



# Rockford Area Celiac Support Assoc.

Helping People on a Gluten-free Diet  
March 2015 Newsletter

Website: [www.rockfordceliacs.com](http://www.rockfordceliacs.com)

Email: [RockfordCSA@yahoo.com](mailto:RockfordCSA@yahoo.com)

## Annual GF Pancake Breakfast Saturday, March 28, 2015

Serving Pancakes at 9:00 a.m.

St. Bernadette Parish Center

2300 Bell Ave., Rockford, IL

[Parish Center is behind the Church]

*Gluten-free pancakes, waffles, sausage, juice and coffee will be served, along with what each of you bring. You will also need to bring your own table service.*

Please bring a breakfast item of your choosing or an item from the below list:

Juice                      Butter/Margarine

Syrup                      Whipped Cream

Cut up Fruit    Strawberries or  
Raspberries for Pancakes

If you are bringing an item from the list, please leave Jolyn a message so we can make sure we have it all covered. (815-289-8092) *Families are Welcome*

GF Girl Scout Cookies for sale.

Amy Maggio, of Wildtree Products, will have a table with information and samples of their products that are certified gluten-free and organic. Products for sale too.



## 2015 Meeting Dates

The dates for the remaining meetings in 2015 are as follows:

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!*

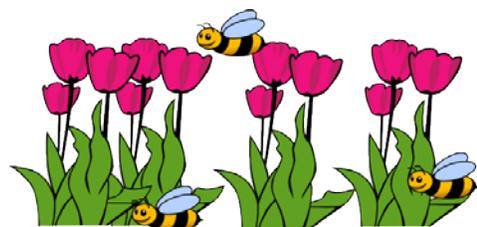


GF Girl Scout Cookies

We will have some GF Girl Scout Cookies available at the breakfast meeting for \$5.00 per box.

## 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!



## GF Sausage

As long as we are talking breakfast, let's talk about sausage. Following is a list of GF sausage from some of the main companies available in this area:

### Applegate Farms ([www.applegate.com/products](http://www.applegate.com/products))

- organic andouille sausage
- organic chicken & apple
- organic fire roasted red pepper sausage
- natural chicken & apple breakfast sausage
- natural chicken & maple breakfast sausage

### Bob Evans ([www.bobevans.com/Grocery/Category/13/Grilling-Sausage](http://www.bobevans.com/Grocery/Category/13/Grilling-Sausage))

- original roll sausage
- original links
- original patties
- original bratwurst
- beer bratwurst
- hot italian sausage
- sweet italian sausage
- sausage patties
- sausage links
- turkey sausage patties
- turkey sausage links
- maple links

### Jones Dairy Farm ([www.jonesdairyfarm.com/products/sausage](http://www.jonesdairyfarm.com/products/sausage))

- all natural golden light sausage & rice links
- brown maple pork sausage links
- brown maple pork sausage patties
- mild pork sausage links
- milk pork sausage patties
- pork sausage little links
- turkey sausage links
- turkey sausage little links
- hearty links pork sausage
- pork sausage patties
- all natural pork sausage roll
- fully cooked sausage links
- fully cooked turkey sausage links
- turkey sausage patties
- pork sausage links

### Tennessee Pride ([www.tnpride.com/products/roll-sausage](http://www.tnpride.com/products/roll-sausage))

- mild roll sausage
- hot roll sausage

- sage roll sausage
- mild sausage patties
- hot sausage patties
- turkey sausage patties
- fresh sausage patties
- fresh sausage links
- fully cooked biscuit size sausage patties
- fully cooked sausage patties
- fully cooked sausage links
- fully cooked turkey sausage patties
- fully cooked turkey sausage links



Taste Guru is another company offering monthly boxes of gluten free goodies for you to try. Depending on how long you sign up for, the monthly cost is between \$15 - \$19 plus S&H. **We will have the February shipment at our meeting so people can take a look at what a typical box is like, and we will have a box that will be given away as a door prize.** If interested, we have a special link for our group. Signing up through that link will get you a free tote bag with your subscription. [www.tasteguru.com/rockfordcsa](http://www.tasteguru.com/rockfordcsa).

## Banana Flour - Next Big Deal

A Utah based company is seeing great success with **WEDO Banana Flour**. The banana flour is dried unripe bananas milled into powder. It has only one ingredient - bananas - no grain with lots of nutrition. In baking, it has an earthy, wholesome flavor, and the texture is light and fluffy, not gummy, gritty or grainy. So far it is available in stores in Utah, Colorado and California, but is also available on Amazon.com. Sounds like an interesting alternative!

## Doctor Recommendations

I get a lot of calls about doctor recommendations. If you have a general doctor who understands celiac disease and the interrelation to your overall health, and would like to recommend him to others, please send me his information. If I get enough response, I will add them to the web page.

## Bread Machines w/GF Setting

**Panasonic** unveiled a bread maker with a gluten-free baking mode at this year's International Consumer Electronics Show. "We designed our latest Panasonic Bread Maker to offer consumers a convenient option to create fluffy and tasty gluten-free breads at home using their favorite recipes," said Denise Selman, Senior Product Manager - Small Appliances & Healthcare, Panasonic Consumer Electronics Company. There's no word on pricing yet, but the bread maker (SD-YR2500) will be available in September via panasonic.com and other retailers.

