

Summer greetings!

I can't believe how quickly time passes; we're already more than half-way through the year!

I am excited that our group has continued to grow since the beginning of this year. If you know anyone else who will benefit from joining our group and/or attending our monthly meetings, please spread the word.

For those who are new to our group (and to those who have been attending for a while), don't forget to consider becoming a member of our parent group, the Celiac Sprue Association. The dues for membership are tax deductible and are \$33 for New Members and just \$25 per year for Renewing Members. Contact me for a membership form or visit www.csaceliacs.org.

On another note, I am excited to announce that I will be getting married VERY soon (August 16th). Don't worry, I won't be leaving this group! Just don't get confused when you eventually see my name written as "Courtney Scherer". ☺

Please feel free to contact me or talk to me at the monthly meetings with any questions, concerns and/or comments you may have.

Here's to a fabulous gluten-free summer and autumn!

Courtney Keonin, RD, LD
Hy-Vee Dietitian
Home Email: mkeonin@hotmail.com
Work Email: ckeonin@hy-vee.com
Cell: 913-515-8802

UPCOMING EVENTS

- Aug 10, 2008 Bread Party (*see page 2 for details*)
- Sept 14, 2008 Liz Wheelihan, from Prometheus Therapeutics and Diagnostics, will speak on intestinal diseases and disorders.
- Oct 12, 2008 Lori Murdock, Pharmacist, will speak on probiotics and prescription meds and will entertain questions.
- Nov 9, 2008 Thanksgiving Dinner (*details in November issue of this newsletter*)
- Dec 14, 2008 Holiday snacks. Games for kids. (*details in November issue of this newsletter*)

All meetings from 2:00 to 4:00 p.m. on the second Sunday of each month. Unless otherwise noted, meetings are at the St. Joseph Hospital Community Center, I-435 and State Line. Availability of speakers could change schedules.

Don't Miss the Gluten-Free Bread Party on August 10



Want to try some good gluten-free breads? Come to the August 10 meeting where we will share gluten-free breads, rolls, burger and hotdog buns, and English muffins. Bring a favorite you've made from a "scratch" recipe, a favorite you've baked from a mix, and/or your favorite purchased bread, rolls, buns, or English muffins. In the case of from-scratch breads, please bring at least one copy of the recipe for members to copy, but even better, bring 30 copies so members can pick one up to take home. For mixes and purchased ready-to-eat products, please bring the wrappers. We'll all share comments on why these are favorites and where to buy the mixes and ready-to-eat products. ***Do not just place your item on the hospitality table.*** Please check it in with one of the Hospitality Committee members. ***(Reminder: Please do not bring foods containing peanuts or peanut derivatives, such as peanut oil. There are children in our meetings who have peanut allergies.)***

New for You! Receive This Newsletter by Email

Would you rather receive this newsletter via email instead of by hard copy? By choosing email, you will receive the *KC Gluten-Free Advocate* in a timelier manner and it will help your support group keep expenses down by saving paper, reproduction costs, and postage. If you would like to receive the newsletter via email and discontinue receiving it through the U.S. mail, send your request to Courtney Keonin, President, at mkeonin@hotmail.com or call her at 913-515-8802 and she will add you to the distribution list for the electronic version. All email addresses will be kept confidential and you can still choose to receive the hard copy if you decide to later on. Please consider using this service if you have email access.

The newsletter will come in pdf format, so be sure you have Adobe Acrobat Reader. Download it for free at <http://www.adobe.com/products/acrobat/readstep2.html>

A New, Profitable, and Loyal Market for Restaurants

In a recent research study, 62% of the hospitality and food service respondents consider gluten and allergen-free guests as a new and profitable consumer segment translating into potential increased revenue streams for food service providers. In addition, once gluten and allergen-free guests feel safe and satisfied with their eating experience, they return to the same establishments over 80% of the time, reflecting an extremely loyal and repeat customer base!

