

Q&A

QUESTION...

Dear Adrienne,
Since turning gluten free a year ago I have found the gluten free diet to be lower in fibre thus resulting in some occasional constipation. Which Kelkin products would you recommend for higher fibre and any other general useful tips in this area?
Thank you,
Justine Sweeney

ANSWER...

Dear Justine,
What you describe is a common problem among people with Coeliac condition as the general population consume ~42% of their dietary fibre from cereal and cereal products. So by excluding these foods while you familiarise yourself with gluten free alternatives, you may inadvertently reduce your fibre intake, hence causing constipation.

As you will see this issue is dedicated to offering lots of suggestions for improving the fibre content of your diet. I also detail the range of Kelkin gluten free foods that are either 'High Fibre' or a 'Source of Fibre', by combining these with your '5 a day' fruit & vegetables you will achieve a good fibre intake.

Remember exercise is important for general health but has benefits for your bowel habits too.

Breakfast in the morning is a very valuable way to stimulate peristalsis (bowel movement) particularly if you consume a high fibre cereal.

Remember increase your fibre intake gradually (over a week – different for individuals) so that your body can adapt.

Talk to your GP / Dietitian about any concerns you may have about chronic constipation.

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

Justine receives a €50 One4all voucher for her letter. Enjoy!

TOP TIPS

FOR MAINTAINING GOOD DIGESTIVE HEALTH

Eat 5 portions of fruit & vegetables daily (a glass of fruit juice accounts for 1 of your 5 a day, irrespective of how many glasses you drink in the day, primarily because fruit juice generally doesn't provide you with fibre). People can often be concerned about the expense of fresh fruit and vegetables and the risk of them going off in the fruit bowl. Remember fruit and vegetables do not have to be eaten fresh to be nutritious.

The alternative option is to buy frozen fruit and veg and then you can use as you require. Stew and then freeze your fruit in portions (sweeten with artificial sweetener to keep the calories down).

Tinned fruit in its own juice is also a good store cupboard ingredient, tinned pineapple topped with natural yogurt is delicious!

WHAT'S NEW...

We are delighted to introduce our new Kelkin Multiseed Sourdough Bread which will compliment our very popular and successful Kelkin Sourdough Bread. Both high in fibre and ready to eat from the pack, with a lovely soft texture, ideal for making sandwiches that will not crumble before you get to eat them with NO NEED TO REFRESH. Watch out for the new packaging on the original Sourdough Bread – appearing on shelf soon!



WIN! 2 NIGHTS B&B FOR 2 AT THE SEAFIELD GOLF & SPA HOTEL

At Kelkin we aim to help you make healthier choices and we're excited to share some healthy tips and recipes with you, as well as money off coupons and the chance to win some great prizes in our quarterly Gluten Free Newsletters.

With this edition we're giving you a chance to win 2 nights B&B for 2 people sharing at the award winning luxury Seafield Golf & Spa Hotel. Throughout your stay you will have unlimited access to the thermal suites including the 16 metre indoor hydrotherapy pool, outdoor vitality pool, saunas, steam rooms and much more.

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

Q) The fibre content in Kelkin Gluten Free Sourdough Bread allows the following label claim:

- A) High Fibre.
- B) Source of Fibre.

Email the answer*, with your name and contact phone number to info@kelkin.ie

*Closing date for competition entries: May 18th 2012.



ISSUE 2

COELIAC NEWS

COELIAC DISEASE & DIETARY FIBRE

WIN! 2 NIGHTS B&B FOR 2 PEOPLE SHARING AT THE SEAFIELD GOLF & SPA HOTEL



Seafield Hotel

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



FOLD - SCORE

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WELCOME

Welcome to the second 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!



FIBRE & OUR RANGE

KELKIN GLUTEN FREE RANGE	HIGH FIBRE	SOURCE OF FIBRE
Kelkin Organic Buckwheat Flakes* <small>*Kelkin Organic Buckwheat Flakes contain 4% pure oat fibre which is gluten free <20ppm</small>	✓	
Kelkin Sourdough Bread	✓	
NEW! Kelkin Multiseed Sourdough Bread	✓	
Kelkin Organic Cornflakes		✓
Kelkin Organic Multigrain Rice Cakes		✓
Kelkin Microwave Popcorn <small>(choose the Lo-Pop variety for lower fat option)</small>	✓	
Kelkin Organic Flaxseed	✓	
Kelkin Peanut Butter <small>(smooth or crunchy)</small>	✓	



SEEDS

Provided you ensure that the seeds you choose are certified gluten free, they are a valuable addition to your diet.

