

Dear CSA Members and Friends:

Thanksgiving is just around the corner! Time to start thinking about our Thanksgiving dinner at our November meeting as well as our Holiday Celebration at our December meeting. Check for more details on page 2 of this newsletter. Don't miss out on our fun, informative and gluten-free holiday events!

Thanks to all of you who have chosen to receive this newsletter via e-mail rather than hard copy in the mail. It has saved us a significant amount of money in postage and reproduction costs. In addition, we are helping the environment by using less paper and fewer printing chemicals. If you currently are not taking advantage of the electronic version, please consider doing so (contact me with your request).

If you'd like to make a tax deductible contribution to CSA-Chapter 4 (our group), mail a check to George Smiley (our treasurer) or hand it to him at a meeting. His mailing address is 5119 Lowell Avenue, Overland Park, KS 66202. Please make checks payable to "CSA of Greater Kansas City."

Carl Scharenberg is our new webmaster. Thanks to Kris Koehler for all her hard work on our chapter's website over the past couple years. Carl has already updated the site with current information and added many great resources and links. So check out the website www.csakansacity.org which includes our events calendar, the most recent issue of the Gluten-Free Advocate, a list of gluten-free cosmetics, a gluten-free shopping checklist, a link to Hy-Vee's list of gluten-free products, a list of gluten-free friendly restaurants in the KC area, recent photos and information on our chapter's officers. Coming soon there will be an archive of downloadable Gluten-Free Advocate newsletters, more photos of our monthly meetings, a recipes section, Cel-Kids group information, and major news announcements page of interesting gluten-free and celiac-related items.

We welcome your input on ideas for program topics and speakers at our monthly meetings. If you have any suggestions, feel free to contact me or our VP and Program Director, Mary Scharff (see page 3 for her contact information).

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 an outstanding year so far and an exciting year to the end!

Courtney Scherer, RD, LD, Hy-Vee Dietitian
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UPCOMING EVENTS

- Nov 9, 2008 Thanksgiving Dinner (*see page 2*)
Dec 14, 2008 Holiday snacks. Games for kids. (*see page 2*)
Jan 11, 2009 Judy Bond, past KC CSA president, will do a recap of the CSA conference
Feb 8, 2009 TBD (*will be announced at the January meeting and via the KC CSA email listserv*)

*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 GF Thanksgiving Dinner and the Holiday Celebration

Our annual CSA **Thanksgiving Dinner** will be held on Sunday, November 9, at 2:00 p.m. There's always good food and fellowship. Turkey, Anna's famous dressing, mashed potatoes, rolls (donated by Hy-Vee), beverages, and dinnerware will be provided. The rest of the meal is delicious potluck items brought by our members. We suggest the following potluck, grouped by the first letters of last names:

A-H: Vegetable
I-S: Salad
T-Z: Dessert



To help offset the cost of turkeys, we are asking for a donation of one dollar per person over the age of 18. Your donation can be made at the door when you arrive for the dinner.

Note: If possible, please notify Courtney Scherer (913-515-8802 or email mkeonin@hotmail.com) regarding the number in your party (including yourself) who will attend. This information is needed by October 24 to determine the number of turkeys to order. Also let Courtney know if you could help with serving or cleanup at the event.

Our annual **Holiday Celebration** will occur on Sunday, December 14, at 2:00 p.m. This is your chance to show off your favorite gluten-free holiday snacks and treats. Beverages and dinnerware will be provided.

We have a great time every year at these events and no one goes away hungry. You'll be glad you came. Your help in carrying out these events will be welcome.

While there is no obligation to bring food, members are encouraged to bring a dish (homemade or purchased) that will feed your family and at least four other people. In 2007, our Thanksgiving food quantity was marginally adequate because some members did not bring a dish.

For both events, please bring 30 or 40 copies of recipes to share or, at least, a single copy, and if you bring purchased items, please bring the original container (1) so gluten-free status can be verified and (2) so members with allergies to eggs, nuts, soy, dairy, and so on can determine what they're eating. *Please do not just place your dish on the hospitality table.* Check it in with one of the Hospitality Committee members.

Due to the number of children with peanut allergies, we request no items containing peanuts. Tree nut items will be allowed, but will be placed on a separate table.