Food service is experiencing a rising demand for gluten and allergen-free meals due to the increased consumer population managing gluten and allergen-free lifestyles. *Source: A research study funded by AllergyFree Passport and its affiliate, GlutenFree Passport, two leading global health consulting firms.*

Hen House Markets Provide Listing of Brand Name GF Foods

Hen House Markets have available a listing of gluten-free brand name food products at www.henhouse.com under the Nutrition department. Requests, comments and questions are welcome. Gluten-free sections are available at the following Hen House Markets: Deer Creek, Olathe, Parkville, Lee's Summit, Leawood, and College Blvd. Please contact Jennifer Egeland, RD, at Jennifer.egeland@ballsfoods.com for future assistance.

Walgreen's List of Gluten-Free Medications

Upon request, your local Walgreen's pharmacy will print a multi-page listing of over-the-counter Walgreen's brand medications that are gluten-free.

Recipe: Breakfast Sandwich

Verify gluten-free status of products before applying to your situation. Always read labels at the time of purchase because product formulations can change—a once gluten-free item may not always be gluten-free.

Slice and toast a Kinnikinnick GF English muffin. Between the layers, add two slices of warmed gluten-free Canadian bacon, a slice of Kraft Deli Deluxe American cheese, and a fried egg. Easy and tasty!

Cooking hint: To avoid a crusty or tough egg, fry it on low or very low heat. It takes a little longer, but the texture is much more pleasant in the sandwich.

How to Seek Reimbursement for Expenses

When you incur expenses on behalf of our support group and desire reimbursement, please promptly submit receipts to the treasurer, George Smiley. On the top of each receipt, please write "CSA Chapter 4" and sign your name on the bottom. This is required by CSA Headquarters in Omaha.

At year-end, receipts must be submitted to George prior to December 31. This is necessary to meet a deadline for submitting a treasurer's report to the CSA Headquarters early in January.

HOTLINE REPORT

by Helen Richards

Even the rate of new celiac contacts has slowed with the onset of summer. I encourage all members to remain alert for possible referrals to our group. You can be a hotline by sharing information and letting others know about our group which stresses "Celiacs Helping Celiacs."

Hotline Phone:
913-393-2400

\$\$\$ Treasurer's Report \$\$\$ by George Smiley

Beginning balance as of 3-4-08	\$7,788.44
Income	\$ 938.23
Expenses	<u>\$ 755.05</u>
Ending balance as of 6-3-08	\$7,971.62

Thanks to your generous donations, our Chapter has operated for over 20 years without requiring membership dues. An accomplishment to be proud of!

Chairpersons of Standing Committees:

Cel-Kids	Diadra Harnden
Hospitality	Rose Farris
	Sheri Garner
	Ann & George Smiley
Newsletter	
Distribution	Mike & Jennifer Robert

KC Gluten-Free Advocate

Published February, May, August, November
Editor: Ray Melton
816-228-5704
meltonrp@sbcglobal.net

Local website: www.csakansascity.org
Webmaster: TBA

CSA of Greater Kansas City—Executive Board for 2008

President Courtney Keonin
913-515-8802; mkeonin@hotmail.com

Past President Judy Bond
913-236-5659; JBond@kc.rr.com

Vice-President Mary Scharff
816-650-3649; papabearscharff@earthlink.net

Secretary Julie Davis
913-888-1919; jdavis76@everestkc.net

CSA Member-at-Large/Region 2 Cindy Faulknier
913-384-2276; cfaulknier@msn.com

Treasurer George Smiley
913-831-0031; georges@everestkc.net

Chapter Dietitian Karen Breshears
660-543-8737; kbreshears@ucmo.edu

Recipe: Sour Cream Cornbread

Recipe courtesy of Land O'Lakes, Inc. (Other GF brands inserted by editor)

Verify gluten-free status of products before applying to your situation. Always read labels at the time of purchase because product formulations can change—a once gluten-free item may not always be gluten-free.

