

The MegaBite

NEWSLETTER #008 | Autumn 2016

Autumn shenanigans

by Karen Woodford, Safer Eating Managing Director

It is that beautiful time of year when the leaves are turning brown and you are warming up for Halloween and Bonfire Night. I love autumn, especially when it is a clear day and the sun is shining.

“Talking about how Brexit might affect food”

And we're having a very busy autumn here at Safer Eating. We went to the Westminster Forum in September. This was a great event, talking about how Brexit might affect food regulations, how supermarkets, catering companies and food businesses deal with the rules and regulations and how training companies can help.

Events like these are great places to network and meet like-minded people with the same mission. It was good to see Allergy UK again and meet Caroline Benjamin from Food Allergy Aware.

The Anaphylaxis Campaign day, FDIN free-from day and Cumbrian Coeliac Fayre also took place, but unfortunately I had to miss out on them – duty called at the hospital where I work. Not to mention my two mini coeliacs!

Follow Karen on Twitter
[@safereatingco](https://twitter.com/safereatingco)

But there's more to come. We are planning to go over to Liverpool for the Allergy and Free-From Show North on November 5-6. Can't wait to try dairy-free cheeses. I am really missing cheese. I have also been getting very sick of dry, horrible loaves of gluten-free bread. I know there will be lots of tasty new treats to try there.

After that, there is Food Matters Live. This runs from November 22-24 at ExCel, London. It looks like a fantastic event and describes itself as 'bringing together the food and drink industry, retailers, foodservice providers, government and those working in nutrition.'

It is free for a start and there are lots of exhibitors, talks, seminars, attractions and a series of special events. I am just about to book my train ticket.



The poo taboo

Coeliac and journalist, Kay Harrison, discusses the subject nobody likes to raise in a round-up of what should be happening when you go for a number 2 and when you should be concerned...

[Page 2](#)



Jemma's autumn favourites

Our lovely tricky eater, Jemma, reveals her top picks of the season. Check out what food and drink she is having, what recipes she is loving and the restaurant she can't get enough of...

[Page 3](#)

safereATING

www.safereating.co.uk

The poo taboo

By Kay Harrison

Poo could be the first thing that takes you to the doctor, as coeliac Kay Harrison knows only too well. It can point to food intolerances, coeliac disease, sickness or something more sinister. But we still find it hard to talk about it without sniggering. So to try to break the poo taboo, we've pushed out some top facts to get the convo moving.

"It can point to food intolerances, coeliac disease, sickness or something more sinister"

1. UNFLUSHABLE FLOATERS... AND WHAT IT MIGHT MEAN

If your poo slowly sinks then, congratulations, you've made a happy log. But floating poos that are hard to flush can mean they are high in fat, a sign of malabsorption – when you can't absorb fat and nutrients.

This, especially when it is accompanied by an overly trumpy bum, can point to coeliac disease.

2. BRITS DON'T GO TO THE TOILET PROPERLY...

We've been using toilets since the 18th century – sitting down to do our business. But we're doing it all wrong.

They have the right moves in Asia and Africa, where squatting over a hole is encouraged. Sitting to poo is not smart as your intestines get a kink, making it harder to push anything out. Squatting leads to a straight intestinal tract so no need to strain.

No wonder constipation and piles are common in countries where people sit down. To get a good position sitting on the loo, put your feet up on a foot rest – a footstool, if you will. Arch your back and make sure your hips are lower than your knees. And bombs away.

"Or it might mean you have too much iron in your diet – and need to lay off the Guinness"

3. WHY POO IS BROWN AND WHEN YOU SHOULD WORRY

Your poop is three quarters water, with the rest made of undigested food, bacteria, fats and dead cells from your intestine. But it is actually blood that makes them brown.

Millions of red blood cells conk out and are broken down every day and it's that process that gives poo its delightful shade. If your poo is reddy, it could be a sign of piles or fissures, where your inner poop chute has been torn by diarrhoea – a sign of coeliac disease and intolerances. If it is black, you should see your GP as it could be congealed blood from problems up your gastrointestinal tract. Or it might mean you have too much iron in your diet – and need to lay off the Guinness.

