

# Contents

## Australia: A great place to live

As Sue Black says in the Travel Talk article, "We are not just fortunate to have an amazing country to explore but we have also come so far with the range of gluten free options available." This is highlighted by the many advertised products and services within this edition.

We have world leaders in coeliac disease research working in Australia today, but did you know that in the '50s and '60s Dr Charlotte Anderson (no relation to Dr Bob Anderson – current Coeliac Crusader – see page 61) was an Australian pioneer researcher at the Royal Children's Hospital in Melbourne. Check out information on Dr Anderson in the article titled 'The first gluten free diet – How it began'. You will also find a story from Peter Nash, The Coeliac Society of Australia Vice President who was diagnosed with coeliac disease by Dr Charlotte Anderson in 1955.

We (all those who require a gluten free diet) have a challenge on our hands – the Australian 'no detectable gluten' standard is beginning to impinge on, and will in the future continue to affect the availability and cost of gluten free food. The Society Technical Officer, Graham Price tells us why on page 31 and provides the solution.

For those with children or grandchildren, you will be interested in the article by Jody Porter and Andrew Day on monitoring and follow-up after diagnosis of coeliac disease in children. To complement this article is another titled 'Enjoying good health whilst growing up on a gluten free diet'.

Talking about children, make sure you all get your contributions in for 'Coeliac Sam's Win a Prize!'. There are two prizes on offer however each child who contributes will receive a consolation prize.

Prizes are also on offer in the 'Thumbs up for your home town' competition. Information on this can be found on page 17.

It would not be the Christmas edition without Christmas ideas and recipes, and we hope that you will find some new ones to try.

A Happy Gluten Free Christmas and the best for 2011.

*The Editorial Team*

## Advertising Deadlines

For the next editions:

March 2011      Wednesday 5 January

June 2011      Wednesday 6 April

September 2011      Tuesday 5 July

## 5 A word from the President

What will you do when 'gluten free' disappears?

## 7 Coeliac Mailbox

Your comments and concerns

## 9 Article

Monitoring and follow-up after diagnosis of coeliac disease in kids

## 17 Competition

Thumbs up for your home town

## 19 Article

Enjoying good health whilst growing up on a gluten free diet

## 29 Article

The Coeliac Society of Australia and the Coeliac Research Fund

## 31 Article

Maintaining our food choices

## 35 Recipes

A festive touch for our climate and lifestyle

## 39 Cooking Tips

Cooking tips with Lola

## 41 State News

Reports from your state Society

## 49 Research

The Coeliac Research Fund

## 53 History

The first gluten free diet – How it began

## 56 Travel

Australia – Moving Forward!

## 61 Coeliac Crusader

Dr Robert Anderson

## 63 Your Stories

Once a Coeliac always a Coeliac

## 64 Dining Out

Going gluten free in the tropical north

## 66 Feature Recipes

The eSSence of Christmas fare

## 69 Extract

House of Representatives Proceedings

## 70 Kids Bizz

Competition Entries



**Editorial team** Cheryl Price, Graham Price, Sue Black, Penny Dellspenger.

**Graphic Design** Jane Leonard, Savvy Graphics (02) 9966 9655 design@savvygraphics.com.au Printed by Bright Print, 8–10 Frank St, Wetherill Park NSW 2164.

### HOW TO CONTACT US

**Editorial:** The Editors, The Australian Coeliac, PO Box 271 Wahroonga NSW 2076. Telephone The Editors on (02) 9487 5088, fax (02) 9487 5177 or email cheryl.price@coeliacsociety.com.au **The Food Editor** email to info@coeliacsociety.com.au **The Travel Editor** email to sue.black@coeliacsociety.com.au

**Advertising** Cheryl Price (02) 9487 5088 or fax (02) 9487 5177 or email cheryl.price@coeliacsociety.com.au

The Australian Coeliac is prepared for the general information of members and friends of the Coeliac Society of Australia Inc. The contents (including articles, recipes, advertisements and other information) are not intended to provide medical, dietary, legal or related advice. Readers should seek medical or other professional advice before relying on or acting upon the information contained in The Australian Coeliac. Any opinion expressed in this magazine may not necessarily reflect the views of the Society. All rights of translation and reproduction reserved.

The editorial committee reserves the right to accept or reject any advertising material. No correspondence will be entered into. Advertisements are accepted in good faith but The Coeliac Society of Australia Inc and individual State Coeliac Societies cannot be held responsible for any claims made by advertisers.