

Free FROM

Lifestyle News



**AT KELKIN WE PRIDE OURSELVES ON OUR
WIDE RANGE OF GREAT TASTING,
FREE FROM PRODUCTS.**



Because it feels good!

Let our in-house Dietitian take you through our Free From Gluten and Wheat Free Newsletter and introduce you to new Kelkin Pure Oats.

**NEW RANGE:
PURE OATS**

WELCOME

Welcome to Kelkin's new & improved 'Coeliac News' which we have renamed 'Free From Lifestyle News'. It has been designed specifically with your needs in mind. Here at Kelkin, we have a wide range of Free From Gluten & Wheat free foods for you to choose from. If there's anything you'd like to see featured in the next edition just let us know – we'd love to hear from you.



INTRODUCING KELKIN'S IN-HOUSE DIETITIAN

Adrienne O'Reilly, MSc. 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. I would like to welcome both our existing and new readers, including those of you with non-coeliac gluten sensitivity, wheat intolerance/allergy and of course those of you following a gluten or wheat free diet as a lifestyle choice. In this issue I am delighted to introduce you to Kelkin's new Pure Oats. If after reading this article you have any questions don't hesitate to contact us at info@kelkin.ie or at 01-4600400.

SOME REASONS FOR FOLLOWING A FREE FROM DIET

Coeliac Disease

Coeliac Disease (CD) occurs when an individual has an auto-immune reaction to gluten- a protein found in wheat, rye and barley. Some coeliacs are also sensitive to the protein found in oats. Consuming even a small amount of gluten damages the gut and so reduces the absorption of important nutrients the body needs for growth and repair.

Non-Coeliac Gluten Sensitivity (NCGS)

Some people experience problems similar to those with CD when eating foods that contain gluten, even if they don't have Coeliac Disease. This condition may be medically diagnosed as Non-Coeliac Gluten Sensitivity (NCGS) which differs to CD as it is unclear how the immune system might be involved.

Wheat Intolerance:

An intolerance to wheat is rarely life threatening and is ideally diagnosed by your doctor, symptoms usually emerge hours or days after wheat is eaten.

Lifestyle Choice:

Gluten free and/or wheat free living is becoming more popular and increasing numbers of people report benefits of restricting wheat or gluten in their diet. We advise our readers to rule out CD by visiting your GP before restricting wheat or gluten as CD has health implications if the diet is not followed strictly.

So whether you have Coeliac Disease, NCGS, wheat intolerance or simply feel good on a free from gluten and wheat free diet, this Lifestyle Newsletter has something for you.

PURE OATS: A DELICIOUSLY WHOLESOME START TO YOUR DAY.

GLUTEN
FREE

WHEAT
FREE

DAIRY
FREE



The safety of oats in a gluten free diet has been debated for years. Those of you who have been diagnosed Coeliac for some time will recall that health care professionals recommended the avoidance of oats to ensure a gluten free diet.

The reason for this was it was nearly impossible to source uncontaminated oats. Conventional oats are likely to be contaminated with gluten from other grains during the growing, transport or milling processes and are therefore, not suitable on a gluten-free diet. The good news is that it is now possible to produce 'pure oats' that have not been contaminated by gluten containing cereals which means that those of you following a free from gluten and wheat free diet may at long last enjoy the many benefits of including oats in your diet.

Our new Organic Pure Oat Porridge and Pure Oat Muesli have proven to be very popular with our customers since launch and can be found in the 'Free From' section of any major supermarket, Enjoy!

'It is now possible to produce 'Pure Oats' that have not been contaminated by gluten containing cereals.'

Coeliac Disease

For those of you with Coeliac Disease who wish to incorporate 'Pure Oats' into your diet the Coeliac Society of Ireland* advise the following guidelines on Oats:

1. Conventional oats are NOT Gluten Free
 2. Do not use oats when newly diagnosed, wait until your antibodies have gone down to normal – this may take 1-2 years after starting your gluten free diet
 3. Do not use oats if you have raised TTG antibodies
 4. Do not use oats when you have gastroenteritis
 5. There isn't enough research information available to make recommendations about the use of oats in weaning babies at higher risk of Coeliac Disease
 6. A small minority of Coeliacs (possibly 5%) may also react to 'pure' oats. In such sensitive individuals eating oats may prevent recovery of the intestinal mucosa. Of these sensitive individuals, some will get symptoms and realise they're sensitive to oats, but others may not be sensitive enough to get symptoms despite developing antibodies and possibly damaging their gut lining
- *For more info visit www.coeliac.ie**

A DELICIOUS BREAKFAST THAT WILL DO YOUR HEART GOOD!