Cel-Kids Winter Pizza Party

Calling all Young Cel-kids (birth to age 10 or so)! Our Winter Pizza Party is coming in January! You won't want to miss the hot, delicious gluten-free pizza at Lee's Summit Waldo's, plus the fun of hanging out with your celiac friends. Keep an eye on your email inbox for times and dates! If you would like to get on our Young Cel-kid's email list or if you have not been receiving emails about Cel-kids' events, please send an email to Diadra Harnden (dhardenrd@aol.com), Coordinator for Young Cel-kids.

Prilosec OTC is Gluten-Free

By phone in August, 2008, Procter and Gamble, the manufacturer of Prilosec OTC, advised that the product is gluten-free.

Toast Frozen Breads for Added Flavor

Kinnikinnick makes several good frozen sliced breads, hamburger buns, hotdog buns, and English muffins. Their flavor and texture are improved by toasting, regardless of what you plan to eat with them. For added flavor, lay them in the skillet to toast and soak up a little grease after removing the hamburgers, etc. These bread products also tend to hold together better in sandwiches than many other breads.

Wheat-Free Is Not Necessarily Gluten-Free

We've all seen products labeled "wheat-free." That does not mean it is necessarily gluten-free. It is important to read the label and/or contact the manufacturer to determine whether there may be gluten from barley, rye, or their derivatives.

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

Information for newly-diagnosed, those seeking a diagnosis, recipe and product seekers, gluten-free food manufacturers, medical professionals and many others contact our Kansas City group. In addition to the Hot-line (913-393-2400), more and more inquiries are received via email. Referrals come from many sources, but YOU are the most important. People are often diagnosed by hearing about celiac disease from a friend, neighbor, acquaintance, etc. It's been estimated that 97% of celiacs are undiagnosed. SPREAD THE WORD! Be a "hotline" to health.

Hotline Phone: 913-393-2400

Chairpersons of Standing Committees:

Cel-Kids	Diadra Harnden
Hospitality	Rose Farris
	Sheri Garner
	Ann & George Smiley
Newsletter	
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\$\$\$ Treasurer's Report \$\$\$

by George Smiley

Beginning balance as of 6-3-08	\$7,971.62
Income	\$ 417.40
Expenses	<u>\$ 1481.99</u>
Ending balance as of 10-14-08	\$6,907.03

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 2008

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Does the New Gluten-Free Labeling Law Protect Celiacs?

From *CSA Lifeline*, the official publication of the Celiac Sprue Association, Volume XXVII No. II, published in July, 2008:

“This summer, the United States Congressional Federal Register will publish the regulation, as set forth by the Food and Drug Administration (FDA), defining the use of the term *gluten-free* AND a specific time period for public comments relating to the regulation’s public safety aspects.” *(Editor’s note: At the time this newsletter was written (late August), the latest news was that the FDA would hold a public forum on September 8 for comments from celiacs, manufacturers, the medical community, etc. When this project was initiated over two years ago, the FDA was to have published its results in August, 2008, so they are behind schedule. More information will be published in the February, 2009, issue of this newsletter.)*

Continuing with comments from *CSA Lifeline*: “It is important to keep reading those labels and calling manufacturers, even after the FDA gluten-free regulations are finalized. The regulations will *not* cover *all* food products. This point was brought out during a recent product testing. The national CSA office regularly sends products to the Food Allergy Research and Resource Program lab at the University of Nebraska to run the R-Biopharm test for wheat, barley, and rye. Many products’ test results are below the level of test sensitivity at 3-5 ppm.

“Without a known threshold level for damage to people with celiac disease, these products are considered the most risk-free of the choices for all celiacs and those allergic to wheat. But some products labeled *gluten-free*, often with no questionable ingredients, have rated as high as 1050 ppm. One such product, with excessive levels of the gluten peptide, is under the jurisdiction of the United States Department of Agriculture (USDA), which regulates meat, poultry, and eggs, rather than the FDA, which regulates all other food products. At this time there is no official comment from the USDA on how the FDA *gluten-free* definition will impact USDA regulated products. **Buyers must still be responsible for what they purchase and eat.** *(emphasis added)*

“We need your help as *Celiacs Helping Celiacs*. If you question the accuracy of a product’s *gluten-free* designation because of a personal adverse reaction, place the remainder of the contents with original packaging in the freezer. Then call the CSA national office (877-272-4272) for testing information and report the product concerns to the nearest FDA regional office or call the USDA Meat & Poultry Hotline at 888-674-6854, or send email to mph hotline.fsis@usda.gov.”

