



Rockford Area Celiac Support Assoc.

Helping People on a Gluten-free Diet
January 2015 Newsletter

Website: www.rockfordceliacs.com

Email: RockfordCSA@yahoo.com

Next Meeting

Wednesday, January 28, 2015

7:00 p.m.

OSF St. Anthony's Hospital

Rockford, IL

Founders Room (lower level)

SPEAKER:

Joshua Binning, Owner of Lucha Cantina

He is bringing giveaways!

You may bring a Gluten-Free dessert to share if you would like. Please bring the recipe with any dessert.

Group Changes for 2015

Since our group began, we have stayed with pretty much the same format, while the world around us has changed significantly. When we began, gluten-free products were not readily available, we all needed good gluten-free recipes, and there were no restaurants you could go to who understood what gluten-free meant. During the last two years, we have seen attendance at meetings going down, while at the same time, our email list has increased. With the increased awareness of Celiac Disease and the infinite amount of information available on the internet, it seems that it is time for our group to make some changes.

When we tried to get input from the group, we received a small percentage of the forms back, so we're going to try some things and we can go from there. If you have input or ideas, please email Jolyn at rockfordcsa@yahoo.com.

MEETINGS:

How Many? We will continue to meet every other month, meeting only during the odd numbered months. We will not, however, do a park picnic in July but rather an ordinary meeting. We think meetings are important, but may go down to quarterly meetings if attendance stays low.

Food at Meetings? Some people don't have the time or ability to bring a gluten-free item to share at every meeting, and it seems some people don't come to meetings because they can't or don't want to bring food. Bringing a GF item to a meeting is now optional. If you love to bake or see new items that you want to share, then please bring them, along with the recipe. If you don't, then that is fine too - just come to the meeting anyway.

Pancake Breakfast & Holiday Dinner: These two items were high on everyone's list so we will be keeping them as of right now.

NEWSLETTER & INTERNET: These items were also more of a priority and this is an area that has been lacking. If you are interested in helping with maintaining the website and/or Facebook site, please contact Jolyn. You don't need to know html to update the website and you just need to be familiar with Facebook to help with that. If you are interested in doing one or both of these, please email Jolyn at RockfordCSA@yahoo.com.

2015 Meeting Dates

The dates for the meetings in 2015 are as follows:

January 28 (Wed) - 7pm

March 28 (Sat)- 9am Pancake Breakfast

May 27 (Wed) - 7pm

July 29 (Wed) - 7pm

September 30 (Wed) - 7pm

November 18 (Wed) - Holiday Dinner

Put them on your calendar so you don't miss out!

HAPPY ★ NEW ★ YEAR

Dues

Dues for 2015 have remained at \$10.00 for the year. Although our costs are not excessive, we depend on the payment of dues to pay for meeting supplies, notebooks, etc. Payment of dues is required to remain on the mailing list (email and regular mail). Please send your check payable to "Rockford CSA" for \$10.00 to our treasurer, Ron Ford, at 2431 Devonshire Drive, Rockford, IL 61107. If you are unable to pay the dues, please send a note instead. Thanks for your support!

January Meeting Speaker

Our Speaker in January is Joshua Binning who is the Owner of Lucha Cantina located at 1641 N. Alpine Rd. in Rockford (Edgebrook Center). His talk will be very informative and he will be bringing along some giveaways, so don't miss it! Here are a couple highlights from my meeting with him.

Almost all items, including sauces and salsas, are made from scratch and they are happy to discuss the recipes if there are dietary concerns.

GF items are clearly marked on the menu and if you tell the server you require GF, they actually sanitize the whole line to make sure there is no cross contamination.

There is NO flour in the restaurant. The flour tortillas are purchased, not made on site, so there is no flour hanging around in the air or on equipment.

The owner and kitchen manager are very familiar with a gluten-free diet and what is required for safe dining. Definitely worth checking out and don't forget, identify yourself as GF when ordering.

