

KC Gluten-Free Advocate

Summer greetings!

Seems like the Dog Days of summer came a little early this year. Nevertheless, the weather doesn't hold up meetings and activities of your KC Chapter CSA! This year we have spiced up the monthly meetings with themes. We had a "Picnic" theme in June, and July's theme was "Red, White, & Blue." If you have any ideas on neat themes for upcoming meetings, please let me know! It's always fun to tie in a theme so everyone can enjoy a variety of gluten-free dishes that each member brings.

We'll be having elections for Secretary and President in November. I would like to see a full slate of candidates. Contact me to nominate someone or yourself; don't be shy!

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.

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.

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 Scherer, RD, LD
Hy-Vee Dietitian & Wellness Coach
KC Chapter 4 Celiac Sprue Association President
Home Email: mkeonin@hotmail.com
Work Email: 1383dietitian@hy-vee.com
Cell: 913-515-8802

UPCOMING EVENTS

- | | |
|---------------|---|
| Aug 9, 2009 | Diadra Harnden, RD, LD, and our co-chair for Cel-Kids, will share tips to help parents and grandparents deal with social situations such as school lunches, birthday parties, soccer treats, etc. Food theme: Back to School. Bring healthy gluten-free snacks for kids of all ages and foods suited to packing on-the-go lunches. |
| Sept 13, 2009 | Karen Breshears, our own dietitian, will present "Gluten—Not all wheats are equal." Food theme: Apples. Bring your favorite gluten-free recipe using apples. |
| Oct 11, 2009 | Selections from DVD featuring Connie Sarros, GF cookbook author and celiac speaker. Food theme: Breakfast. Bring gluten-free muffins, coffee cakes, donuts, granola bars, egg casseroles, pancakes, waffles, GF syrup. Bring a griddle, if you bring pancakes or waffles. Include 20-30 copies of recipes. |
| Nov 8, 2009 | GF Thanksgiving Feast and election of President and Secretary. Submit nominees to Courtney Scherer or Debra Filla. More information in November newsletter. |

Children are welcome, but must be supervised at all times.

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.

Caution! Beware of “Gluten-Free” Labeling

The Food and Drug Administration (FDA) has proposed a labeling regulation that is expected to allow 20 parts per million (ppm) of gluten in products labeled “gluten-free.” The regulation is still under review and, once approved, will be used by manufacturers when they voluntarily label products “gluten-free.” As it now stands, however, the new label may be misleading because: (1) some of the tests used by food manufacturers to detect the level of gliadin (wheat gluten protein) are not sensitive to hordein (barley gluten protein) and (2) the law does not appear to require the use of a test that does detect barley protein. **Consequently, it is important always to read ingredient labels on products labeled “gluten-free” to look for any of these barley-related words:**

**barley
malt
malted**

**malt flavoring
malt extract
malt flour**

**malt vinegar
malt syrup**

If these words appear, celiacs should either:

- **Avoid using the products and call or email the manufacturers to inform them why you are not buying their products, or**
- **Call or email the manufacturers to find out whether the level of hordein (barley protein) is 20 parts per million or less. If unknown or if more than 20 ppm, avoid using the products and inform the manufacturers why you are not buying their products.**



Note: Malt derived from corn is safe for celiacs

Your call or email is important! Please do not wait for someone else to do it. Earlier this year when the FDA invited comments from the public regarding the new definition of “gluten-free,” fewer than 20 people responded. That is shameful! If we want to get the attention of manufacturers, we must tell them we expect products to be free of barley gluten (hordein) as well as wheat gluten (gliadin). Manufacturers need to understand that we get as sick from barley as we do from wheat. By the same token, we need to commend manufacturers who properly test and label their products. We need to reinforce their positive attention to our needs.

Telephone calls and emails do make a difference. One manufacturer recently labeled a product “gluten-free” even though it contained malt vinegar. The manufacturer has already removed the malt vinegar from the ingredients because of the volume of calls from celiacs.