Other information added by editor:

The local FDA regional office is Kansas City Regional Staff, 11630 West 80th Street, Lenexa, KS 66214-3338. Cynthia Kunkel, Regional Food Specialist, 913-752-2401, FAX 913-752-2136. Barbara J. Blosser, Program Management Officer, 913-752-2466, FAX 913-752-2495. Amy Meeks, Administrative Officer, 913-752-2472, FAX 913-752-2487.



At the time this newsletter was written, it was anticipated that the FDA definition of *gluten-free* will allow up to 20 ppm (parts per million) of gluten 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 3-5 ppm. Under the new regulation, when a label indicates “gluten-free,” the parts-per-million may range from 0 to 20. How will consumers know how many parts-per-million any given product contains? Consider that, within a single day, you may consume more than one item containing 20 ppm. How many of those exposures will it take to cause a reaction? When a celiac has a reaction and suspects a particular product, he/she should follow the contact information described in the preceding two paragraphs.

Gluten-Free Product Listing - 13th Edition

The Celiac Sprue Association **Gluten-Free Product Listing - 13th Edition** is available for pre-publication ordering. Researched and compiled by CSA with input from manufacturers, vendors, distributors, diet and health professionals, and CSA members, this essential guide is available as a binder or CD. Become a new CSA member when ordering and get a 25% discount.

Clarification of Gluten-Free Terms

The following is quoted from the *Celiac.com* newsletter of 8-8-08. You should determine how best to apply the information to you own situation.

- “Caramel flavor and caramel color in the US - always derived from corn and therefore safe for a gluten-free diet.
- “Modified food starch in the US - always from corn. Exceptions are specified on the label now that the FALCPA legislation is in effect.
- “Alcohol and vinegar - all are safe with these exceptions: malt vinegar which is derived from barley, alcohol that is fortified, and some flavored alcohols which must be checked with the manufacturer. Otherwise, the gluten molecules are too large to pass through in the distillation process.
- “Oats – allowed if they are from uncontaminated sources, tolerated by the patient and approved by the patient’s doctor. Some patients cannot tolerate oats even if they are gluten-free, so please check with your physician before adding them to your diet.”

Product Information from ConAgra Foods

In an email from ConAgra Foods Consumer Affairs Department:

“Unfortunately, we are not able to guarantee that our products ingredients are gluten-free, since the source of an ingredient may change from time to time. We understand how difficult it can be finding foods that meet the requirements of a restricted diet, and we continue to look for ways to meet the dietary needs of our consumers.

“Please be aware that although ConAgra Foods cannot certify products to be gluten-free, we can assist you by affirming that a product has been formulated without commonly known gluten containing ingredients. The flour used in our products is often wheat flour and should be avoided by individuals with gluten sensitivities. Some fermented or distilled products, such as vinegar, may be derived from wheat. We suggest you speak with your physician to determine if you need to avoid distilled products derived from wheat, rye, barley, or oats. **We always advise consumers who may have sensitivities to recheck the ingredient list on each package. Products are oftentimes reformulated and the ingredients may change. If Natural Flavors, Artificial Flavors, or Spices listed in the ingredients list contain wheat, oat, barley, or rye, these ingredients would be listed in parenthesis immediately following the ingredient.**”

ConAgra owns several brands. A few are listed here:

Act II, Hunt’s, Jiffy Pop, La Choy, Libby’s, Orville Redenbacher’s, Pam, Peter Pan, Ro-Tel and many more.

The email correspondence cited here was prompted by an inquiry whether Rosarita Refried Beans are still gluten-free. In a gluten-free forum on the web, an individual stated that the refried beans are NO LONGER gluten-free.

Generous Gluten-Free Product Donations

Please take time to send a note of thanks to Kinnikinnick Foods for donating a large selection of bread mixes, breads, and waffles for our Bread Party on August 10. Send your note to Kim at kim@kinnikinnick.com Also let Sheri Garner know you appreciate the hours she spent baking the mixes into the tasty samples we enjoyed on August 10.

Thanks to French Meadow Bakery for their generous donations of chocolate chip cookies and coconut macaroons, available at several local groceries, including Price Chopper. Other products that have been donated for our monthly meetings include Enjoy Life foods and Lara's Gluten-Free Rolled Oats.

New Source for Fresh Cookies

At the August meeting, we enjoyed samples of tasty cookies from Elemeno Cookies, a new company started by Rachel Daniels. Her products are all natural and free of gluten, yeast, dairy, egg, nut, and soy. For more information, contact Rachel at 913-522-3222 or rachel@elemenocookies.com.

