



# Rockford Area Celiac Support Assoc.

Helping People on a Gluten-free Diet  
Winter 2017 Newsletter

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## Next Meeting

**Sat., March 25, 2017**

**Egg Harbor**

**9:30 a.m.**

1603 N. Alpine Rd., Rockford, IL  
(Edgebrook Center)

We will be ordering off the menu and each person will pay their own bill. Please call Sandy (608-201-4907) or Judy (815-637-1168 or 815-540-0677) and let them know if you are planning on attending so that we can make sure we have enough seats. A reservation is not required but will be helpful in having a number for them.

## January 25 Meeting



Baci's Kitchen's owner Nikko Castrogiovanni was the guest speaker at our most recent gathering.

Located at 2990 N. Perryville Road (Rockford), Baci's Kitchen features several gluten-free dishes, including protein bowls, breakfast dishes, and g-f pizza. Nikko brought several samples of

GF pizza, all of them delicious. He plans to add several more GF items and in fact just recently started offering flourless chocolate cake.

Baci's Kitchen is open 7 a.m.- 9 p.m., seven days a week. For more information, you can contact them at 815-329-6922.

## Linda's G-F Cooking Hints

Veteran member and experienced cook Linda Nesemeier shared several cooking hints at the meeting. First, she shared the secret that the less (regular) flour a recipe calls for, the more success one will have when substituting G-F ingredients.

She also offered this rule of thumb when adding xanthan gum:

$\frac{1}{4}$  tsp. for cookies

$\frac{1}{2}$  tsp. for cakes

$\frac{3}{4}$  tsp. For muffins/quick breads

2 tsp. For pizza crust

She recommends Bob's Red Mill brands of G-F flour, plus Krusteaz all-purpose flour.

Linda likes McCormick envelopes of brown gravy, taco seasoning and meat loaf, plus Old El Paso's envelopes and shells. Bakery on the Main offers G-F oats. Of course, she reminded members to always check the ingredients on convenience items.

## Dues are Due

It's that time again. Our dues remain at \$10 for the year and are now due. Please send your check payable to "Rockford CSA" to Judy Heinke at 4710 Cross Country Drive, Loves Park, IL 61111.

## GF Expo in Schaumburg

There is a GF expo at the Schaumburg Convention Center on April 22<sup>nd</sup> (10am-4pm) and April 23<sup>rd</sup> (10am-3pm). Tickets for one day are \$15 for adults and \$5 for kids. There are also weekend prices and family pricing on Sunday. Use discount code "EARLYBIRD" to save 30% through 3/21 or "ADVANCE" to save 20% through 4/21. Parking is free. For more information to go: [gfafexpo.com](http://gfafexpo.com).

## Lemons - Who Knew!

Lemon peels contain 5-10 times more vitamins than lemon juice itself. The peel is believed to kill cancer cells better than chemo drugs available, is an antimicrobial which fights bacterial infections and fungi, is effective against internal parasites or worms, regulates blood pressure, is an antidepressant and combats stress and nervous disorders. The trick to getting the benefits of the peel are simple. Wash and freeze the lemons. Once frozen, use a grater to shred the whole lemon, peel and all, then it can be added to all kinds of foods. It's worth a try!

## Topical Gluten - Bad?

[taken from Food Solutions Magazine, Jan/Feb 2017 Issue]

Topical gluten refers to a product used topically which contains gluten. The most common are cosmetics (lipstick primarily), toothpaste, mouthwash, hand and body lotions. Do most celiacs need to worry about topical gluten? There is a small percentage of celiacs who have a skin condition, DH, that would require that they stay away from topical gluten. Most celiacs do not need to worry about it.

Gluten is a very large protein which makes it hard to absorb through the skin unless there is a damaged area of the skin through which it could be absorbed. That being said, the concerns for the various types of topical gluten are as follows:

Cosmetics/Lipstick - study have shown that women ingest up to 1mg per day of the lip products they are wearing. While this is below the safe limit, it could be a problem so it is smarter to use lip products that do not contain gluten.