Kelkin Organic Flaxseed for instance is high in fibre (24g fibre per 100g) and rich in Omega 3.

Why not add 3-4 tablespoons to cereal or yoghurt or use when baking scones or biscuits to enhance texture, flavour and dietary value. They can also be enjoyed straight from the packet.

FOOD LABELLING & NUTRITION CLAIMS



How can you tell if a food is a good source of fibre? You may not be aware but there is legislation guiding what can be claimed on a food label.

To claim 'High Fibre' – the food must contain at least 6g of fibre per 100g (or at least 3g of fibre per 100kcal).

To claim 'Source of Fibre' – the food must contain a minimum 3g of fibre per 100g (or at least 1.5g of fibre per 100kcal).

So for example Kelkin Sourdough Bread bears the claim 'High Fibre' as it provides you with a minimum 6g of fibre for every 100g of bread.

If you have been diagnosed with Coeliac Disease join The Coeliac Society of Ireland for invaluable information and support. www.coeliac.ie

CHOCOLATE CORNFLAKE CAKES

USE KELKIN BUCKWHEAT FLAKES FOR HIGHER FIBRE

RECIPE

- 50g butter
 - 100g chocolate broken into small pieces
 - 2½ tablespoons golden syrup
 - 80g Kelkin Cornflake's
- Optional: Add some raisins or flaked almonds for variety.

METHOD

Melt the butter, chocolate pieces and golden syrup in a bowl (over a pot of hot water) stirring constantly. Add the Kelkin Gluten Free Cornflakes and add in a sprinkle of raisins and flaked almonds if preferred. Spoon into paper cases and place in fridge to set!

Simple!



SUGGESTED HIGH FIBRE GLUTEN FREE MENU

BREAKFAST OPTIONS

Glass of Unsweetened Fruit Juice.

A bowl of Gluten Free Muesli, Porridge or Kelkin Organic Buckwheat Flakes, or why not add sliced banana to a bowl of Kelkin Cornflakes to boost your fibre. Sprinkle with Kelkin Organic Flaxseed.



LUNCH OPTIONS

Tuna fish salad sandwich on Kelkin Gluten Free Sourdough Bread.

Baked beans* on Kelkin Sourdough Bread.

Kelkin Organic Multigrain Rice Cakes with sliced smoked salmon & salad.



DINNER OPTIONS

Meat / Fish / Chicken / Pulses (peas, beans & lentils*).

Vegetables (typical portion taking up – 1/3 of the plate will ensure a good fibre intake).

Potatoes in their skins / Wholegrain brown rice* / Gluten-free pasta (whilst the pasta is not high in fibre by including lots of vegetables and pulses in the sauce you can use it as a base).



DESSERT OPTIONS

Stewed / Frozen / Tinned fruit in its own juice with gluten-free custard*.

Sprinkle gluten-free muesli into yogurt.

Fresh fruit.



SNACKING OPTIONS

Kelkin Organic Multigrain Rice Cake with a spread of Kelkin Peanut Butter.

For younger coeliacs a quick high fibre snack is a bowl of Kelkin Buckwheat Flakes with milk.



*Check the Coeliac Society's current food list.

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. This issue focuses on the importance of dietary fibre in the gluten-free diet. I will review ways in which you can easily increase your fibre intake while still enjoying a varied and healthy diet. 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 or phone 01 4600 400 between 9am – 4pm Monday to Friday.

Looking forward to hearing from you...

COELIAC DISEASE & DIETARY FIBRE

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

Fibre is an important part of a healthy balanced diet contributing to our overall health. However when diagnosed with coeliac disease, you may struggle to achieve a good dietary fibre intake due to restricting your consumption of cereal foods. Fibre plays a role in good digestive health and so helps prevent and relieve constipation. Including fibre in our diet has also been linked with reducing our risk of developing heart disease.

THERE ARE TWO TYPES OF FIBRE;

- Soluble Fibre:** Pulses (peas, beans & lentils) and oats. You should always ensure that the oats are gluten-free.
- Insoluble Fibre:** Insoluble fibre is found in cereal based foods, and it is this form of fibre that can be lacking in the gluten-free diet.

WHAT IS THE RECOMMENDED FIBRE INTAKE?

It ranges from a daily intake of ~25g of fibre for women to ~38g for men.

IF YOU ARE OVERWEIGHT: Following a high fibre diet may help to reduce weight as choosing a piece of fruit instead of a chocolate biscuit will increase your fibre but will certainly reduce your calorie and fat intake. Remember, when increasing your vegetable intake don't smother them with butter!

FOLD - SCORE

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