4. KNOW YOUR SH** AND AIM FOR THE PERFECT POO

Worried how your poo looks? There's a chart for that. The Bristol Stool Chart puts poo into seven categories, starting with type one (hard pellets, where you are seriously constipated) to type seven (a runny bum of disastrous proportions).

Type 4 is the ultimate poo. It should look like a sausage or a snake and be smooth and soft. You can also be pleased with yourself if it is sausage like but with cracks on it – a type three.

The guide is thanks to docs at Bristol Royal Infirmary, who found patients were too squeamish to talk about it.

"Sweet corn, carrots and oat bran are harder to digest, which is why it is normal to spot them"

5. FOOD THAT IS OK TO SPOT IN YOUR POO

Soluble fibre in food such as nuts and beans are happily broken down and form a sort of gel in your poo. But foods stuffed with insoluble fibre, such as sweet corn, carrots and oat bran, are



harder to digest, which is why it is normal to spot them. So don't panic.

6. WHAT TO DO WHEN YOU'RE BUNGED UP

Giulia Enders' surprise international bestselling book, Gut: The Inside Story of our Body's Most Underrated Organ, is packed with fascinating poop facts.

She says to be classed as constipated, you have to perform a bowel movement fewer than three times a week, particularly in hard stool form, often in pellet form, which is difficult to pass and "experience no satisfying feeling of emptiness on leaving the toilet".

The problem normally lies at the end of the large intestine, where there is confusion over whether the contents need to head out or not. Stress and changes of routine can bung people up – and a lack of water.

Giulia says plums are a great thing to eat as they contain dietary fibre that gives the large intestine a kick and draws extra fluid into our guts. Regular constipation can point to diabetes or thyroid problems... or Giulia says you could just be "a slow mover".

7. THE TROTS FROM FOOD

Diarrhoea is a result of stuff passing too quickly through the large intestine, where most of the water content is absorbed. A runny bum after eating certain foods is one of the signs of a food intolerance or coeliac disease (wind and bloating can point to them, too). It can also cause fissures – tears up your bum – which can lead to bright red blood in your poop.

But you can get the trots many hours after eating something you're intolerant to and symptoms, including tummy ache, can last for hours. So it's not easy to pinpoint the offending food.

Follow Kay on Twitter
@safereatingPR

Jemma's autumn favourites

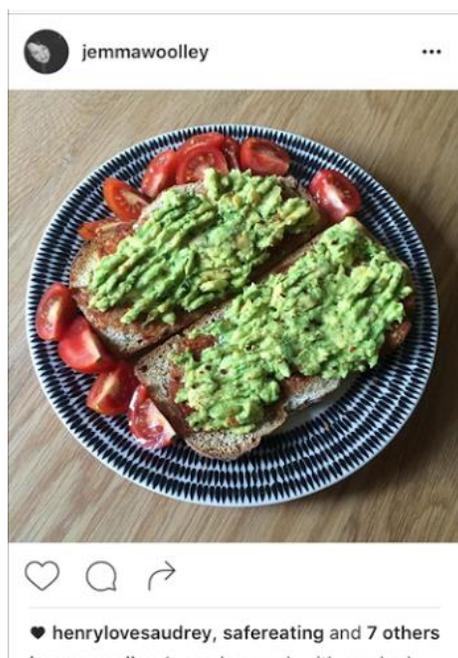
Jemma Woolley from Cumbria is severely allergic to a whole heap of things, including tree nuts, peanuts and lupin. She has recently taken up a clean eating, veggie diet. Here are her autumn top picks...

THE VEGAN 8

In my new quest to limit the number of ingredients used in my meals, the discovery of this website (thevegan8.com) has opened my eyes to lots of new cooking tips, tricks and possibilities.

GRAN LUCHITO SMOKED CHILLI PASTE

If you're looking to perk up your meals, this smoked chilli paste packs a real tasty punch. A little goes a long way (unless you like it HOT) and you can spread, fry, roast or stir it on to your meats, veg or beans. I used it to make my brunch of dreams: avocado smush with smoked chilli spread on soda bread... Gran Luchito loved it so much they used it for their gallery.



