at [info@kelkin.ie](mailto:info@kelkin.ie) or phone 01 4600 400 between 9am-4pm Monday to Friday.

Looking forward to hearing from you...

## COELIAC DISEASE & OSTEOPOROSIS

By Adrienne O'Reilly, BSc. MINDI, Kelkin In-House Nutritionist

**OSTEOPOROSIS** is the most common bone disease worldwide and is often referred to as a 'silent disease', silent because it usually develops without any symptoms. Weakened bones result in fractures and are one of the major causes of pain and disability, the most common fracture sites include the wrist, hip and spine. Osteopenia is the early stages of Osteoporosis and can develop into Osteoporosis unless prevention methods are put in place.

**COELIAC** condition is one of the many risk factors for developing Osteoporosis. This is because malabsorption of calcium often leads to a deficiency in calcium and subsequent reduced bone mineral density and Osteoporosis. As the diagnosis of coeliac disease can be delayed, many individuals with the condition have experienced calcium malabsorption for a prolonged period of time.

It is important to lay down bone early in life, most of our bone is in place by age 17, this bone continues to grow in strength until our mid thirties. Bone loss starts to occur naturally from then on, it is important that children and teenagers have a good 'peak bone mass' (lay down as much bone as possible) as this will stand to them in later life. One of the ways to help PREVENT and/or TREAT Osteoporosis is by sticking to your gluten free diet which improves absorption of nutrients from your food. In addition ensure you consume a healthy diet, the key nutrients for bone health are adequate Protein, Vitamin D and Calcium.



### PROTEIN FOODS

Eat one portion of protein foods twice a day. Examples include meat, fish, eggs, cheese, chicken and pulses.

### CALCIUM

3-5\* portions / servings of dairy per day. A serving is 1 glass milk (200ml), a yogurt or 1oz piece of cheese.

\*5 servings for teenagers, pregnant & lactating women.



### EXERCISE

Weight-bearing exercise (walking, skipping, dancing, taking the stairs) is essential in treating Osteoporosis and osteopenia, by improving bone density and quality.

### VITAMIN D

Contrary to popular belief we do not make enough Vitamin D from exposure of our skin to the sun, making it more important to consume foods rich in Vitamin D examples of which include: oily fish (mackerel, salmon, trout, sardines, tuna fish), egg yolk, liver, fortified foods eg. Supermilk, low fat spreads. Vitamin D improves calcium absorption. Vitamin D is also important for muscle strength which will reduce the risk of you falling and hence reduce risk of a fracture.



## GENERAL ADVICE ON PREVENTION AND TREATMENT OF OSTEOPOROSIS

- ✔ Strict gluten free diet.
- ✔ Adequate dietary calcium (3-5\* servings of calcium a day).
- ✔ Weight-bearing exercise.
- ✔ No smoking.
- ✔ No alcohol excess.
- ✔ Ensure adequate Vitamin D intake.
- ✔ Have a DEXA Scan when diagnosed with coeliac disease and review every 2 years.
- ✔ Medication prescribed by your doctor.

**USEFUL WEBSITES:** [www.irishosteoporosis.ie](http://www.irishosteoporosis.ie) [www.coeliac.ie](http://www.coeliac.ie)

### Facts:

- ✔ In Ireland 1 in 2 women and 1 in 5 men over 50 years of age have Osteoporosis.
- ✔ As many as 1 in 2 people with coeliac disease may develop Osteoporosis.
- ✔ Did you know: Of all people with Osteoporosis 3 out of 100 have coeliac disease unknown to them!

## WHAT'S INCLUDED IN THIS EDITION...

Money off coupons, a FREE voucher for Kelkin Gluten Free Sourdough Bread and a pedometer to help you get active. Walking is a weight-bearing exercise, however it is important to change your pace intermittently, the pedometer we have included will 'count your steps' as you go. You should aim to take 10,000 steps everyday.



## KELKIN ORGANIC GLUTEN FREE BUCKWHEAT FLAKES

Dairy products can be included in the diet in many ways, simply having a bowl of cereal with milk every morning will provide you with one of your (3-5\*) recommended servings of dairy per day.

Our Organic Gluten Free Buckwheat Flakes, with their unique nutty flavour make an ideal wholesome breakfast cereal or indeed an ideal wholesome snack (low in fat, high in fibre) for your growing coeliac teenager!

## KELKIN HIGH POTENCY CALCIUM

For those of you who don't take any dairy in your diet why not try Kelkin High Potency Calcium. Two tablets of Kelkin high potency calcium with vitamin D provides as much calcium as a pint of milk (equivalent to 3 servings of dairy). There is no need to take this supplement if you are consuming 3-5\* servings of dairy each day.



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