Restaurant Suggestion

Judi M. suggests asking for a gluten-free menu at any restaurant. You'll be surprised how often they do! And if they don't, they'll become aware that there is a demand for such a menu. Educate others whenever you can.

Gluten-Free Turkeys

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 many of us, turkey is a major part of our Thanksgiving dinner. Here are brands that have gluten-free turkey breasts and whole turkeys, but they may also have other varieties that are not gluten-free. It's important to read the label and/or call the manufacturer to be sure of gluten-free status and always remove the gravy packet, being careful to verify that the packet has not leaked. *(This is not a complete list of GF products marketed by these manufacturers. There may also be other GF brands.)*

Honeysuckle White: (from website on 8-12-08—www.honeysucklewhite.com)

The following Honeysuckle White turkeys are listed in the website as gluten-free:

Fresh Whole Turkey
Frozen Whole Turkey
Fresh Bone-In Turkey Breast
Frozen Bone-In Turkey Breast
All Natural Whole Turkey



Sweet Honey Roasted Whole Turkey
Hickory Smoked Bone-In Turkey Breast
Oven Roasted Whole Turkey
Hickory Smoked Whole Turkey

From a company representative's email of 8-12-08: "Even the gravy packet that is included in our Bone in Turkey Breasts, Boneless Turkeys, and Boneless Turkey Breasts is gluten free!"

Hy-Vee: (in an email from a Hy-Vee representative on 8-11-08)

"Thank you for contacting the Hy-Vee Web Site regarding gluten free turkeys and hams. The following Hy-Vee private label products are gluten free. There is no gluten in the ingredients nor the processing of these items.

Hy-Vee Moisture Enhanced Frozen Turkey
Hy-Vee Moisture Enhanced Fresh Turkey
Hy-Vee All Natural Frozen Turkey
Hy-Vee All Natural Fresh Turkey

Hy-Vee Butter Basted Frozen Turkey
Hy-Vee Butter Basted Fresh Turkey
Hy-Vee Brown Sugar Spiral Sliced Ham
Hy-Vee Honey & Spice Spiral Sliced Ham"

Jennie-O: (from website on 8-12-08— <http://www.jennieo.com/howto/TurkeyGuide/TurkeyFAQ.aspx>)

"We are providing the following list of products as a general guideline for those presently produced and distributed in the United States with formulas that do not contain gluten in the form of wheat, rye, oats,

and barley. Although our products are labeled in compliance with government regulations, it is always necessary to read the labels on the products to determine if the food product meets your required needs. Parents and individuals with food allergies and/or food intolerances are responsible for reading the label of all products that they intend to use regardless of how the product is represented on this site. If you have any questions, please call our Consumer Response representatives at 1-800-621-3505.

Jennie-O Turkey Store Refrigerated/Frozen Items Not Containing Gluten:

Jennie-O Turkey Store prime young turkey: fresh or frozen (the gravy packet does contain gluten)

Jennie-O Turkey Store oven ready turkey: Home style, Garlic & Herb

Jennie-O Turkey Store oven ready turkey breast (the gravy packet does contain gluten)

Jennie-O Turkey Store frozen turkey breast (the gravy packet does contain gluten)”

Editor’s Note: In past years, I have listed Butterball Turkeys. When I requested an email update for 2008, the Butterball representative focused on wheat as one of the 8 allergens covered by federal law and failed to understand that gluten can come from other sources such as barley, rye, and oats. For that reason, I have not listed Butterball products. Consumers must make their own investigations and assessments of Butterball products.

Recipe: Gluten-Free Turkey Gravy

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.

15-16 turkey necks, browned in skillet
2 large onions, quartered
2 ribs celery cut into 1-inch lengths
2 full-size carrots, quartered and cut into 1-inch lengths
3 garlic cloves, quartered
2 bay leaves (McCormick)
2 teaspoons dried thyme leaves (McCormick)
12 whole peppercorns (McCormick)



After turkey necks are browned, put all ingredients in stock pot and cover with water (about 8 to 10 cups). Bring to boil, then reduce heat to simmer. Simmer for 3 to 4 hours. Strain through sieve and discard solids. Cool turkey stock and refrigerate, if preparing in advance (up to 3 days).