The 20 ppm of gluten permitted in products is consistent with the European standard which also allows 20 ppm. However, the number of times per day that a celiac consumes 20 ppm may influence when we have a reaction or when damage occurs inside our bodies that we are unaware of. A 20 ppm level of gluten does not make a product risk-free.

Another Reason to Read Product Labels

The “gluten-free” labels on U.S.-made and foreign-made products can never be fully trusted because testing is not consistent enough or valid enough to be certain that no gluten exists. Gluten may be present in product ingredients, in packaging, on the manufacturing line (such as flour on conveyors to prevent sticking), or because of cross contamination. If you are concerned about these sources of gluten, you should contact the product manufacturers.

The indisputable fact is that every celiac is responsible for his or her own safety. We must be vigilant when we purchase foods in stores and restaurants and when we eat in the homes of relatives and friends, in schools and churches, etc.

Monthly Gluten-Free Cooking Classes at KU Med

KU Medical Center has a fully-equipped kitchen to provide hands-on experience in cooking for special health needs. Classes in cooking for celiac disease may be offered monthly for small groups or, by appointment, for individuals. Cost typically is \$25 for a 1½-hour class. For more information, visit http://integrativemed.kumc.edu/nutrition_demokitchen.htm. Call 913-945-6745 to register.

Olive Garden Now Offers a Gluten-Free Menu

Olive Garden now offers gluten-free menu choices, but they may vary among restaurant locations. Ask your server for a GF menu or view a sampling of the choices at www.olivegarden.com. Click on "Garden Fare" and then click on the "Gluten-Free" tab. Always advise your server of your need for gluten-free items. Because of the hand-crafted nature of menu items and changes in recipes, ingredients, and kitchen procedures, celiacs should ask appropriate questions to verify the gluten-free status of items prior to ordering. Among the choices are steak, pork, salmon, and mixed grill, all marinated or seasoned with Italian herbs and extra-virgin olive oil and accompanied by a side of vegetables.

HOTLINE REPORT

by Helen Richards

"How can I get diagnosed?" "Is there a recipe for gluten-free gingerbread?" "I've just been diagnosed--now what?" These are a few of the questions posed on the Celiac Hotline. There are many group members eager and able to respond to these and other queries. You'll meet these people at our monthly meetings. We are ALL "hotlines" as "Celiacs helping Celiacs."

Hotline Phone:
913-393-2400

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

Beginning balance as of 4-22-09	\$5,491.51
Income	\$ 60.51
Expenses	<u>\$ 701.60</u>
Ending balance as of 6-14-09	\$4,850.42

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

CSA of Greater Kansas City—Executive Board for 2009

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

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

Vice-President Debra Filla
913-381-8489; insideout@attglobal.net

Secretary Julie Davis
913-888-1919; jaldrichdavis@kc.surewest.net

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

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

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

Chairpersons of Standing Committees:

Cel-Kids	Jessica Farris <i>Tweens and Older</i> Diadra Harnden <i>Up to Tweens Age</i>
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: Carl Scharenberg
carlscharenberg@yahoo.com

What Are the Treatments for Celiac Disease Symptoms?

Sometimes we get discouraged and feel a need to search for a magic cure for our celiac symptoms. We may even try unconventional or advertised options that claim to be solutions to our celiac problems. **The fact is that the only treatment for celiac symptoms is to avoid the consumption of gluten, even in small quantities.** Except for a 100% gluten-free diet, there are no medicines, herbs, supplements, natural remedies, or special diets that treat celiac sprue.

To be free of celiac symptoms, we must avoid gluten 100% of the time. We can never cheat. We must be especially careful to avoid exposure to hidden gluten in the form of flours, starches, flavorings, colorings, binders, excipients, coatings, and other grain derivatives. When we read product labels and are still not sure, we must contact the food and medicine manufacturers to ask whether their products are gluten-free. The good news is that more and more manufacturers are providing gluten-free foods and medicines.

There is further hope for us. Researchers are making progress toward development of a pill that may help relieve symptoms after we accidentally consume gluten. The researchers advise, however, that it may be several years before the medication can be placed on the market.

