



Have you registered yet for Gastro 2009?



This is your last chance to register for the landmark event in London on Sunday 22 November.

Come along to the afternoon to hear from experts in gastroenterology, and to pick up your **free goody bag** stuffed with gluten-free samples and treats.

We have a special seminar on coeliac disease with Dr David S Sanders, an expert on the condition, from the Royal Hallamshire Hospital and an active clinical researcher who has been researching coeliac disease for over 11 years.

It is **free to attend** Gastro 2009, but you need to register for your free tickets, so call 01444 484888.

For more information, please see our [news section](#) for more information and also www.gastro2009.org

2010 Membership renewal

You will shortly receive renewal information regarding your Coeliac UK Membership for 2010. As there may be delays with the post over the next few weeks, please take advantage of our **new online renewal system that is available from Wednesday 18th November 2009**.

Renewing your Membership online is easy. From the 16th November, simply visit our [online renewal page](#) and follow the instructions.

On receipt of your renewal fee, or if you already have an existing Direct Debit or Standing Order set up for your Membership, we will send you confirmation of your payment with your new Membership card. Your 2010 Food and Drink Directory will be sent to you automatically as soon as it is available in January.

If you have any questions regarding your Membership please get in touch by calling our Helpline 0845 305 2060 or [email us](#).

Meeting with the Defence Minister



Last month the Charity met at the Ministry of Defence (MOD) with the Parliamentary Under Secretary of State and Minister for Veterans and other officials from the armed forces.

The aim of the meeting was to discuss the ban on entry into the armed forces for people with coeliac disease and the apparent inconsistencies in treatment for people diagnosed whilst already serving.



The meeting explored the Ministry's requirement that all personnel should be capable of serving in conflict conditions where the access to gluten-free meals may not be possible. The meeting was a useful in gaining better understanding of the MOD's concerns, but they were sadly immovable on the possibility of removing the ban on entry to the armed services.

We will feature more details on the policy and how people can expect to be treated when diagnosed after entry to the military in Crossed Grain.

Media update

Over the past month coeliac disease has once again been making the news and being featured in newspapers, magazines on the radio and the TV.



At the beginning of October The Guardian featured one of our Members for a case study interview in their Saturday Magazine supplement which has a very high readership. Both regional and national papers also picked up the story which was launched by CASH (Consensus Action on Salt and Health) highlighting the high levels of salt in free-from food. These are very interesting results and we will be looking at the findings closely to compare them with the research we did in this area a few years ago. The free-from market has expanded significantly over recent years, which is great news for the increasing number of people being diagnosed with coeliac disease who have to maintain a strict life-long gluten-free diet. Following the announcement Sarah Sleet was interviewed by Good Housekeeping who will mention it in a forth coming issue.

Following the announcement by Edinburgh University regarding the link between coeliac disease and osteoporosis which was featured on the [BBC website](#), the story was one of the top 5 health stories that day. To highlight the importance of awareness raising through the media we have calculated the following statistics:

17.36% of our visitors to our website that day, came from the BBC article
86.3% of those visitors have not visited our site before
They viewed an average of 6.86 pages and spent an average of 4 minutes on our site

5 of the visitors became new Members!

Media coverage really does work to raise awareness of coeliac disease and the work of the charity.

Other articles on coeliac disease appeared in the October issue of Junior magazine, Health and Fitness magazine, BBC Good Food Magazine, AGA Living and AXA PPP members' magazine as well as a host of regional newspapers.

For those of you with Sky TV we do hope that you enjoyed the programme that went out on UK TV Food called Simon Rimmers' Dinners. One of our Members and her family were the focus of the half hour programme looking at cooking gluten-free food for a family where one of the children has coeliac disease. We would like to thank the Morton family for all their help and considerable time required for filming the programme and for helping raise awareness of gluten-free cooking. We worked closely with the production team and are finding out if the programme will be broadcast again for those of you who may have missed it the first time round.

BBC Radio York also featured a Member in a lengthy interview all about coeliac disease. The programme also interviewed singer Mari Wilson about her diagnosis and Sarah Sleet was also interviewed giving out advice and information. Member Veronica Oxley from North Yorkshire cooked two recipes on air; French onion soup and sticky toffee pudding. The programme was inundated with requests for these recipes and highlights the increasing interest in good gluten-free cooking.