November Meeting Recap

At the November Holiday Dinner, Sam's Ristorante on Mulford & Riverside served us a wonderful gluten-free dinner. The food was fabulous and they offer GF meals all the time. Attendees also left with samples of dry soup mixes from Full Flavor Foods, rolls from Schar, and giveaways from Canyon Bakehouse and Katz.

Care Packages for Newly Diagnosed

Are you newly diagnosed or know someone who is? The University of Chicago Celiac Disease Center has a care package program that provides a wonderful package of GF products and information to anyone who has been diagnosed in the last 12 months to help the newly diagnosed get going on the GF diet. You can submit a form online at: www.cureceliacdisease.org, click on Living with Celiac, Gluten-Free Care Package Program. You can also contact them by phone at 773-702-7593.

Monthly GF Shipment

"Send Me Gluten Free" is a company that sends a monthly box of GF products and coupons. You can participate on a month-to-month (\$30) basis, 3 months (\$26), 6 months (\$24) or 12 months (\$20) (prices include shipping). For information, go to www.sendme glutenfree.com

Local Restaurant News

Lucha Cantina clearly identifies GF items on the menu, sanitizing the line when you identify that you need GF, and makes most of their products from scratch.

Jason's Deli has a dedicated GF kitchen and offers GF bread and sandwiches.

Sugar Jones offers GF cupcakes that are wonderful (but expensive).

Mary's Market offers GF cookies.

Take Outz is a new spot on Forest Hills near River Lane and they offer a 10" GF crust cheese pizza for \$9.20, plus \$1.50 for each additional topping. It is baked in a pan to protect it from any lingering flour.

GF Product Updates

McCormick has 3 new GF products - all labeled "New" - Packets of turkey gravy, brown gravy and chili seasoning. McCormick states that all single ingredient spices are GF. All extracts are GF as they are made with synthetic ethyl alcohol, not

grain-based alcohol. Any gluten in a product will be clearly identified on the label and ingredients derived from wheat will also be noted, such as "*Maltodextrin (WHEAT)*" in the ingredient list.

Girl Scout Cookies will be available soon and they now offer a GF option. There are two different suppliers and different councils use different suppliers so you may see different offerings. The GF option from one baker is "Toffee-Tastics" and from the other baker, "Trios" are GF.

Look for GF versions of **Ronzoni** and **Barillo** pasta products that are typically found on the normal pasta shelves.

If you have never ordered a sample pack from **Katz**, you might want to do that. It is \$4.99 (free with coupon code "SAMPLE") plus \$7.99 shipping. You get a lot of products to try, all of which are good. It's a cheap way to try new things and see what you like.

Krusteaz products are now at Woodman's and several members said they are the best GF muffin and corn bread mixes available.

Full Flavor Foods available at Woodman's now offers GF gravy mixes, soup mixes, cream soup base and cheese sauce mixes - ALL GF. Good and easy to use.

GF Product Alerts

Smashbox cosmetics, which formerly claimed to be GF no longer makes that claim.

Beer

Gluten-Free v. Gluten Removed

There have been a lot of beer products come to market in the last year or so but the terminology can be confusing. Beers that say "Gluten-Free" are not the same as beers that say "Gluten Removed". GF beer is made only from GF grains and are regulated by the FDA so they must contain less than 20ppm gluten. Gluten Removed beer is made from barley and fall under the jurisdiction of the TTB who follows the same regulations as the FDA for gluten-free beer. Gluten removed beer uses a special process to

remove gluten, and current testing for foods does not detect gluten in the finished product. The concern is that the "special process" (which is not regulated or dictated) is feared to break down the gluten proteins into fragments that are not detected by current testing, in which case the results may not be accurate. The scientific community does not support the use of gluten-removed products in a GF diet. Keep in mind that terms such as "gluten-removed", "gluten-friendly" or "gluten-safe" are not in the FDA's new regulation and as a result, **have no real meaning**. It is safer to stick with gluten-free beer products and as always, listen to your body. [GIG, November 2014]