There is also other research involving a vaccine. The therapy involves repeatedly injecting solutions of gluten at increasing concentrations. The goal is to reduce and ultimately eliminate gluten sensitivity slowly, in a manner similar to common allergy desensitization treatments. Like common dust and hay fever allergy therapies, this treatment approach may allow people with celiac disease to actually consume the gluten that produces the toxic reaction and reduce or even eliminate that reaction. It may be a long time before this vaccine will appear on the market even after it is found safe and effective.

One thing to keep in mind is that, when a truly safe and effective treatment is developed and available on the market, it will be communicated by reliable sources such as the Celiac Sprue Association. Be wary of rumors and of claims reported by the general public, manufacturers, retailers and others whose credentials you cannot verify. Even if claims are supposedly based on scientific research, verify the reliability of that research, because research can be flawed, distorted, or tailored to achieve a desired result.

A Promising Non-Invasive Test for Celiac Sprue

Researchers in The Netherlands are focusing on a promising non-invasive test to better diagnose celiac disease, assess intestinal damage, monitor treatment over the long-term, and monitor gluten-free diet compliance. The test involves monitoring the levels of fatty acid binding proteins circulating in the intestine and the liver. Fatty acid binding proteins are responsible for the final digestion and absorption of nutrients, electrolytes, and water. These proteins are reliable indicators of intestinal mucosal damage and are potentially useful for non-invasive assessment of intestinal damage in celiac patients. For the complete article, go to Celiac.com at <http://www.celiac.com/articles/21805/1/Celiac-Study-Non-invasive-Intestinal-Evaluation-Shows-Promise/Page1.html>

Appreciation of Food Samples from Manufacturers

Thanks to the following for samples at our meetings: **July**, Kneaded Specialties in Lee's Summit and Udi's Foods from Denver, Colorado; **August**, Namaste; and **September**, Katz Gluten-Free. We appreciate their generosity and need to show our support by buying their products.

School Lunches for Celiac Children

One of our members reports that, after many months of working with the Olathe School District, a Section 504 Plan of the Rehabilitation Act has been completed and approved. The plan now provides children with gluten-free lunches twice a week in the school cafeteria.



Besides the Rehabilitation Act, there is another federal regulation that may be useful for parents when requesting gluten-free school lunches for their children. The U.S. Department of Agriculture's (USDA) nondiscrimination regulation (7 CFR 15b), as well as the regulations governing the National School Lunch Program and School Breakfast Program, make it clear that substitutions to the regular meal must be made for children who are unable to eat school meals because of their disabilities, when that need is certified by a licensed physician

Generally, children with food allergies or intolerances do not have a disability as defined under either Section 504 of the Rehabilitation Act or Part B of IDEA, and the school food service may, but is not required, to make food substitutions for them.

However, when in the licensed physician's assessment, food allergies may result in severe, life-threatening (anaphylactic) reactions, the child's condition would meet the definition of "disability," and the substitutions prescribed by the licensed physician must be made

The school food service may make food substitutions, at their discretion, for individual children who do not have a disability, but who are medically certified as having a special medical or dietary need.

Such determinations are only made on a case-by-case basis. This provision covers those children who have food intolerances or allergies but do not have life-threatening reactions (anaphylactic reactions) when exposed to the food(s) to which they have problems.

Each special dietary request must be supported by a statement which explains the food substitution that is requested. It must be signed by a recognized medical authority.

The medical statement must include:

- an identification of the medical or other special dietary condition which restricts the child's diet;
- the food or foods to be omitted from the child's diet; and
- the food or choice of foods to be substituted.

For more information, visit the USDA website:

http://www.fns.usda.gov/cnd/Guidance/accommodating_children.doc

What's New in the Cel-Kids Group?

Both Cel-Kids groups are now on Facebook to allow members to communicate with each other. Look for KC Cel-Kids.