To make gravy, blend 3 or more tablespoons (use judgment) corn starch into ¼ cup cold water; then blend into total volume of stock. May add drippings from roasted turkey, if available. Cook to desired thickness. If more thickening is needed, blend more corn starch (use judgment to determine amount) into cold water and add to stock, continuing to cook until desired thickness is achieved.

Gluten-Free Halloween Treats for Celiac Goblins

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.



After celiac goblins make their rounds and come home to sort through their goodies, here are some treats that were gluten-free when last investigated: Almond Joy, Andes Mints, Baby Ruth, Blow Pops, Butterfinger, Charms Pops, Cheetos (puffy and crunchy), Cracker Jack, Dum-Dum Pops (by Spangler), Fritos chips, Goobers, Heath, Hershey plain and almond (full-size and snack-size; not all miniatures are gluten-free), Hershey Kisses, Jolly Rancher hard candy and lollipops, Junior Mints, Lay’s potato chips (regular, wavy, and ruffles—but NOT KC Masterpiece BBQ flavored), M&Ms plain and peanut (but NOT crispy), Mars bars, Mounds, Nerds, Pay Day, Raisinets, Reese’s Peanut Butter Cups, Rolo, Russell Stover products (EXCEPT cookie products such as S’Mores and Cookies and Cream), Skittles, peanut Snickers (not Snickers Cruncher), Starburst, Starburst Fruit Chews, Starburst Jelly Beans, Sweet Tarts, Tootsie Rolls, Tootsie Pops, York Mint, Wrigley chewing gum. **Avoid products containing crispies**, such as Snickers Cruncher and crispy M&M’s. Treats other than those listed here may also be gluten-free, so contact manufacturers regarding the ones you’re not sure about. **NOT GLUTEN-FREE:** Milky Way, 3 Musketeers, 100 Grand Bar, Kit-Kat, Krackle Bar, Crunch Bar, all Brach’s, most licorice (and others too numerous to list here).

Gluten-Free Treats for the Holiday Season

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.

The following are summaries from prior editions of this newsletter. According to the manufacturers, the following treats are gluten-free, but verify for yourself prior to purchase:

- Russell Stover candies, except products containing cookies, such as S'mores and Cookies and Cream. www.russellstover.com
- Topsy's Old Fashioned Popcorn: cinnamon, buttered, and caramel flavors.
NOT gluten-free: cheddar cheese flavor. Call 816-523-5555
- Blue Diamond Almonds, except the BOLD Wasabi and Soy Sauce which contain wheat.
www.bluediamond.com

Product Information from Cook's Hams



From the Cook's Ham website (www.cooksham.com) in August, 2008: "The manufacturing objective for all Cook's branded meat products is that they be gluten-free. The fresh meat Cook's uses as its primary raw material is naturally free of glutes, however, other ingredients are also necessary in the production of all Cook's hams and other processed meat products. Since these outside ingredients and spices represent a potential source for the introduction of gluten, Cook's specifies that these

ingredients must be gluten-free. Despite this, Cook's suppliers are able to alter their spice formulations from time to time, without Cook's prior knowledge, yet still comply with federal USDA labeling requirements. Any change in an individual ingredient or its source, however, creates the possibility of gluten being unwittingly introduced. For this reason, Cook's cannot absolutely guarantee the gluten-free status of all our vendor's supplies and, therefore, cannot guarantee that all Cook's products will be 100% free of gluten." The website contains useful information about the different types of hams and how to cook, carve, refrigerate, and freeze.

Recipe: Lemon Butter Bars

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.

Crust Ingredients:

1 cup Gluten-Free Flour Blend (see below)
½ cup Land O Lakes butter, softened
¼ cup sugar (C&H)

Topping Ingredients:

Powdered sugar (C&H)

Filling Ingredients:

¾ cup sugar (C&H)
2 large eggs
3 tablespoons lemon juice
2 tablespoons Gluten-Free Flour Blend (see below)
1 teaspoon freshly grated lemon peel
¼ teaspoon GF baking powder (Clabber Girl)

Heat oven to 350°F. Combine all crust ingredients in small bowl. Beat at low speed, scraping bowl often, until mixture resembles coarse crumbs. Press onto bottom of ungreased 8-inch square baking pan. Bake for 15 to 20 minutes or until edges are lightly browned.

Meanwhile, combine all filling ingredients in small bowl. Beat at low speed, scraping bowl often, until well mixed. Pour filling over hot, partially baked crust. Continue baking for 18 to 20 minutes or until filling is set.

