



Official Newsletter of WIC Worksite Wellness

NOURISHING CONNECTIONS

Liberti Cornell & Ashley Woo



Having celiac disease can make it hard to join in social events where food is a big deal, but there is a way forward. It is important to learn how to seek support and engage in healthy social connections.¹ Eating food with others is an opportunity for shared experiences that create bonds. These connections can make it easier to handle a gluten-free diet.² Here are some tips to connect and enjoyably eat at social events:

- Plan ahead and bring a dish or two you know is safe to eat.³
- Call beforehand to check if there's food you can eat safely. Make a list of questions you ask every time to find out how food is prepared and cooked.¹
- Focus on how being healthy helps you instead of feeling sad about not eating some foods you like.¹
- Take time to digest your food and catch up with friends.⁴

Now, savor each bite and enjoy the company!

BREAKING BREAD, MENDING MINDS

Christine Clothier & Lauren Flotman



Celiac disease (CD) is a serious disorder that not only affects the digestive tract, it can also have a negative impact on mental health.^{4,5} The constant pain and effort to manage the disease can cause stress and frustration. Also, picking the right foods to eat at home or when eating out may cause anxiety and feelings of loneliness.⁵ If you or a loved one has CD, try these tips to improve your mental well-being:

- **Build a support system.** Connect with support groups to find a community that understands your situation. Click [here](#) or [here](#) to find helpful resources.
- **Find food freedom.** Learn new recipes and substitutes for gluten-containing foods. Find gluten-free foods [linked here](#) and recipe ideas by clicking [here!](#)
- **Seek Help.** Reach out to your primary care provider for help if [symptoms](#) of CD or mental struggles are overwhelming.

CHICKPEA DELIGHT BURGERS

Valentina Montes, Albert Torres, & Jack Gailver



Whether you're hosting a barbecue or craving a hearty meal, these delightful veggie burgers are easy to make and sure to become a household favorite. Packed with protein and fiber, the combination of ingredients can help lower your risk of diabetes, heart disease, and also contribute to a healthy gut.⁶ To enjoy even more of fiber's health benefits, add a whole wheat or gluten-free bun.⁷ Try this recipe to savor a healthy taste of summer today!

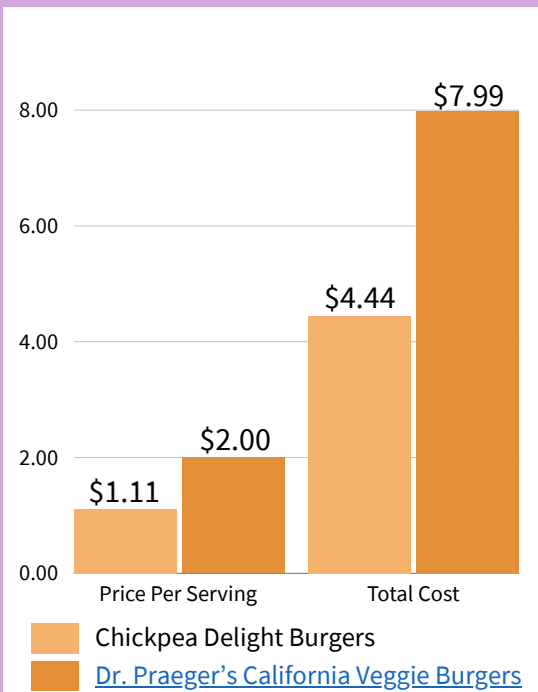
Servings: 4

Prep Time: 15 min

Serving Size: 1 burger

Cooking Time: 8 min

PRICE COMPARISON



Ingredients:⁸

- 1 gluten-free hamburger bun
- 1 ½ cups canned chickpeas
- ¼ cup red onion, finely diced
- ½ cup parsley, roughly chopped
- 2 cloves garlic, finely minced
- 2 tablespoons creamy peanut butter
- ½ teaspoon ground cumin
- ½ teaspoon table salt
- 2 tablespoons vegetable oil