- ¼ cup Land O Lakes butter, softened
- 3 tablespoons sugar (C&H)
- 2 large eggs
- ½ cup Land O Lakes Sour Cream (Daisy is also GF)
- ½ cup milk
- 1 cup Gluten-Free Flour Blend (see below) (may use another GF flour mix)
- ⅔ cup GF yellow cornmeal (Quaker)
- 2 teaspoons GF baking powder (Clabber Girl)
- ½ teaspoon salt



Heat oven to 425° F. Combine butter and sugar in large bowl. Beat at medium speed, scraping bowl often, until creamy. Add eggs; mix well. Stir in sour cream and milk. Reduce speed to low; add all remaining ingredients. Beat just until mixed.

Pour batter into greased 8-inch square baking pan. Bake for 18 to 22 minutes or until golden brown and toothpick inserted into center comes out clean. Serve warm.

Gluten-Free Flour Blend: To make Flour Blend, combine 2 cups rice flour, ⅔ cup potato starch (NOT potato flour), ⅓ cup tapioca flour and 1 teaspoon xanthan gum. Store in container with tight-fitting lid; stir before using.

To make corn muffins: Prepare batter as directed above. Spoon batter into 12 greased or paper-lined muffin cups. Bake for 15 to 18 minutes.

How You Can Support Research Projects *(contributed by Judy Bond)*

While most of us are very familiar with the education and support activities of the Celiac Sprue Association (CSA), you may not be aware that CSA supports research through a Peer Review Research Program. You may designate your donations to CSA to fund this program. If you wish to restrict your donation to fund research programs at specific celiac research centers, you may do so.

Recent research projects supported through the Peer Review Research Program include:

- “Psychosocial and Behavioral Factors of Gluten-Free Diet Adherence in Children with Celiac Disease”-2008
- “An Assessment of the Prevalence and Awareness of Gluten in Prescription Medications and the Risk it Poses to Patients with Celiac Disease”-2007
- “Quantitative Assessment of Celiac Disease and its Impact on Heart Health”-2007

The CSA Peer Review Research Grant program is currently inviting proposals for grants of approximately \$5,000 in three major categories:

- Clinical and applied research
- Theoretical research with therapeutic implications and potential impact on patient care
- Innovative, cooperative and interdisciplinary research approaches

Additional information is available at the CSA website, www.csaceliacs.org

Beware of Soy Sauce

Most Asian-style restaurants purchase soy sauce with wheat in it, so call ahead and ask if they carry the gluten-free variety. If you're not positive the particular restaurant you plan on visiting carries gluten-free soy sauce, bring your own. You can purchase packets at www.kariout.com. These are great to keep in your bag and come in handy when you're out and unexpectedly eat at an Asian restaurant. Another gluten-free brand is La Choy (but check the label each time you buy).

Product Information from Heinz

Heinz has recently updated their list of products they guarantee to be free of gluten-containing ingredients. To get the list, send an email to heinzconsumeraffairs@us.hjheinz.com or call 1-800-255-5750, Monday through Friday from 8:30 AM until 6:00 PM, Eastern Time.

A few, but not all, of the times listed include:

Heinz BBQ Sauces (Original, Chicken & Rib, Garlic, Honey Garlic Only)
Heinz Ketchup
Heinz Organic Ketchup
Heinz One-Carb Ketchup
Heinz No-Sodium Added Ketchup
Heinz Mustard (All Varieties)
Heinz Pickles (All Varieties)
Heinz Relish (All Varieties)
Heinz Distilled White Vinegar
Heinz Red Wine Vinegar
Heinz Apple Cider Vinegar
Heinz Apple Cider Flavored Vinegar
Heinz Red Wine Vinegar
Heinz Garlic Wine Vinegar
Jack Daniel's BBQ Sauces (Original #7, Honey Smokehouse, Hickory Brown Sugar, Spicy BBQ Only)
Lea & Perrins Worcestershire Sauce
Lea & Perrins Traditional Steak Sauce
UPC Product Code:
1769600155 Tamales, 15 ct. Costco Beef
1769600159 Tamales, 20 ct. Delimex Beef, Costco
1769600186 Taquitos, 60 ct. Sam's Club Beef
1769600565 Tamales, 20 ct. Beef, Sam's Club
1769600684 Taquitos, 66 ct. Costco Beef
1769600685 Taquitos, 66 ct. Costco Chicken
13120XXXXX- ALL VARIETIES of Ore-Ida® Tater Tots®
1312000258 Ore-Ida® Golden Fries® (32 oz.)
1312000278 Ore-Ida® Golden Fries® (5 lb.)
1312000286 Ore-Ida® Golden Crinkles® (32 oz.)
1312000291 Ore-Ida® Golden Crinkles® (5 lb.)
1312000392 Ore-Ida® Southern Style Hash Browns (32 oz.)
1312000469 Ore-Ida® Potatoes O'Brien (28 oz.)
1312000654 Ore-Ida® Country Style Hashbrowns (6 lb.)
1312000833 Ore-Ida® Country Style Hashbrowns (30 oz.)
1312000854 Ore-Ida® Hash Browns (5 lb.)
1312000862 Ore-Ida® Country Style Hashbrowns (6 lb.)
1312001012 Ore-Ida® Potato Wedges with Skins (24 oz.)



Please Supervise Children at Meetings

Children are welcome at our support group meetings, but they must be supervised by a parent or a responsible adult or adolescent family member or family friend at all times.

Results of Celiac Survey

Connie Sarros, author of gluten-free cookbooks and speaker at celiac support groups, conducts periodic online surveys pertaining to celiacs, their experiences, and their opinions. You can participate in her newest survey until the end of September, 2008, at

<http://gfbooks.homestead.com/GFFoodSurvey.html> You can find her website and cookbooks at <http://gfbooks.homestead.com/>



The information below was acquired in an April 2008 survey in which 589 celiacs responded. With Connie Sarros' permission, selected segments of the survey are reported here. For results from the entire survey, visit <http://gfbooks.homestead.com/surveyresults.html>

1. What is the most difficult thing about being celiac?

(Since respondents wrote in their answers, the answers varied widely. Like answers have been grouped together.)

Eating out - 105	Eating in hospitals - 2
Eating at friends' homes - 24	Getting diagnosed - 2
Gluten-free foods have a bad taste - 20	On-the-go lunches that don't need reheating (for toddlers) - 2
All socializing always involves food - 15	Companies changing ingredients - 2
Explaining diet to others - 14	I think about food all the time - 2
Traveling - 12	Not eating foods I grew up on - 2
Finding foods and recipes for multiple dietary restrictions - 11	Can't cheat on diet - 2
Watching others eat carefree - 10	Checking out locale of bathrooms when I get glutened - 2
Bad labeling - 8	Have to make my own baked goods - 1
Cooking from scratch - 8	Dealing with 2 toasters & 2 sets of pans - 1
Avoiding cross contamination - 7	Can't get the right combination of flours - 1
Chefs/servers don't know what is in the food - 7	I feel I am an inconvenience to others - 1
Have to plan each meal - 7	I feel I have to eat all the gluten-free food people make just for me - 1
Staying away from fast food - 7	Family/friends are afraid to invite me over to eat - 1
Spur of the moment socializing - 6	School lunches - 1
Can't find good bread - 6	Having to take my own food with me - 1
Gluten-free foods are too expensive - 6	Miss convenience of prepackaged food - 1
Not confident food is safe when it is prepared by others - 6	Finding take out food - 1
Learning about diet - 6	Not going out for pizza - 1
No variety in meals - 6	Have to go to too many stores for products - 1
Have to read labels each time - 5	Non-celiacs they think I'm a hypochondriac - 1
Ignorance of medical professionals - 5	Eating differently from rest of family - 1
Gluten-free food is fattening - 4	Having willpower to stick to diet - 1
Getting information on gluten-free medications - 3	Finding "fun" foods for my kids - 1
I hate being different - 3	Replacing fiber in kids' diets - 1
Hidden gluten - 3	Eating at college - 1
Work situations - 3	EVERYTHING - 1
Breads don't have texture similar to wheat breads - 2	
Giving up baked products - 2	