GIANT MARSHMALLOWS

These gluten-free bad boys (sadly not vegan or vegetarian friendly, though) are the size of your fist. What more could you want in life?! Shove them in your hot chocolate or your mouth, whatever floats your boat.

HEMP MILK

After championing Koko coconut milk as a non-dairy replacement for three years, I decided it was time to branch out and try some other versions. I am pleased to report that hemp milk is really tasty and I find it's fabulous in a cup of tea. It is a little thicker, sweeter and creamier tasting, so it is a great non-dairy creamer – an ideal partner for porridge and hot chocolate.



LAS IGUANAS

This Latin American restaurant chain is truly amazing. It has something to suit the whole family and serves meals for vegetarians, vegans, coeliacs and nut allergy sufferers (like me), which are all laid out very clearly on its [special allergen menu](#).

I took my brother to a Las Iguanas before a Motley Crue gig to dine on super-tasty burritos and sweet potato chilli, all washed down with 2 for 1 cocktails. And I've taken my mum there, as she was going to Mexico on holiday and wanted to get an idea of what to expect food-wise. She loves the creamy coconut (GF!) tembleque pudding.

It has almost 50 restaurants across the country and in all the locations I've dined

at, the staff have been very helpful and friendly. I always leave with a smile on my face and mariachi band songs going through my head.

PUMPKIN SPICE SMOOTHIE

Yes, it's a blogger/hipster cliché, but it tastes so good! I have pumpkin spice running through my veins at this time of year, and I'm always on the hunt for new ways to enjoy it. At first, I was looking at pumpkin spice nice-cream, but who wants to eat that in October? More research led me to a pumpkin spice smoothie... jackpot. Unless you want it uber thick, only use 1/2 cup of pumpkin puree. I swapped the almond milk for hemp, oat or coconut milk, only used 1 tsp of maple syrup and added a little extra pinch of nutmeg and clove.

To make your own pumpkin spice mix, just mix together:

- 1 tsp of ground cinnamon
- ¼ tsp of ground nutmeg
- ¼ tsp of ground ginger
- ¼ tsp of ground allspice (tweak dependent on taste)
- 1/8 tsp of ground cloves



SOCIAL MEDIA ACTION

Jemma is very active on Instagram and is always posting amazing pictures of healthy, homemade food and drinks.

JEMMA'S INSTAGRAM
Follow her on Instagram
[@jemmawoolley](https://www.instagram.com/jemmawoolley)



EAT OUT, DON'T MISS OUT!



Hooked on gluten and dairy-free fish and chips.
Below, Kay gets emotional over GF popcorn chicken

2 Oxford Place Review

by Kay Harrison

Pinch me, am I dreaming? A classy city centre restaurant that is 100% gluten free... where I can eat EVERYTHING on the menu? Every last gluten-free crumb? Seriously, pinch me again.

2 Oxford Place is a free-from fantasy in the flesh. Even the beer on tap is GF. It was set up in 2014 by coeliac Victoria Hall, who was so cheesed off with the lack of choice when eating out she quit her teaching job to champion gluten-free dining. Good lass.

As she said herself, "It was always a case of what can I have, rather than what would I like to have. There doesn't have to be a difference."

The restaurant is mindful of all tricky eaters. My dining date, Karen, was gluten free, dairy free AND low FODMAP. Nightmare. But not for them. She was given her own special menus, which covered most of what was on mine, anyway. There are separate vegetarian and vegan menus, too.

Crucially, the waiter didn't flinch and look at us like a pair of weirdos when we were ordering. And this level of staff understanding is what really makes 2 Oxford Place shine.

Our wise and patient waiter had no doubt heard it all before on the free-from front. He was off-the-chart charming when it came to double checking ingredients (Karen was anxious to find out if the tartar sauce with her crispy GF fish and chips really was dairy free. I'm delighted to report it was. I'm surprised she didn't eat the serving bowl she was in that much of a hurry to eat it).

As a pair of hungry coeliacs, we're more used to squirmy encounters with serving staff who you suspect don't have a clue about cross-contamination. So I could have kissed our waiter. He

would probably have wiped his lips first to make sure they were safe.