Instructions:

1. Toast hamburger bun.
2. Dice all the ingredients finely (no bigger than ¼ inch).
3. Drain and rinse chickpeas.
4. Add chickpeas to a bowl and mash with a fork or potato masher.
5. Crumble one toasted hamburger buns to form bread crumbs.
6. Combine all ingredients (leave ½ a teaspoon of oil for the pan).
7. Portion out and form a ball about 2-inches in diameter and press it down to form a patty. Repeat to make four burgers.
8. Heat oil in a pan over medium heat.
9. Pan-fry patties for four minutes on each side.
10. Serve with your bun of choice, lettuce, and tomato.

NUTRITION FACTS⁹

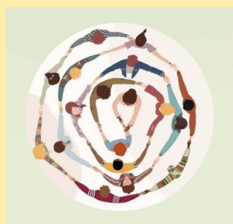
Serving size: 1 burger

- Total Calories: 157 kcal
- Total Fat: 5 g
 - Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 655 mg
- Carbohydrates: 20 g
 - Fiber: 4 g
 - Total Sugars: 5 g
 - Added Sugar: 1 g
- Protein: 8 g



BE KIND TO YOURSELF FROM MIND TO BODY

Natalie Yu and Emily Hickey



Could you benefit from being kinder to yourself? Try this [self-compassion test](#) to find out! Results from the test bring attention to areas you can improve your self-love and compassion. Awareness and daily practice can help you become a kinder person not only to yourself, but others too! Practice your self-compassion with exercises like journaling and reframing your self-talk [linked here](#).



Find Me Gluten Free is a great partner for gluten free (GF) living. Dining out and grocery shopping for celiac disease, gluten intolerance, and gluten-free options is a breeze with easy to discover GF restaurants, customized filters, menus, ratings, and reviews. You can even share your own experiences with others by simply downloading the app on [Apple](#) or [Android](#)!



American Red Cross
San Diego and Imperial
Counties



This newsletter was made possible by the partnership between California WIC Association and the American Red Cross WIC Program.

REFERENCES

1. Christiansen, S. (2022, August 24). Coping With Celiac Disease. <https://www.verywellhealth.com/celiac-disease-coping-4770879>
2. Celiac disease and depression. Beyond Celiac. (2022, March 23). <https://www.beyondceliac.org/celiac-disease/related-conditions/depression/>
3. Dining and social eating. Celiac Disease Foundation. (n.d.). <https://celiac.org/gluten-free-living/dining-and-social-eating/>
4. Nelson, J. B. (2017, August). Mindful eating: The art of presence while you eat. *Diabetes spectrum* : a publication of the American Diabetes Association. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5556586/>
5. Aljada, B., Zohni, A., & El-Matary, W. (2021a). The gluten-free diet for celiac disease and beyond. *Nutrients*, 13(11), 3993. <https://doi.org/10.3390/nu13113993>
6. Poslt Königová, M., Sebalo Vňuková, M., Řehořková, P., Anders, M., & Ptáček, R. (2023a). The effectiveness of gluten-free dietary interventions: A systematic review. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1107022>
7. Wallace, Taylor C et al. "The Nutritional Value and Health Benefits of Chickpeas and Hummus." *Nutrients* vol. 8,12 766. 29 Nov. 2016, [doi:10.3390/nu8120766](https://doi.org/10.3390/nu8120766)
8. Allen B., Orfila C. The Availability and Nutritional Adequacy of Gluten-Free Bread and Pasta. *Nutrients*. 2018;10:1370. [doi: 10.3390/nu10101370](https://doi.org/10.3390/nu10101370)
9. Chickpea Burger. Nora. Nora Cooks. <https://www.noracooks.com/chickpea-burger/>
10. Cronometer. (2011). Cronometer: Track nutrition & count calories. Cronometer.com. <https://cronometer.com/>