New Online Resource

Gluten Free Works Health Recovery Center
<http://glutenfreeworks.com/health>

The Gluten Free Works Health Recovery Center is a resource that gives you the information and tools you need to identify and correct hundreds of health problems caused by gluten. If a nutrient deficiency is causing the problem, it tells you which one is missing and which foods are the best sources of that nutrient. Supplement info is also included. It is easy to use, regularly updated and has a 6 step process for correcting each health condition or nutritional deficiency. Check it out.

Arsenic in the News Again

Arsenic in rice was in the news last year causing a lot of concern. A new report from FDA in Dec. 2014, adds more confusion. It notes that reports are not consistent and can vary widely depending on concentration of arsenic in water and growing practices. Rice from Texas, Louisiana and Arkansas tend to have the highest levels of arsenic in the US because of mineral deposits in soils and rivers and using arsenic in the past to control boll weevil in cotton fields. The best way to protect yourself is to eat a variety of foods and be diligent about reading labels. Also, rinsing rice thoroughly and preparing the rice in a larger volume of water will reduce the amount of arsenic in the rice. [CSA/USA, December 2014]

Arsenic in chicken is a new concern. The USDA tests chicken livers for arsenic levels, but now the Institute for Agriculture and Trade Policy (IATP) is testing arsenic in other chicken parts. Many chicken producers feed animals an organic form of arsenic, which is believed to be harmless to animals, to control intestinal parasites. Evidence suggests that some of this arsenic is converted into a toxic, inorganic form of arsenic which the body may not be able to process. Arsenic was found in 55% of 155 samples of raw chicken from grocery stores in Minnesota and California and in 100% of 90 samples purchased from fast food restaurants. The best way to protect yourself is to contact the poultry producer and ask if the birds are given arsenic, or to buy organic, kosher or free range chicken. By law these kinds of chickens cannot be given arsenic. *[Bottom Line Health, December 2014]*

Oats Update

Oats have long been included on the US list of foods to avoid on a GF diet. However, many other places in the world have allowed oats on a GF diet. Oats do not inherently contain gluten but have been included on the list of foods to avoid because oats are commonly grown alongside or in rotation with gluten containing grains, as well as through harvesting and transporting - cross contamination was a problem. In recent years, several companies have started offering pure GF oats in the US which do not have the same concerns as regular oats. These GF oats are acceptable for celiacs and are a good source of nutrients and fiber. It is important to start incorporating oats into the diet slowly because the additional fiber can cause gastric symptoms if too much is added too quickly. As always, make sure you are buying GF oats and listen to your body. *[Allergic Living, Winter 2014]*

GF Travel Made Easy

Bob & Ruth's Gluten-free Dining & Travel Club has the following trips in the works for 2015:

WASHINGTON, D.C. mini + April 7 - 11, 2015

THE OTHER CHINA - EMPHASIZING TIBET
AND THE MORE NATURAL BEAUTY
OF CHINA - August 1 - 14, 2015

DANUBE RIVER BOAT CRUISE + PRE TOUR OF
AMSTERDAM - October 8 - 18, 2015

For information, go to BobandRuths.com.

GF Family Weekend Offered

The GIG and Celiac Disease Center of Columbia University have partnered to provide a GF weekend for the whole family Friday, June 5th through Sunday June 7th, 2015. Each family will have their own private cabin in the Pocono Mountains of Milford, Pennsylvania and all meals and snacks are prepared in a dedicated, kosher, GF kitchen. Activities include: pool, lake (with 100' slide, water trampoline and climbing iceberg), jet skiing, high ropes course with 3 zip lines, archery, mountain biking, arts and crafts and evening family entertainment. The cost is \$275 per adult and children under 18 are Free. It offers GF educational sessions for adults and lots of activities for every age. It is open to all people, but does include some Jewish blessings before meals. For additional information and registration go to: njycamps.org and click on Gluten-Free Family Weekend, or call 570-296-8596.