## Local Restaurant News

**Pizza Hut** - Starting January 26th, Pizza Hut began selling GF pizzas in roughly 2,400 stores. The 10-inch, six-slice pizza sells for \$9.99 and features an Udi's GF crust. They are GF if cheese or cheese & pepperoni with standard marinara sauce. A GF cutter is used for cutting and staff have been trained. Pizza Hut has partnered with the Gluten Intolerance Group to ensure the pizzas are certified gluten-free. *If you add other toppings, they cannot be guaranteed to not have cross contamination.*

**Mamma Mia's** at 1139 N. Alpine Rd, Rockford, offers GF pizza and pasta. As always, there is a possibility with cross contamination with toppings on the pizza, but they are really good and I have not had a problem with them. It's worth checking out.

## GF Product Updates

**Aldi's** now has a large variety of GF products and the pricing is good. A lot of them are private labels GF products made specifically for them.

**Target** is expanding its GF products by offering more items from **Udi's**, including breads, pizzas, cookies, dinner items, etc.

**Fitza** GF Deep Dish Pizza is now available at Woodman's and they are made in Rockford.

**EZ Bakery** GF pies are available at Woodman's, and I am told they are made in Machesney Park.

Scottish food manufacturer, **Walkers Shortbread**, is bringing a GF line of shortbreads to the US. The line will include three options: Gluten-Free Pure Butter Shortbread, Gluten-Free Chocolate Chip Shortbread, and Gluten-Free Ginger & Lemon Shortbread. The three varieties are already available for online purchase and will soon be available at retailers in the coming months.

## Celiac Disease v. Gluten Sensitivity

As you all know, the gluten-free diet has gotten a lot of press lately, not just for people with Celiac Disease or Gluten Sensitivity, but for autism, ADHD, and fad diets, so I am finding that people are asking more questions. One that is always confusing is what is the difference between Celiac Disease and Gluten Sensitivity?

**Celiac Disease** is an autoimmune disease which means that the body attacks itself. Gluten causes a T-cell response that attacks the gluten, but also attacks the endomysium and tTG causing damage to the lining of the intestine. Once this damage occurs, you are not absorbing nutrients from what you eat which leads to a wide array of complications caused by malabsorption. Doctors generally look for 4 of the following 5 criteria to be met for a diagnosis of Celiac Disease:

- Symptoms of Celiac Disease
- Positive blood tests for antibodies (specifically anti-gliadin, anti-tTG & EMA).
- Genetic markers of HLA-DQ2 or DQ-8
- Intestinal damage typical of Celiac
- Symptoms resolve on GF diet

The standard tests to make the diagnosis consist of blood tests and biopsies.

**Gluten-Sensitivity** has been recognized as a legitimate condition since 2011 and is estimated to affect between 6% and 12% of the population. The symptoms are often the same, so it can be difficult to distinguish. However, the blood tests will have differing results with GS people not having tTG or EMA antibodies, which means it is not an auto-immune disease. Also, the intestinal damage is much less, from none to mild. In GS you will often find damage to other tissues, organs and systems besides the intestine. There are really no lab tests to make a definitive diagnosis of GS so it is more a disease of exclusion. GS will improve on a GF diet so that is really the best test.

Both are serious conditions and both require a GF diet for life. I hope that helps clarify this issue. [taken from February, "Food Solutions"]

## Quick & Easy Dessert Recipes

### Dump Cake

2 sticks butter            16oz. can crushed pineapple  
1 Yellow GF cake mix    21oz can cherry pie filling

Sprinkle pineapple in pan with juice. Spread pie filling over that. Sprinkle cake mix on top. Cut butter into slices and put on top of cake mix. Bake at 350 for 1 hour.

### Salted Caramel Chocolate Mug Cake (microwave)

3 T butter                    4 T GF flour blend  
4 T cocoa powder         $\frac{1}{4}$  tsp baking powder  
3 T milk                      3 T light brown sugar  
1 large egg                 $\frac{1}{2}$  tsp vanilla  
3 caramels                 Pinch of Sea Salt

In microwave small bowl or large mug, melt butter for 30 seconds. Swirl to coat inside of bowl or mug. Add flour, cocoa, baking powder, milk, brown sugar, egg and vanilla and whisk until blended. Push 2 caramels into batter and make sure the batter covers them. Microwave for 90 seconds. Cut remaining caramel in half and put on top, sprinkle with sea salt, and microwave for another 60 seconds or until cake is firm and caramel has started to melt. Cool and enjoy!

### 5-Minute Almond Cake

$\frac{1}{2}$  c. butter                    2 tsp almond extract  
2 eggs                         2 T sliced almonds  
1 c. GF flour                 1 c. sugar  
Powdered sugar (optional)

Melt butter in glass bowl in microwave. Using a fork, beat eggs into butter. Add GF flour, sugar and almond extract and mix well. Pour into 8" pie plate. Sprinkle sliced almonds on top. Bake 35 minutes at 325 or until golden brown and knife comes out clean. Let cool, sprinkle with powdered sugar.

NOTES: Double recipe for 9x13 pan, bake longer

## Current Officers

President - Jolyn Jensen        815-289-8092  
Vice Pres. - Betty Welsh        815-633-6582  
Treasurer - Ron Ford         815-229-8804

Newly Diagnosed Contact - Penny Kreiman

Email: [wldflwr528@gmail.com](mailto:wldflwr528@gmail.com)

Baking and Cooking Questions -

Betty Welsh    815-633-6582

Desa Ciufu     815-732-6978

Website: [www.RockfordCeliacs.com](http://www.RockfordCeliacs.com)

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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.