Jessica Farris' group (tweens, teens, and college age) should check our support group's website every couple of weeks to keep posted on upcoming events and activities. The website is www.csakansascity.org Jessica can be contacted at jfcelkids@gmail.com

Recipe: Easy Dessert

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.

For a quick and tasty dessert, chop fresh strawberries into half-inch pieces and sprinkle on top of a bowl of Rocky Road Ice Cream (Edy's Grand).

Updated Restaurant Guide Is Available

The 4th Edition of *The Essential Gluten-Free Restaurant Guide* is now available for \$23.95, plus shipping, from Triumph Dining at 1-800-558-2906 or www.triumphdining.com. Updated annually after contacting and verifying every restaurant listed, some restaurants are added each year and some are dropped if they fail to pass the evaluation criteria. The fourth edition lists over 5000 gluten-free restaurants and includes 80 gluten-free menu lists from chains, such as Chili's, P.F. Chang's, Outback, Panera, and Subway. Restaurants are listed in all 50 states. Nineteen restaurants are listed in the Kansas City area, some with multiple locations. This guide is especially useful when you travel.

Quinoa—Have You Tried It?

Quinoa (pronounced keen-wah) is a complete protein grain that originated in the Andes Mountains of South America. The word “quinoa” means “mother grain” in the Incan language and was so important to their diet that the Inca king planted the first row of quinoa each year with a solid gold spade.



A quinoa plant.

Of all the whole grains, quinoa is the most nutritious. Because of its large percentage of germ to endosperm, whole grain quinoa flour is closer to the ideal protein balance than flour from other common grains. Quinoa is gluten-free, high in fiber and a complete protein, meaning it has all nine amino acids. Quinoa also contains high amounts of lysine, manganese, magnesium, iron, copper and phosphorus.

Quinoa is an excellent grain to use in gluten-free diets and comes in the form of whole kernels, flakes (like rolled oats) and flour. The whole kernels can serve as a substitute for rice or couscous. They are good, for example, in stuffed green peppers. The flakes can be used as a substitute for rolled oats in recipes and can be cooked as a hot cereal. Quinoa is a good energy food and the flour can be used in pancakes, waffles, muffins, breads, cookies, and more. When using gluten-free recipes or converting conventional recipes to gluten-free, make quinoa flour $\frac{1}{4}$ to $\frac{1}{2}$ of the total flour quantity and use your favorite gluten-free flour blend for the remainder of the total quantity. For more information and recipes, visit the website: www.quinoa.net

Quinoa is not botanically related to the gluten-containing grains, but may be subject to contamination during growing, shipping, and handling. Some people may be sensitive to quinoa for other reasons, such as an allergic reaction. Consequently, when you first use it, you may want to ingest a small or moderate quantity to determine whether you have a sensitivity. If you are newly-diagnosed (within the past year), you may want to delay the consumption of quinoa until your body has recovered.

See the next page for a recipe for tasty, nutritious quinoa muffins—they just might become your favorite. *Editor's note: I have eaten these muffins for years with no problem and they are my favorite muffin. They are a staple I keep stocked in my freezer because they are filling and keep me full longer than most breakfast items.*

Recipe: Quinoa Muffins (Great for breakfast or a snack with milk or coffee.)

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.

Makes 18 muffins

- 1 cup GF flour blend
- 1 cup quinoa flour (or you can use ½ cup quinoa flour and ½ cup GF flour blend)
- 1 cup sugar (C&H)
- 2 teaspoons cinnamon (McCormick)
- 4 teaspoons GF baking powder (Clabber Girl)
- ½ teaspoon salt
- ¾ teaspoon xanthan gum *
- 2 cups quinoa flakes
- 1 1/3 cups milk
- 2 eggs, large
- ¾ cup vegetable oil (I use olive oil)
- 1½ cups dried cranberries (Craisins) (optional, but a very tasty addition)
- ¾ cup chopped nuts (optional—I prefer mine without nuts)



* Use ¼ teaspoon if your gluten-free flour blend already contains xanthan gum

Preheat oven to 350° F. Spray oil on bottom surface of muffin tins (not on sides) or use paper liners. In medium bowl, mix first 8 dry ingredients thoroughly with whisk. In large bowl, mix all wet ingredients thoroughly. Pour dry ingredients into wet, add cranberries and/or nuts, and mix thoroughly. Spoon into 18 muffin cups. Bake at 350° F for 20 to 25 minutes. Once cooled, freeze to preserve freshness. When serving, these taste best when they are warm so they should be reheated for a few seconds in the microwave.