2. What is your favorite brand of gluten-free pre-baked bread?

Whole Foods - 41	Sami's - 6
Kinnikinnick White Sandwich - 38	Gluten-Free Pantry - 4
Local Gluten-free Bakery - 27	Glutino Cornbread - 4
Ener-g Light Tapioca - 24	Grandma Ferdon's - 4
Food for Life - 19	Sterk's Italian Bread - 4
Glutino - 15	Whole Foods Cinnamon Raisin - 4
Bob's Red Mill - 10	I gave up eating bread - 9
Breads by Anna - 8	None, they all taste terrible! - 82

The following breads each receive "Honorable Mention" for receiving 1 to 3 votes:

Glutino Cheese Bread, Authentic, Life Beyond Wheat, Grandma Whimsy, Mr. Ritts Mock Pumpnickel, Gluten Free for Me, Food for Life Rice Almond Bread and Rice Pecan Bread, Kinnikinnick English Muffins, Mr. Ritt's Artesian Bread, Staff of Life, El Peto, Free 4 Me, Kinnikinnick Tapioca Bread, Enjoy Life, Le Garden Bakery, Gillean's, Glutino Flaxseed Bread, Kinnikinnick Brown Sandwich Bread, Kinnikinnick Multigrain, Kinnikinnick Sunflower Flax Bread, Dr. Schar, Arrowhead Mills, Ener-g Seattle Brown Bread, Valpiform.

3. If you buy packaged gluten-free cake mixes, which is your favorite brand?

Gluten-Free Panty - 142
Namaste - 95
Pamela's - 57
Bob's Red Mill - 41
Kinnikinnick - 40

Cause You're Special - 23
Really Great Food Company - 19
Authentic Foods - 9
Glutino - 8

The following brands of cake mixes each receive "Honorable Mention" for receiving 1 to 3 votes:

Sylvan Border Farms, Schar, The Cravings Place, 123 Gluten Free, Gluten Free Essentials, Celemix, Celiac Specialties, Cherrybrook Kitchens, Arrowhead Mills

4. What two benefits do you get from belonging to a support group?

We all share information, tips and advice - 71
I don't feel so alone - 29
I get personal support and talk about my symptoms and challenges - 29
We share recipes - 28
We get up to date product information - 27
I feel I am helping others - 21
I go for the social contact - 19
I go because we have vendors and I can buy products and taste free samples - 18

I get the latest medical information about celiac disease - 16
I go because we have speakers regularly - 14
Find out where to buy gluten-free foods locally - 3
I love the support group newsletters and e-mails - 11
Find out which local restaurants are serving gluten-free food - 12
Find out the current food laws - 2
I'm too shy to go to a meeting - 1

A Celiac-Safe Wheat May Be Developed

Reported by www.celiac.org, the web site of the Celiac Disease Foundation: Washington State University researcher Diter von Wettstein has been awarded a four-year grant from the National Institutes of Health to further his work on developing wheat varieties safe to eat for people who have celiac disease. "Medical experts at the National Institutes of Health have declared urgency in dealing with the most food-sensitive intestinal condition in humans, and require faster and more decisive methods such as transgenic breeding," said Von Wettstein.



Von Wettstein and his team have discovered a fully viable, lysine-rich mutant which lacks gliadin-type proteins in barley, showing the way to make celiac-safe wheat. Lysine is an amino acid essential for an optimal diet, but typically deficient in wheat.