Sarah was also interviewed recently by Chemist and Druggist Magazine for a forthcoming article, and the forthcoming issue of Gastrointestinal Nursing will also feature an in-depth article about coeliac disease. Nursing Standard magazine has also carried out an interview and NHD Magazine are featuring the winner of the Coeliac UK Award for Healthcare Professionals in a feature called 'A Day in the Life of...'

After months of liaising with a freelance journalist who had interviewed Michael Obiora about his diagnosis, we were delighted that the [Mail on Sunday published the article](#) on 25th October. The excellent article highlights Michael's struggles with being diagnosed

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the [Mail on Sunday](#) published the article on 25th October. The excellent article highlights Michael's struggles with being diagnosed and then initially keeping to a gluten-free diet, and how he now feels much better after strictly adhering to the diet.

We are working closely with a number of magazines and newspapers on possible further articles and will keep you updated on those when we hear more. We have just issued a press release regarding Christmas which we hope will be picked up by the press.

Volunteers' Conferences



This year, in an effort to engage with as many Groups as possible, it was decided to hold eight regional conferences instead of one national conference. To this end, the Volunteers' Conferences kicked off in Belfast on Saturday 3 October. Volunteers from the Belfast, Derry and Fermanagh Groups, along with local dietitians, joined Coeliac UK staff and representatives from Juvela and Glutafin at the Belfast Premier Inn.

The agenda was packed. The morning began with a review of the Charity followed by an interactive information session on the new legislation on gluten-free food. After lunch, delegates were broken into groups to lead discussions on prescriptions, followed by a talk by Miranda on developments within volunteering and the Coeliac UK website.

Since Belfast, Coeliac UK staff and governors have met with volunteers in York, Edinburgh, Bristol and London. All events have followed a similar agenda and feedback has been incredibly positive. The conferences have proven a fantastic opportunity for Coeliac UK to meet with the Groups, discuss key issues within the Charity and at the local level, plan ahead and exchange information. Future Conferences are taking place in Plymouth, Liverpool and Solihull.

Welsh Cross Party Group

One Wednesday 22 October the Charity travelled to Cardiff to meet with the Cross Party Group on coeliac disease. The event, chaired by Assembly Member Dr Dai Lloyd, focused on laying out the agenda of the Group and key issues for 2010. All Assembly Members present were keen to look at the practical efforts they could make to help strengthen the position of people with coeliac disease in Wales.

It was a successful starting point and we look forward to the next meeting at the beginning of 2010. Our thanks to Dr Dai Lloyd, AM, and Lindsay Morgan, for organising the event.



Quinoa questionnaire



We would like to invite you to participate in an original postgraduate research project investigating the impact of quinoa (alternative food product to wheat) in coeliac patients as

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part of a gluten free diet. The research investigates the preferences, general perception, and any possible health benefits of quinoa consumption for people with coeliac disease, using a quick and simple questionnaire.

Quinoa could be an effective addition to the gluten-free diet as it is high in protein, essential amino acids and vitamins. In addition, it could add variety to the diet which could help.

It is not essential to have heard of, or tasted quinoa to take the questionnaire.

[Access the questionnaire here.](#)

Group events during November 2009

This is just a taster of the events being held by our Groups around the country. For a more detailed list, please go to the What's On section of the website.

14 November 2009 Torbay Group

Mini food fair at The Downs Hotel, Babbacombe, 10am-4pm. Local and national manufacturers hope to either man a stand or send information and samples of gluten-free food. There will be a cookery demonstration by Bia Nua as well as a cake competition and raffle. Please contact the Group if you are interested in attending and to obtain further details.

14 November 2009 York Group

Group meeting including a chance to exchange recipes/tips plus tasting samples from Members at Acomb Parish Church Hall, 2pm.

21 November 2009 Ipswich Group

Cookery demonstration by Juvela at St Michael's Church Hall, Martlesham Heath, IP5 3SL, 2pm. Please contact the Group for further details.

24 November 2009 Torbay Group

Chinese evening at The Red House Hotel, 7.30pm. Space is limited so please contact the Group for booking details.

28 November 2009 Edinburgh Group

Cookery demonstration by Juvela and Christmas raffle at The Undercroft, St Andrews and St Georges Church, George Street, Edinburgh, 1.30pm for 2pm start. Please contact the Group for further information.

3 December 2009 Nottinghamshire Group

Christmas meal at The Adams Restaurant, The Adams Building, Stoney Street, Nottingham, 7pm. Please contact the Group for availability of places.