Some Hy-Vee Stores Carry Betty Crocker Gluten-Free Mixes

The new Betty Crocker GF mixes are available at some area Hy-Vee stores, including Lenexa and 95th and Quivira. Betty Crocker gluten-free mixes are Yellow Cake, Devil's Food Cake, Chocolate Chunk Brownies, and Chocolate Chip Cookies. Check other local stores, too.

Sprint Center Has Gluten-Free Options

Sprint Center serves GF pizzas, cookies, and brownies from Olivia's Oven and GF beer. To find out about gluten-free food options at the Sprint Center, visit these websites:

<http://www.sprintcenter.com/default.asp?sprintcenter=98&objId=94>

<http://www.kctv5.com/news/19260585/detail.html>

<http://allergysense.com/blog/2009/04/27/sprint-center-now-offers-allergy-friendly-alternatives/>

Schwan's Home Delivery Offers GF Frozen Dinner

A two-serving frozen dinner (item number 822) of turkey meatballs and pasta can be ordered from Schwan's home delivery by calling 1-888-SCHWANS or by ordering online at www.schwans.com. The meatballs are ground turkey with a touch of pork, seasoned with onion, mushroom, garlic, spinach, and basil. They are served on a bed of quinoa rotelle pasta with tomato basil sauce and accompanied with a serving of broccoli. The price may vary by location, but it is posted as \$9.99. This is currently Schwan's only product labeled "gluten-free."

Restaurant: Caspian Bistro

Most menu items at Caspian Bistro are gluten-free, except for sandwiches, and are even labeled “gluten-free” on the menu. It is Persian food, but it not so unusual that celiacs should be afraid to try it. Typical items are beef, chicken, and shrimp kabobs (marinated meat—not spicy—cooked over an open fire), rice or French fries, grilled tomatoes, and a very good yogurt/cucumber dip for the meat. (Avoid the walnut/pomegranate stew.) The current GF dessert is Persian ice cream which is vanilla ice cream flavored with rose water and containing pistachio nuts. Prices range from about \$8 per plate for lunch to about \$17 for dinner, plus dessert, drinks, tip, and tax. Open at 11:00 a.m. seven days a week, the restaurant is located at 8973 Metcalf. The phone number is 913-901-9911.

Increase In Availability of Gluten-Free Products

According to market researcher, Packaged Facts, the market for gluten-free products has grown an average of 28% each year from 2004 to 2008. As companies continue converting existing products to gluten-free and introducing new products, Packaged Facts predicts that gluten-free sales will increase about 75% by 2012, compared to sales in 2008.

“Evidence shows that the patients that comprise the celiac community are not willing to be passive sufferers. Their passion to live a full life without gluten must be considered one of the most powerful driving forces in the market,” Tatjana Meerman, publisher of Packaged Facts, noted. “The fact that approximately three million Americans suffer from celiac disease does not mean that only they are buying gluten-free. Others suffering maladies relieved by going gluten-free and their ensuing mobilization and activism have focused a great deal of attention on gluten-free eating.”

To meet consumer demand, more than 225 marketers introduced new gluten-free products into the United States alone in 2008. From supermarkets with private-label brands to single product-line specialty marketers, every conceivable type of food and beverage marketer launched new products into the market last year

Gluten-Free Ice Cream Cones



Want a special treat for the kids or grandkids? Order twelve GF ice cream cones from Edward and Sons Trading Company for \$3.99 per box (\$3.59 for 12 or more boxes). Shipping costs approximately \$8 whether you order one box or 12 boxes, so you may want to join with other celiacs in a combined order. To place your order, visit the website at http://www.edwardandsons.com/ld_shop_sprinkelz.itml or call 805-684-8500.