2 Oxford Place is open for coffee and safe cake mid-morning as well as brunch, lunch or an evening feast. This gorgeous free-from bubble is in the heart of Leeds - next to the town hall and around the corner from Leeds General Infirmary. But even though its USP is gluten-free grub (they don't allow ANY gluten in the kitchen), that's not to say the food is not fantastic in its own right.

"I can't resist apple crumble and custard - delicious temptress that she is"

The decor is cute - an elegant-kitschy kind of feel - making it perfect for the afternoon teas on the menu. And I will be back to order one. Possibly six.

Karen and I dived into the lunch menu, kicking things off with olives and popcorn chicken (I confess, I actually willed up popping that first breaded chicken chunk in my mouth. But being reunited with long-lost food groups is emotional). I then went for the Southern fried chicken, with thick chips, homemade coleslaw and salad. Although I was tempted to go for the quiche of the day. I was tempted by everything, to be honest.

The main courses come in at around a tenner but you can grab GF sandwiches (the halloumi, avocado and tomato slathered with paprika mayo sounded lush) for £7-ish. They will chuck in some of those fabulous chunky chips for a pound extra.

It would have been plain rude not to order dessert, despite having laid my head against the tabletop in defeat seconds earlier. But, see, I can't resist apple crumble and custard - delicious temptress that she is. And this one was a beauty - with an actual crunchy topping, not a chalky fine sprinkle, as is often the GF way. Sweet.

It was easily the tastiest and most relaxed meal I'd had in the decade since I've been diagnosed. See, nothing tastes as good as peace of mind. Which goes down very nicely with a gluten-free beer, thank you very much.

2 Oxford Place

Leeds, LS1 3AX

0113 234 1294

2oxfordplace.com

@2OxfordPlace

Pumpkin and orange cake

(gluten and dairy free)

by Karen Woodford

If you're planning on carving up some pumpkins (like us), try this scrumptious cake to use up the flesh.

Free from: milk/lactose, egg, soya, gluten, nut, molluscs, crustaceans, fish, meat, sesame, sulphites, celery, mustard, lupin. VEGAN

Contains: egg

Cooking time: 1 hr 30-40 minutes

Preparation time: 15-20 minutes

Serves: approximately 10

INGREDIENTS

CAKE

225g dairy-free spread (e.g. Vitalite)

225g brown sugar

Zest of 1 orange

1.5 tbsp orange juice

3 large eggs

225g pumpkin puree (tinned or fresh)

225g gluten-free self-raising flour (e.g. Dove's Farm)

1 tsp gluten-free baking powder (e.g. Dove's Farm)

1 tsp bicarbonate of soda - check for gluten

1 tsp ground cinnamon

80g raisins

Optional: ¼ tsp salt

GLAZE

1 orange (juice & zest)

100g icing sugar



METHOD

CAKE

1. Preheat the oven to 180°C
2. Grease and line a 23cm cake tin
3. Cream spread and sugar together. Add the orange zest
4. Beat in the eggs gradually
5. Beat in the pumpkin
6. Sift the flour, baking powder, bicarbonate of soda, cinnamon and salt into the mixture. Fold
7. Stir in the raisins and orange juice
8. Pour the mixture into the tin
9. Bake for approximately 1 hour 40 minutes (or until cooked through so when you skewer deep into the cake anywhere, it comes out clean)
10. Leave to cool in tin for approximately 10 minutes

GLAZE

1. Mix together the icing sugar, orange juice and orange zest gently
2. Pour the glaze over the cake whilst it is still in the tin
3. Allow to cool until glaze has absorbed/set. Remove from tin to serve

Please check all your ingredients carefully to make sure they do not contain the allergens you need to avoid.

See safereating.co.uk/problem-foods for more info.

More recipes at
safereating.co.uk/recipe

Our Safer Eating products and resources are here to help you...

E-learning



The Safer Eating Awareness Module is an easy to follow, interactive training course. It is a fantastic resource for all staff working in catering or food businesses.

£20

Training Packs



The Safer Eating training folder has everything you need to comply with the new legislation and cater easily and well for "tricky eaters."

£25

Available from
shop.safereating.co.uk

safereating