His team has partnered with Arcadia Biosciences, a biotech company based in Seattle, to identify specific mutations in genes affecting the gliadin-type prolamins in gluten protein. Specifically, it is the gliadins that cannot be digested and eventually cross the intestinal wall, causing the damaging T-cell response to the intestinal lining. Fortunately, it has been shown that eliminating the gliadins does not compromise wheat's baking qualities.

"Creating new cultivars of wheat, arguably the most important crop grown, having increased lysine and lacking gliadins will be of tremendous benefit not only for sufferers of celiac disease, but for all consumers of wheat and wheat products," said Von Wettstein.

Product Information from General Mills

General Mills now manufactures Rice Chex cereal with molasses instead of barley malt syrup, making the cereal gluten-free. Because some of the older boxes of cereal containing gluten may still remain on retailers' shelves, be sure to watch on the front of the box for the words "Gluten Free."



The steps General Mills took to ensure that Rice Chex was gluten-free illustrate how hard it can be for a large manufacturer to achieve the goal. In addition to tweaking the recipe, the company had to review its production process, from the time the rice is harvested to when the cereal is packaged, to be certain that gluten would not get into the product.

In June, a price comparison was made. At Price Chopper in Blue Springs, a 15-oz box of General Mills Rice Chex cost \$3.09 (20.6¢ per ounce). At Nature's Pantry in Independence, a 17-oz box of Health Valley Rice Crunch-Ems cost \$4.19 (24.6¢ per ounce).

Good News! Sales of Gluten-Free Products Are Growing Rapidly

General Mills' entry into the gluten-free market indicates that, even though ensuring gluten-free status is difficult, large companies are recognizing the growing consumer demand for gluten-free products. Nationally, sales revenues from items labeled gluten-free have soared almost 20 percent in the past year to \$1.7 billion from \$1.4 billion in May 2007. Sales have increased 74 percent compared with 2004.

FDA to Define the Term "Gluten-Free"

In August 2008, the U.S. Food and Drug Administration will announce a definition of "gluten-free" that standardizes the term for manufacturers. There has been no previous standard definition. Reportedly, many large companies have been delaying entry into the gluten-free marketplace until they have a standard. Consequently, celiacs may see a remarkable change in the availability of conventional products in conventional food stores. Hopefully, there will be growth in more and better gluten-free products at regular prices instead of the specialty prices we so often pay at natural and health food stores.

A concern with the FDA's definition is that it will allow 20 parts per million (ppm) in a product that is labeled "gluten-free." This contrasts with the Celiac Sprue Association's position that, to be gluten-free, a product must test below the level of detection at 3 ppm.

Some questions arise: Will some celiacs have a reaction after eating a product containing 20 ppm? How many 20 ppm exposures per day will it take to cause a reaction? Even if one has no noticeable reaction, will 20 ppm exposures eventually cause internal damage?

As reported in *Lifeline*, a publication of the Celiac Sprue Association, another concern with the FDA's definition is that it "will allow use of wheat, barley, and rye ingredients 'specially processed to remove gluten' in foods labeled 'gluten-free.' For example, foods containing wheat starch, which meet the less than 20 ppm criteria, can be labeled 'gluten-free' but must list wheat as an ingredient." This will cause confusion and mistrust of the term "gluten-free."

Online Recipes and Baking Tips

The editors of [epicurious.com](http://www.epicurious.com) provide an online guide for baking gluten-free. The site offers gluten-free recipes, baking tips, and other useful information. To access the information, visit <http://www.msnbc.msn.com/id/23745224/from/ET/>

Thanks to Food Suppliers for Providing Samples

We extend sincere thanks to food suppliers for providing samples of their tasty products at our meetings. Members are encouraged to show appreciation by sending a note to the following email addresses. Let the vendors know how you liked their products.