Toothpaste/Mouthwash - while these products are generally spit out and very little is ingested, it should not be a problem for most celiacs, however it is safer to use GF versions.

Lotions - while it is unlikely that the gluten from lotion will be absorbed through the skin, you use your hands to apply the lotion, then eat with your hands which is the most likely time that lotion would be ingested. Some be careful!

## Research from 2016 Recap

Below is a recap of the research currently being done at the University of Chicago, Celiac Disease Center.

**Evidence of Role of Viral Infections -** Their study has shown how viral infections disrupt tolerance to gluten and initiates celiac disease. This will help define vaccine strategies that would target viruses that have the potential of triggering celiac disease.

**Clinical Trial of Celiacs who do not respond to the GF diet -** They are conducting a clinical trial of patients with refractory celiac disease testing a drug that will block cytokine IL-15 which they have identified as playing a critical role in celiac disease. They expect to publish results in 2018.

**Impact of microbial alterations in development of celiac disease -** Our bodies contain more than 40 trillion microbial cells which are important to health. They have found that IL-15 which is high in most celiacs alters the microbial in the body which prevents healthy microbial cells. They are still analyzing the ways it alters our cells and how to revert back to healthy microbes.

**Mouse Models -** They now have a relevant mouse model of celiac disease which makes it possible to determine whether inhibitors developed by University of Chicago can prevent celiac disease.

## Sandy's Mix Recommendation:

Pillsbury Funfetti GF Cake/Cupcake Mix (topped with Pillsbury Fluffy Frost Chocolate Marshmallow)



## Recipes from Meeting

### Peanut Butter Cookies

1 c. peanut butter	1 egg
1 c. sugar	1 tsp. Vanilla

Mix ingredients together and then roll into balls. Press down with glass dipped in sugar. Bake at 300 degrees about 15-20 minutes.

### Divinity

2 c. white sugar	1/3 c. water
1/3 c. light corn syrup	1/4 tsp. Salt
2 egg whites	1 tsp. Vanilla
1/2 c. pecans/nuts of choice, chopped	

Combine sugar, water, corn syrup and salt in a glass casserole dish. Cover with saran wrap and microwave on high for 5 min. Remove from microwave and take off saran wrap. Stir well and return to microwave uncovered. Cook on high for another 4-5 min. until it reaches hard boil stage when a little is dropped in cold water. Remove and cool about 4 min. Beat egg whites until stiff with mixer. Pour sugar mixture over egg whites, beating constantly with mixer until

mixture starts to lose its gloss and holds together, about 4 or 5 min. Stir in vanilla and nuts. Drop by teaspoonful onto wax paper. Makes about 25 pieces.

### Grandma's Sugar Cookies

400 degrees, 10-15 min.

½ c. shortening	1 c. sugar
1 egg	2 ½ c. flour
½ tsp. Salt	1 tsp. B. soda
2 tsp. B. powder	1/8 tsp. X. gum
½ c. sour cream	1 tsp. vanilla

Cream sugar and shortening. Beat in egg. Add dry ingredients alternately with sour cream. Stir in vanilla. Chill a few minutes. Roll or pat out thick and cut with cookie cutter. Bake on parchment lined pan. Can sprinkle with sugar before baking or frost when cool. Dough re-rolls well.

### Mrs. Fields Gluten-Free Chocolate Chip Cookies

1 1/4 cups all-purpose or buckwheat flour  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
1 1/4 light brown sugar, packed  
1/2 cup butter  
1 large egg            1 teaspoon vanilla  
1 cup gluten-free chocolate chips  
1/2 cup chopped walnuts (optional)

### Directions

Preheat oven to 375 degrees. In a small saucepan, melt butter over low heat. Combine flour, salt, and baking soda in a bowl. In a large bowl, mix sugar and melted butter until thoroughly combined and thick. Add egg and vanilla and continue mixing until creamy. Slowly add in flour mixture and mix well. Stir in

chocolate chip and nuts. Place tablespoons of dough on a prepared cookie sheet. Bake 8-10 minutes, or until golden brown around the edges. Remove and cool before serving.

### Current Officers

President - Sandy Leitz	608-201-4907
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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.