Sprinkle with powdered sugar while still warm and again when cool. Cut into bars.

Gluten-Free Flour Blend: To make Flour Blend, combine 2 cups rice flour, 2/3 cup potato starch (**not** potato flour), 1/3 cup tapioca flour and 1 teaspoon xanthan gum. Store in container with tight-fitting lid; stir before using.

Be Alert When Using Gluten-Free Products

One of our members found three long strands of wheat spaghetti in a box of DeBoles Gluten-Free Rice Spaghetti-Style Pasta. The box does not indicate that the gluten-free product is manufactured in a facility that also manufactures wheat pastas. Our member contacted the company and was told that care is taken to clean the production equipment before processing gluten-free products. Experiences such as this emphasize our need always to be vigilant when using gluten-free products.



Domata All-Purpose Gluten-Free Flour

Domata All-Purpose Flour is a great GF flour mix that has the Seal of Recognition from the Celiac Sprue Association which certifies it as a risk-free product for celiacs. Some of our members have tested the flour and are very satisfied with the results. Containing rice flour, corn starch, tapioca, dextrin, and xanthan gum, Domata can be substituted cup-for-cup in your favorite recipes. Whole Foods and some Hy-Vee stores offer the flour or will order it for you. You can also order from the manufacturer as follows: Phone 417-276-7789 or Fax 417-278-3306. Email domata@domataflour.com U.S. postal address is Domata Living Flour, Stockton Lake, 23950 East 2160th Road, Fair Play, Missouri 65649. The website is www.domatalivingflour.com This is an opportunity to purchase a good product and support a family-owned Missouri company (which has a celiac family member).

Some, but not all, online prices: five 5-pound bags, \$47 (\$1.88 per pound), two 5-pound bags, \$20.50 (\$2.05 per pound), one 5-pound bag, \$11.30 (\$2.26 per pound). One pound equates roughly to two cups of flour. Add a \$3 handling fee and, for 25 pounds, approximately \$14 for shipping via UPS. Shipping per pound is less when ordering the larger quantities, so if you don't want 25 pounds, consider splitting an order with one or more other celiacs.

Update on Celiac Research

From the Baltimoresun.com, July 31, 2008:



“University of Maryland researchers have identified a key receptor in the intestine that can trigger celiac disease, and they hope their findings can be applied to other autoimmune disorders, such as Type 1 diabetes and multiple sclerosis

“In the July issue of *Gastroenterology*, University of Maryland scientists wrote that gliadin, the toxic component of gluten for celiac patients, binds to an intestinal receptor called CXCR3. The receptor then releases the protein zonulin, which makes the intestine more permeable.

“‘We know a lot about celiac disease, but we never understood the question of how the protein gains access in the intestine,’ said Dr. Allesio Fasano, a gastroenterologist who directs the Center for Celiac Research at the University of Maryland and lead author of the study. ‘Further study is needed, but this could allow us to intervene so that less zonulin is released, which may prevent the immune response altogether.’

“In healthy people, the intestine is permeable only for short periods. But in celiac patients, the effect is longer-term, which may cause a variety of health complications. Eventually, the immune system responds by destroying villi - tiny, fingerlike protrusions lining the small intestine that normally allow the organ to absorb nutrients into the bloodstream

“Maryland's Fasano is a co-founder of Alba Therapeutics Corp., which is conducting Phase 2 clinical trials of a celiac disease drug called larazotide acetate. It works through another mechanism in the same signaling pathway as CXCR3. The Baltimore biotech company, which provided lab support for the study, estimates the potential worldwide market for a celiac drug at \$1 billion a year.

“Dr. Peter Green, spokesman for the American Gastroenterological Association and director of the Celiac Disease Center at Columbia University, called Fasano's latest study extensive and well-designed. But he said it is still unclear how this research fits into scientists' understanding of all the mechanisms of damage in celiac disease, because it involves various pathways. ‘They've shown this mechanism very well, but we're still figuring out the whole picture,’ Green said. ‘And working out the mechanisms will provide a greater potential for drug development.’”

Many Theragran-M Vitamin Products Are Gluten-Free

Many Theragran-M vitamin products are labeled gluten-free on the bottle or on the bubble pack. Theragran-M is now owned by Walgreen's Drug company and you can verify gluten-free status at www.walgreens.com. Always read labels, visit the website, or contact Walgreens before consuming to be sure the particular Theragran-M product is safe.

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

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