4 December 2009 Gloucestershire Group

Christmas meal at The Apple Tree, Woodmancote, Nr Cheltenham, GL52 9QG. Please contact the Group for full booking details and time.

4 December 2009 York Group

This date has been set aside for the Group's Christmas meal. Please contact the Group for full information.

5 December 2009 Blackpool and Fylde Group

Christmas meal in the Tower Suite, Queens Hotel, Queens Promenade, Blackpool, 7.30pm. Please contact the Group for full booking details.

5 December 2009 Exmouth Group

Christmas lunch at Otter Nurseries Garden Centre, Ottery St Mary, 12pm. Please contact the Group for full booking details.

5 December 2009 Fenland and District Group

Christmas meal at The Woolpack Inn, Main Road, Terrington St John, Wisbech. Please contact the Group for full booking details and time.

9 December 2009 Ipswich Group

Christmas meal at The Shannon, Main Road, Bucklesham, Ipswich, IP10 0DR, 7.30pm. Please contact the Group for full booking

details.

12 December 2009 Cleveland Group

Children's Christmas party including disco, magic show and gluten-free tea for children up to the age of 12 is being held at Eaglescliffe Community Centre, Durham Lane, Eaglescliffe, Stockton on Tees, TS16 0NA. Please contact the Group for booking details and time.

To keep up to date with Juvela's whereabouts [click here](#).



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Excellent performance from the runners in the Royal Parks Half Marathon

Well done and thank you to our 12 runners who braved the chilly weather to complete the Royal Parks Half Marathon. The annual event celebrated its best ever event with over £3500 raised for Coeliac UK. Amongst the runners was the Street Family, headed by Mark Street. Mark and his daughter, Molly were due to run in last year's half marathon, but Mark had to pull out due to an injury. He was back this year, along with his wife and daughter and he was happy to pass the finishing line injury free!

Once again, thank you to everyone who took part or sponsored the runners, your efforts are appreciated. We look forward to welcoming you all to the 2010 half marathon. For more information on fundraising for Coeliac UK, please contact our fundraising team on fundraising@coeliac.org.uk or call 01494 796132.

Christmas Cards 2009



New Christmas cards for 2009 are now on sale in our online shop. This is a great chance to prepare for Christmas while supporting your favourite Charity.

Each pack contains ten cards and envelopes with prices ranging from £3.00 - £3.50.

Visit our [online shop](#) to place your order. All orders will be dispatched within 14 working days.



Food and Drink Directory updates

Here are your Food and Drink Directory updates for November. Please choose from one of the following links:

[Word](#)

[PDF](#)

[Web](#)

Deletions and additions to the Directory are also updated monthly on the online Food and Drink Directory on the Coeliac UK website. Simply click 'Online Food and Drink Directory' on the left-hand side navigational panel. If you haven't done so already, you will need to log in to see this.

Glutafin Recipe



Glutafin Chocolate Orange Star Cookies

Get into the Christmas spirit and make these delicious star cookies! Made with **Glutafin Select Multipurpose White Mix** and fresh orange zest- they are popular with children and adults alike!

Preparation time : 30 minutes

Cooking time: 10 minutes

Oven temperature: 180 C / Gas mark 4

Makes: 30 Cookies

Ingredients

250g / 9oz **Glutafin Select Multipurpose White Mix**
175g / 6oz Butter (at room temperature)
110g / 4oz Caster sugar
2 Oranges (grated rind of)
85g / 3½ oz 1 Bar orange flavoured chocolate for the topping*

* Please see your Food and Drink Directory for suitable products

Method

1. Beat the butter and caster sugar together with the orange rind using an electric whisk until pale and creamy.
2. Gradually blend in the White Mix using a fork and then by hand. Knead until smooth and transfer to a surface lightly dusted with White Mix.
3. Roll out the cookie mixture to the thickness of a £1 coin. Cut into festive star shapes using a star cutter or into rounds if preferred. Transfer to a baking sheet lined with baking parchment.
4. Cook until pale gold. Leave for 5 minutes to harden before transferring to a cooling tray.
5. To make the topping melt the chocolate in a bowl over simmering water.
6. Drizzle melted chocolate onto the biscuits in fine lines or in snowflake blobs if preferred.
7. Leave until set and transfer to an airtight container. Store in a cool dry place



Juvela

Get ahead for Christmas with **JUVELA**

Can you believe it's nearly time to start thinking about Christmas...or at least about making your Christmas Cake and Pud!