Everyone is familiar with the health benefits of oats, now people on a 'free from' diet can also enjoy the same health benefits. Kelkin Pure Oats are a natural source of oat beta-glucan (OBG) as it is found naturally in the bran of oats. A soluble fibre, it dissolves in the digestive tract where it forms a thick gel and is able to bind to bad cholesterol and cholesterol like substances within the gut to help prevent these from being absorbed into the body. Many of you will know that high cholesterol is a risk factor in the development of Coronary Heart Disease*. The cholesterol lowering benefit is obtained with a daily intake of 3g OBG.

Including Oats in your diet may improve your intake of:

- Protein
- Vitamin B1
- Magnesium
- Zinc
- Vitamin B6
- Fibre
- Iron

42%
of your
recommended
intake

To make up a delicious bowl of porridge blend 35g of **Pure Oats** with 200mls of milk or water for a healthy heart start to your day.

Recommended Serving: 35g pure oats blended with 200mls water or milk. For additional ways to increase your OBG intake see recipe overleaf.

Coronary Heart Disease has multiple risk factors, altering one of these risk factors may or may not have a beneficial effect.

PURE OAT MUESLI: A DELIGHTFUL BLEND OF FRUIT, NUTS & SEEDS

Our Pure Oat Muesli is a delicious blend of pure oats, sultanas, flame raisins, dates, sunflower seeds, hazelnuts and Brazil nuts. Due to this high percentage of fruit, nuts and seeds there is not enough oat beta-glucan in a typical serving to have a cholesterol lowering impact. On the bright side, it is high in fibre and low in salt.



IF YOU CANNOT CONSUME OATS?

For those of you who cannot or choose not to eat oats, don't worry, Kelkin still have the old favourites a delicious rice & millet mix Porridge and Muesli that are gluten, wheat & dairy free.



DELICIOUSLY SOFT



We are delighted to announce the launch of our new range of Free From breads. Deliciously soft sliced white, brown, and multiseed bread made to a new and improved recipe!

Not only do they taste great, they are free from gluten, wheat and dairy, a source of fibre with no need to refresh! Following on from our unique sourdough bread Kelkin provides you with even more choice to make your sandwich a masterpiece!



FREE FROM FLAPJACKS



Pure Oat Flapjacks

Servings: 12

Calories: 145kcal per serving

Ingredients:

- ♥ 200g Kelkin Pure Oats
- ♥ 1 large banana mashed
- ♥ 75m olive oil based margarine
- ♥ 75g soft brown sugar
- ♥ 2 tablespoons honey

Method:

1. Preheat the oven to 170°C
2. Melt the margarine, sugar and honey in the microwave, stirring every 30 seconds until the sugar has melted and dissolved in the margarine.
3. Add in the mashed banana and Kelkin Pure Oats and mix well.
4. Spread the mixture into a tin and press down well with the back of a spoon.
5. Bake in the oven for 20 minutes or until golden at the edges.
6. Remove from the oven and leave to set for ten minutes before cutting in to squares.
7. Allow to cool completely before removing from the tin.... if you can wait that long!

One serving is 20% of the Oat Beta Glucan recommended intake

GUILT FREE SNACKING

Why not mix things up and try our Gluten Free Raspberry Jaffa Cakes, covered in delicious dark chocolate, the perfect accompaniment to your cup of tea



GLUTEN
FREE

WHEAT
FREE

JUST 47 CALORIES
PER JAFFA CAKE

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

For more information on our Free From range and health tips and advice visit kelkin.ie or find us on facebook. To sign up to our Free From Lifestyle News contact us at info@kelkin.ie.

We are committed to protecting all personal information received and adhering to good practice and data protection.