What do New Labels Mean?

As a visual society, we often rely on graphic labels rather than reading detailed ingredient information. Following is a quick guide to understanding what current labels really mean.



"Gluten-free" is now a defined term under the FDA's new regulations, so if it says "Gluten-Free" then it is <20ppm gluten. There are many other forms of a GF label, but make sure you see Gluten-Free, not another vague term not defined by the FDA. The FDA regulations include only the following terms to mean gluten-free: "Gluten-free", "Free of Gluten", "No Gluten" and "Without Gluten".

Any other terminology has no meaning under the FDA rules.



The FDA does not require the disclosure of the use of genetically modified organisms (GMO's). If a corn or soy product is just labeled "natural" or no reference to GMO's, it is likely to contain them. GMO's can have potential health risks and the only way to be sure a product does not have them is if you see this label.



About 80% of antibiotics sold in the US are used in farm animals and ultimately consumed. The overuse of those drugs is a major cause of antibiotic resistance. This label is one of the best guarantees that the animal did not receive antibiotics. In poultry, however, an organic bird can still be given an antibiotic while in egg or on the first day of life so on poultry, also look for a "no antibiotic" claim. "USDA Process Verified" and "Animal Welfare Approved" also mean that antibiotics were not given. "Antibiotic free", "no antibiotic residue" and "no antibiotic growth promotants" are not approved terms under the USDA. The term "natural" does not mean that the animal was not given antibiotics.



The FDA has made a preliminary decision that partially hydrogenated oils (PHOs), the main source of trans fat, are not recognized as safe. When finalized, companies will no longer be able to sell products with PHO's in them without FDA approval. There is not an approved form of label for 0 Trans Fat so you will see it represented in many different ways. You will need to look at the ingredient label to make sure there are no PHO's. A product with <.5 grams of trans fat can be labeled trans-fat free. The healthiest choice is to look for products made with canola oil or olive oil, instead of palm oil or palm kernel oil.



Taking high fructose corn syrup off an ingredient list has more to do with marketing than science. It is often used by manufacturers because it is cheaper than sugar and helps maintain color, texture, and flavor. It has roughly the same calories as sugar and similar health risks. The ADA

recommends no more than 24 grams per day for women and 36 grams per day for men. Current labels list grams of sugar per serving, but they don't distinguish between added sugars and sugars naturally present in milk, fruit, or vegetables. Other forms of added sugar you should look out for are: agave nectar, brown sugar, corn sweetener, dextrose, evaporated cane juice, fructose, fruit-juice concentrate, honey, maltose, malt syrup, maple syrup, sucrose, and syrup. These are all added sugars. [Consumer Reports on Health, Nov. 2014]

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In this newsletter, "Celiac Disease" is used to reference the general requirement to avoid gluten in the diet. "Celiac Disease" includes the terms celiac sprue, celiac disease, dermatitis herpetiformis, gluten intolerance and gluten sensitive enteropathy. Except for direct quotations and medical reference, "celiac disease" will be the universal term used in this newsletter. GF always means gluten-free.

DISCLAIMER: All recommendations, information, dietary suggestions, product news, menus, recipes and related data generated by the Rockford Area Chapter of the Celiac Sprue Association are intended for the benefit of our members and other interested parties. The text has not been submitted for approval to the CSA/USA medical board. Products mentioned or omitted do not constitute an endorsement of that product. Food manufacturer's products are subject to formula change at any time, changes that may or may not be reflected on labels. Neither the Rockford Area Celiac Sprue Association nor any of its members assume liability for the use of this information. Reproduction of any material is allowed and is offered to facilitate exchange of celiac information. If you find a technical mistake, please notify an officer so that a correction can be passed along to the members.