Following a gluten-free diet certainly doesn't mean you have to miss out during the festive season. As always, we've got our ever popular Christmas recipe booklet, full of gorgeous recipes both traditional and contemporary! From superb starters for Christmas Day to creative canapes for New Year, there's a recipe to fit every festive occasion.

[To download your free copy now click here!](#)

Or to register with Juvela and receive a free copy in the post, email info@juvela.co.uk

Please provide your name and address including your POSTCODE.

Please note, due to the possibility of further postal strikes, there may be a delay before your booklet is received.

Look out for brand new Christmas recipes on the Juvela website soon!

To find out more about the Juvela Gluten-Free Foods and support services simply....

Email: info@juvela.co.uk

Visit: www.juvela.co.uk

Call: 0800 783 1992



Estrella Damm



Estrella Damm DAURA, the World's Best Gluten-free Beer is now available in the UK.

DAURA is a real beer suitable for coeliacs with an authentic beer taste.

This is because it is brewed with barley malt. After an extensive period of research with the CSIC we have discovered how to break the gluten protein in the production process so that gluten content of the final product is below 6 ppm.

DAURA's properties have been recognised twice with the "Best Gluten-free Beer" award (2008 & 2009) at the World Beer Awards.

You'll find it in a 4 pack of 330 ml. bottles. Launched in Waitrose week commencing Monday 2nd November

www.estrelladamm.com

Dietary Specials



Dietary Specials NEW gluten free and wheat free fresh bread is available in Asda now!

The bread comes in two varieties, a delicious **soft White Loaf** and a moreish **Multi-seeded Loaf**, which contains a wholesome blend of pumpkin seeds, sunflower seeds and linseeds.

The new loaves are fantastic for making fresh tasty sandwiches, our favourite is tomato, mozzarella and rocket, mmm!

If you've not already tried the new loaves, we're offering 2,000 lucky readers the chance to win a coupon for 50p off. Simply email us at info@dietaryspecials.co.uk with your name, address and telephone number and we will send you a coupon!*

*Offer limited to one per household.



Glutafin



Claim Your Free **Cracking Christmas Recipe** Folder!

Christmas is just around the corner so it's time to start thinking about donning the apron and creating some delicious festive fayre!

We have been working hard mixing up some brand new inspiring Glutafin Christmas recipes so that you can do just that!

Recipes include Traditional Christmas Cake, Chocolate Log, Mince pies and Sage and Onion Sausage Rolls to name but a few. We've also developed recipes for all your favourite Christmas trimmings such as bread sauce, stuffing and the all important Christmas gravy.

Log on to bag your FREE pack of **Glutafin Christmas recipes**. But hurry- we only have 800 to give away! If you're not lucky enough to grab one of our Christmas recipe folders, don't despair! Our website is packed full with over 140 fantastic recipes for every occasion. Just **visit us** to have a browse.



ASDA



If it's fresh bread you're after, you're spoilt for choice at Asda.

Dietary Specials fresh bread is now available in all our stores within the Free From section. Available as soft white or multi-seeded, it stays fresh for up to 8 days.

We've also just launched Genius fresh bread in 40 stores across the country.

ASDA

SAVING

YOU MONEY EVERY DAY

You'll find Genius in the bakery section of the store and at a special trial price of just £1.98 until 4th December.

To find your nearest Asda store selling Genius bread, phone 0845 874 4000.

Subject to availability.

Trufree



Trufree Mince Pies are back! Delicious hand crafted wheat and gluten free Mince Pies, with beautifully light pastry and a rich mincemeat filling. The Mince Pies are available now from Asda, why not get in the Christmas spirit and purchase yours today!

We'd love to hear what you think of our Mince Pies, why not send us an email to info@trufree.co.uk or call our friendly Careline on 0800 954 1982.



Lazy Days



Lazy Day Foods are specialist producers of award winning cakes, biscuits and tray bakes.

All of our products are gluten, wheat, dairy and egg free. They are also suitable for vegans.

Made by hand in an entirely gluten free bakery in Scotland for you to enjoy.

Your opinion...



We need your opinion on gluten and wheat free food...