Frozen Gluten-Free Chicken Nuggets

Frozen, fully-cooked gluten-free chicken nuggets are now available from Applegate Farms. An 8-ounce package (approximately 16 pieces) costs \$5.99. The chicken nuggets are breaded with a savory blend of rice and corn flour and, when baked, the crunchy coating contrasts with the tender chicken. Applegate Farms products are sold at Nature’s Pantry in Independence, Whole Foods, and Wild Oats, but you should contact them to find out whether they carry the GF chicken nuggets.

Evaluate What You Read or Hear



While browsing through the internet, I found comments from readers of various magazines oriented to celiacs and to others with allergies and sensitivities that some articles claiming to be based on scientific research are questionable and, sometimes, dangerous. Likewise, some physicians, educators, manufacturers, and retailers may provide information that is questionable or even dangerous. Regardless of the source, it is good practice to make inquiries and do your own research to verify which information is good and which to ignore. Get information from several sources and verify its reliability and consistency.

Limited Gluten-Free Options at Worlds of Fun and Oceans of Fun

A statement in a June, 2009, email from the Director of Retail Operations for Worlds of Fun and Oceans of Fun:

“In regards to your food allergy question, to be 100% safe I think it is in everyone's best interest (for 2009) we allow you to bring a lunch and snacks with you into the park (for the person requiring gluten free options). I ask that you print this letter off to show our ticket takers that it is "OK" for you to bring outside food into the park. If you don't want to carry it around all day you can store it in a locker for the day.

“Food allergies are a growing concern for Worlds of Fun. Please check-in with us again regarding this issue in the years to come as we continue to investigate other options regarding gluten free options and accommodating people with celiac disease.”

Based on the statement, celiacs may prefer to take food to eat in their cars or a picnic area or carry food into the parks. To carry food in, you will need to send an email to the parks' website to request an email to print out and show the ticket takers. The email will show the name of the person authorizing you to carry food into the parks. Go to the homepage at www.worldsoffun.com and click on “Contact Us” at the bottom of the page.

32nd CSA Annual Conference in Erie, PA, October 30 through November 1

If you wish to attend the CSA annual conference in Erie, PA, from October 30 through November 1, please visit these websites for more information:

A. Conference information -

<http://www.csaceliacs.org/Conferences/2009AnnualCSAConference.php>

B. Hotel Reservations -

<http://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=0904023484&key=B080A>

C. Speakers/Presenters include Dr. Peter Green

<http://www.csaceliacs.org/Conferences/2009Presenters.php>

D. Registration information and menus should be posted later on the CSA website at www.csaceliacs.org

E. **Visit Erie** website (Erie Tourism): <http://www.visiteriepa.com/>

New Test to Detect Genetic Predisposition for Celiac Disease

The Celiac Sprue Association has requested that members be notified of an FDA-approved saliva-based do-it-yourself gene test, called MyCeliacID from Prometheus Laboratories, Inc., to determine if an individual has the genetic predisposition for celiac disease. It does NOT say an individual has the disease; in fact, most people who have the genetic makeup will not have celiac disease. Individuals and families are encouraged to discuss the home test option with their physicians to determine if this or other tests may be useful in their care. The CSA does not endorse products, but makes this information available as a service to the celiac community.

For \$329, order a test kit at <https://myceliacid.com/default.aspx>. A saliva collection tube will be sent to you. Upon its return in a pre-paid FedEx shipping box, the sample will be analyzed at Prometheus Laboratories in San Diego. You will be notified by email of test results, usually within seven days. If you do not have the genes, you are unlikely to develop celiac disease. If you do have the genes, you may have celiac disease and you should consult a doctor. Individuals with family members who have celiac disease may be particularly interested in this test.

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

Receive this newsletter by email and help your support group save reproduction and mailing costs. To be placed on the email distribution list, contact Courtney Scherer. See page 3 for contact information.

Celiacs Helping Celiacs