June Meeting- Bread of Life, Amy - glutenfreelife@yahoo.com

July Meeting - Gluten Free Essentials, Lorraine - gfessentials@yahoo.com

Extendbar, Kensey - kturnbaugh@extendbar.com

Gluten Free Oats. Jill - sales@glutenfreeoats.com

Astrocakes, Andee@astrocakes.com

Gluten-Free Shopping Guide

Cecelia's Marketplace offers a *Gluten-Free Grocery Shopping Guide* for \$24.95 at <http://www.ceceliasmarketplace.com/> (no phone number or postal address provided). The guide lists over 25,000 gluten-free products, including over 1500 over-the-counter pharmacy products, that can be found in grocery stores and health food stores.

Remember, also, that the Celiac Sprue Association publishes the 450-page *CSA Gluten-Free Product Listing* for \$30 at www.csaceliacs.org or by calling toll-free 1-877-272-4272.



Introducing a New Gluten-Free/Vegan Bakery in Town

Andee Hindery, after a long struggle with misdiagnosed food allergies, opened up Astrocakes back in April to give KC celiacs more options. Andee's Rocketcookies—soft chocolatey sandwich cookies with vanilla cream filling—are now available at Waldo Pizza. In addition, you can order Andee's gluten-free/vegan sweets via email (andee@astrocakes.com) or phone (816-288-1956). Rocketcakes are \$14/dozen and come in chocolate or lemony vanilla. Rocketcookies are \$8/dozen. Look forward to samples from Astrocakes at upcoming meetings!

New Online Resource for Gluten-Free Living

Joel and Ellen, a husband and wife team, recently started a new resource for the gluten-free community and are trying to get the word out. They realize that people with celiac disease struggle with enjoying mainstream things like everyone else. Obviously, people with celiac need to watch and adjust their diet. The thing that surprised Joel and Ellen was the “living” part of it. Food magazines were still fun to look at, but not as interesting. Window shopping at bakeries just wasn't the same.

So Joel and Ellen thought they'd try their hand at a magazine about the gluten-free lifestyle. Here are the important details about the magazine.

- 1) It's called “Easy Eats” and it's all gluten-free
- 2) You can check out all the info online at www.glutenfreemag.com
- 3) It's FREE—to subscribe, check out the website or send an email to easy.eats@yahoo.com

Joel and Ellen are very open to new ideas and comments from readers. Inside the first issue, there are lots of details about the magazine and their plans for the future. Contact Courtney Keonin for more information (see page 3 for her contact information).

New Website for Reviews of Gluten-Free Travel

Gluten Free Travel has launched a website which allows travelers to read reviews of hotels, restaurants, and resorts around the world that accommodate the gluten-free diet. You can read what other celiacs have to say about the good and the bad and, when you return from your trip, you can post your review, too. The site is organized by geographic region. Visit the website at <http://www.glutenfreetravel.com> As more people get diagnosed with celiac disease every day and awareness grows, an increasing number of hotels, resorts, and restaurants are realizing this is a niche market they can't ignore. As a result, they are developing special programs and menus to cater to this growing market.

Disclaimer

Efforts are made to verify the gluten-free status of products named in this newsletter, but manufacturers can change formulations without notice and once gluten-free products may not always be gluten-free. **It is the responsibility of every person to verify the gluten-free status of products he/she purchases and not to rely solely on the information provided in this newsletter.** Citing brand names is for reader convenience and does not constitute endorsement of products or imply that these are the only suitable gluten-free products available.

The information provided in this newsletter is not intended to be a substitute for individual medical advice in diagnosing or treating a health problem. Please consult your healthcare provider about your health concerns.

All recommendations, information, dietary suggestions, menus, recipes, and related data generated by the Kansas City Chapter of CSA/USA, Inc., are intended for the benefit of our members and other interested parties. The text has NOT been submitted for approval by the CSA/USA, Inc., medical board. No liability is assumed for the use of this information.

KC Gluten-Free Advocate

Celiac Sprue Association of Greater Kansas City

Chapter 4

14409 W. 123rd Terrace

Olathe, KS 66062

Celiacs Helping Celiacs

"I tried to explain to the waiter that I could not have anything with flour so he took the flower off the table."