Enter the £100 prize draw when you take our [online survey!](#)

PGR Healthfoods



STOP PRESS

Rizopia - The best gluten free pasta, is now available on prescription. Made from just brown rice and water, it is the healthiest available. Ask your Doctor for;

Rizopia Spaghetti PIP-Code 340-0090 Rizopia Fusilli PIP-Code 340-0074 Rizopia Penne PIP-Code 340-0082 Rizopia Lasagne PIP Code 340-0108

Our Lasagne does not need pre cooking and gives wonderful results.

www.pgrhealthfoods.co.uk

New products and services

Check It out Crossed Grain Magazine Autumn issue.

It has been brought to our notice that some aspects of the Dietary Delights piece printed in the Check It Out section of Crossed Grain magazine were factually incorrect. Dietary Specials ready to roll pastry and Sausage rolls are not the first of their kind, as indicated in the article. Other companies have had similar products available in the UK for some time. Please accept our apologies for this error and any inconvenience it may have caused.

Hale and Hearty

Their new range includes a wide range of delicious mixes, cereals, pasta and pure gluten free oats. Hale & Hearty use mostly whole grains such as brown rice, buckwheat, quinoa, millet and teff. Available at Waitrose nationwide, Wholefoods, Planet Organic, Nutricentre, and independent health foods shops.

They are also available online at www.ocado.com ; www.planetorganic.com ; www.gffdirect.co.uk and www.halenhearty.co.uk or call 0207 616 8427

Genius

From 4th November, the Genius bread will be available in all Waitrose stores, and is currently available in Tesco and selected Asda stores. (Please note the Genius bread will be stocked in the normal Bakery section in Asda, but will be stocked in the Free-From section in Waitrose). Genius are giving away a case of bread every week day from now until the 31st December as a thank you! To enter, just sign up for their e-newsletter on their website:

www.geniusglutenfree.com/get-in-touch/keep-in-touch

Estrella Damm DAURA, the World's Best Gluten-free Beer is now available in the UK.

DAURA is beer with an authentic beer taste and is suitable for people with coeliac disease. After an extensive period of research and development the final product now has a gluten content of below 6 ppm

DAURA's properties have been recognised twice with the "Best Gluten-free Beer" award (2008 & 2009) at the World Beer Awards. It is now available in Waitrose stores in a 4 pack of 330 ml. bottles.

www.estrelladamm.com

White House Hotel

The Telford Whitehouse Hotel is trialling a new approach to its brasserie menu, following many requests from regular customers for gluten-free meals. All the dishes are freshly made from the best local seasonal produce so they know exactly what goes into them.

By making small changes to the ingredients, the White House Hotel will produce almost any of the dishes listed on the menu, gluten-free, priced from just £8.95 for a main course.

For more information or table reservations (including Christmas events) Call 01952 520700 or e-mail sales@telwhitehouse.com (Children are welcome too).

Dietary Specials

Look out for Dietary Specials' new gluten and wheat-free fresh breads. The farmhouse-style loaves (400g) are baked by Dietary Specials' expert craft bakers. Choose from the soft white loaf or the multi-seeded bread, including a wholesome blend of linseed, sunflower and pumpkin seeds. Available now in ASDA stores.

www.dietaryspecials.co.uk

Alara Wholefoods

Alara Wholefoods has introduced 'Gluten Free with Goji and Yacon' organic muesli as part of their 'Into the Garden' sustainable range. The muesli is packed full of tasty Goji berries that are one of the most nutrient-dense fruits and powerful anti-oxidants, and also contains sweet yacon root for its pro-biotic properties and ability to help the body remove toxins. In the same range 'Active' muesli is also suitable for a gluten-free diet. This unique cereal has been created especially for those who also lead active and demanding lifestyles.

The 'Gluten-Free with Goji and Yacon', and 'Active' muesli's are now available in Waitrose, Morrison's and independent food and health stores; for full stockists details of all Alara's gluten-free cereals please visit www.alara.co.uk

The Bertinet Kitchen - Gluten free cookery classes

Christmas is a tricky time for people with coeliac disease as the traditional menu has little to offer them, so this leading cookery school in Bath has recently launched a programme of gluten-free classes including Gluten-free Christmas, on Wednesday 18th November 2009 starting at 10.00am.

The class costs £135.00 and Coeliac UK Members receive a special £15.00 discount. You can obtain your discount by entering the code CS15 in the coupons box at checkout on their website. For more information visit their [website](http://www.bertinetkitchen.co.uk). Customers on recent classes

code CS15 in the coupons box at checkout on their website. For more information visit their [website](#). Customers on recent classes commented that they learned new techniques and ideas and also enjoyed meeting others who shared the same issues.

www.thebertinetkitchen.com 01225 445531

Boutique Bakehouse

Boutique Bakehouse in London have launched a new selection of gluten-free products like hand-crafted gluten-free breads, gluten-free herb and olive focaccia, sweet onion rolls and large chewy pretzels! All made to unique recipes which took over 18 months to develop. In addition to being free from gluten, all Boutique Bakehouse products are also free of dairy, wheat and soy. Products are available at Partridges of Sloane Square (Duke of York Square), London SW3 4LH (just off Kings Road; nearest tube Sloane Square; open daily from 8 a.m. to 10 p.m.). Furthermore you can now order many gluten-free options from the Partridges Café where you'll find a selection of delicious gluten-free cakes.

www.boutiquebakehouse.com

Mrs Crimble's

Following on from their recent success at the UK's Free From Awards; Mrs Crimble's, has launched fresh gluten-free White Bread and new gluten-free Seeded Bread. The white loaf is already on sale in Sainsbury's, and Waitrose will be stocking the Seeded variety from November. The Mrs Crimble's brand has now made successful moves into a number of categories with its 'Free-From' offering including cakes, biscuits, corn and rice cakes, bread and cake mixes, baked snacks, fruit pies and savoury crackers.

www.mrskrimbles.com

Beckett's Farm Cookery School

The Cookery School at Beckett's Farm has just launched its new course dates for Winter 2009/10 which includes several courses that are free from gluten and wheat products.

To find out more call 01564 823402 or email tom@beckettsfarm.co.uk



Cholesterol profile in people with newly diagnosed coeliac disease: a comparison with the general population and changes following treatment

What is cholesterol?

Cholesterol is an essential fat which is produced naturally by the liver. However, high levels of cholesterol in the blood are linked to an increased risk of heart disease and stroke.

A healthy level is considered to be a total cholesterol level of below 5 millimoles per litre, unless you are already at higher risk of heart disease (if you have already had a heart attack, or you have high blood pressure, diabetes or another risk factor) in which case you should aim for a total cholesterol level of 4 millimoles per litre.

A recent study looks at the relationship between cholesterol levels of people at diagnosis of coeliac disease and one year after diagnosis and following a gluten-free diet.

Background

Previous studies have suggested that people with untreated coeliac disease have lower cholesterol levels compared to the general population.

There are also indications that being diagnosed and established on the gluten-free diet may have a negative impact on cholesterol levels causing them to increase.

How was this study carried out?

Between 2004 and 2006, researchers identified 100 people newly diagnosed with coeliac disease and measured their cholesterol levels.

Cholesterol levels were tested again after approximately twelve months of following the gluten-free diet. The gastroenterologist and dietitian involved in the study felt that all the patients tested strictly adhered to the gluten-free diet.

The results were then compared to the cholesterol levels of the general population.

Results

The study found that the average total cholesterol level at diagnosis was 4.84 millimoles per litre, suggesting that people with coeliac disease have a lower total cholesterol level than the general population. This reduction was higher in men than in women with 21% of men and 9% of women having a lower cholesterol level compared to the general population.

Reassuringly, cholesterol levels did not increase after one year of treatment with the gluten-free diet.

The study also found that average high density lipoprotein (HDL) cholesterol, commonly referred to as 'good cholesterol', was slightly increased following a year of treatment with the gluten-free diet.

A lower cholesterol level and an increased HDL cholesterol level should offer some protection against heart disease and stroke.

Further information

If you are concerned about your gluten-free diet or cholesterol level it is important to discuss this with a dietitian who can offer you support in following a healthy gluten-free diet. Coeliac UK also produces a keeping healthy booklet which provides more information on healthy eating on a gluten-free diet.

Lewis N R, Sanders D S, Logan R F A, Fleming K M, Hubbard R B, West J. (2009). Cholesterol profile in people with newly diagnosed coeliac disease: a comparison with the general population and changes following treatment *British Journal of Nutrition*, 102 509 - 513

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www2.coeliac.org.uk/members_exg/november_09_exg/1478.asp

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Coeliac UK, suite A-D, Octagon Court, High Wycombe, Bucks HP11 2HS | Registered Charity Number: 1048167
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