



NEWSLETTER for

- **Utah County Gluten Intolerance Group®**
- **Salt Lake City Gluten Intolerance Group®**
- **Northern Utah Gluten Intolerance Group®**

March, 2006

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Upcoming GIG Events

- **Tues, Mar 14 at 7 pm**
SLC GIG MEETING at *St. Marks Hospital 1200 East 3900 South, SLC, Classroom G04C (on the ground floor-near the cafeteria)*
Fun dessert ideas by Sandy, Marci, Pam, Kathleen and whoever wants to help do samples.
- **Tues, Mar 14 at 7 pm:**
Northern Utah GIG: Informal meeting—come share your experiences with your progress on the GF diet and learn from others @ Farr West Senior Citizens Center (Farr West City Office Building, 1896 North 1800 West, Farr West, UT)
- **Tues, Mar 28 at 7 pm**
Northern Utah GIG-GF cooking demo;
325 36th Street, South Ogden.
- **Thurs, Apr 6 at 7 pm**
Utah County GIG MEETING
- **Tues, Apr 11 at 7 pm**
SLC GIG MEETING at *St. Marks Hospital 1200 East 3900 South, SLC, Classroom G04C (on the ground floor-near the cafeteria)*
Heather Khader (the St. Mark's Dietician) will speak on Celiac sprue and it's effects on vitamin and mineral absorption. **Bone Density tests will be available starting at 6:00 pm for \$5.00**

Don't Forget: April 30 Walker Early Bird registration
May 20 Conference Early Bird Registration

Don't forget to look at the **DATES to SAVE** section on page 10 for more upcoming events.



As a support organization, Gluten Intolerance Group® shares information about research, directs individuals to available resources, provides an annual education conference, and offers personal opinions, friendship, and encouragement. We urge individuals to read research by trustworthy sources, and to seek medical advice from a physician who is experienced and knowledgeable about gluten intolerance.

National Education Conference, Salt Lake City, Utah June 9-11, 2006

WHO:

15 international, national, and regional experts to present including:

Dr. John Zone, Professor of Dermatology, University of Utah Health Sciences Center. Keynote topic: skin health for people with celiac disease.

Dr. Carol Fenster, author/consultant, The Savory Palate, Inc. Topic: baking cream puffs, tea sandwiches and other delights with alternative grains.

Dr. Alessio Fasano, Co-director, University of Maryland Center for Celiac Research. Topic: advances in celiac research.

Executive Chef Aaron Flores, DoubleTree Hotel, Illinois. Topic: cooking naturally gluten-free. Registered Dietician Shelley Case, Case Consulting. Topic: Gluten-free diet basics and advanced.

Dr. Janet Harnesburger, Pediatric Gastroenterologist. Topic: Raising children with celiac disease.

Auction:

The Saturday night banquet will include an auction to raise funds in support of the programs of the Gluten Intolerance Group. Donations of items to be auctioned are appreciated. Contact GIG.

Exhibits:

More than 40 exhibitors with products and services related to celiac disease and the gluten-free diet. Attendees may place orders and buy products on site. Authors of gluten-free living books on site to autograph their books.

Health Screenings:

Free cholesterol, glucose, blood pressure, and body mass analysis by Registered Nurses. Bone density testing available for a reduced fee.

Cost:

Early bird registration by May 20 is \$190 for GIG members. After May 20 is \$238 for GIG members. Non-members pay \$240 prior to May 20, or \$312 after May 20.

Kid's Day Camp (ages 5-15) ranges \$85-150.

Child Care (age up to 4 years) ranges \$40-113

Family discount rate and one day rates available.

Registration: Sign-up online at www.gluten.net or call (206) 246-6652 to request a registration form.

For more information, contact:

Gluten Intolerance Group of North America

31214-124 Ave. SE, Auburn, WA 98092

Phone: (206) 246-6652 or send email to info@gluten.net



2006 GIG Annual Education Conference General Program

FRIDAY, June 9	TRACK 1	TRACK 2
7:30 – 9:00am	Breakfast	
9:00 – 10:00am	Keynote Address American Celiac Disease Alliance Initiatives: An Update (<i>Labeling Law Update, other programs</i>) Andrea Levario (American Celiac Disease Alliance)	
10:00 – 10:30am	Break & Exhibits	
10:30 – 11:30am	<i>The Basics & Beyond of the Gluten-Free Diet</i> Shelley Case, RD	<i>Baking GF Sourdough Whole Grain Breads</i> Gayle Torgerson (Alternative Grains, Inc)
11:30 – 1:00pm	Lunch & Exhibits	
1:00 – 2:00pm	<i>Work & Travel While Maintaining a GF Diet</i> Kim Koeller and Robert La France (GF Passport)	<i>Cooking Naturally Gluten Free</i> Aaron Flores, Executive Chef
2:00 – 2:30pm	Break & Exhibits	
2:30 – 3:30pm	<i>Gluten-Free Meal Planning on a Budget</i> Mary K Sharrett, MS, RD, LD, CNSD	<i>Cooking with a Variety of Gluten-Free Grains</i> Carol Fenster, PhD
5:00 – 9:00pm	Dining Out with Friends	

SAT., June 10	TRACK 1	TRACK 2
7:30 – 9:00am	Breakfast	
9:00 – 10:00am	Keynote Address <i>More than Skin Deep Skin Health</i> Dr. John Zone, MD	
10:00 – 10:30am	Break & Exhibits	
10:30 – 11:30am	<i>Heart Health, CD, and Aging – What You Need to Know.</i> Mark Dinga, MEd., RD, LDN	<i>Creating a Plan for Overall Health Care</i> Dr. PJ Peterson, MD
11:30 – 1:00pm	Lunch & Exhibits	
1:00 – 2:00pm	<i>Friend vs. Foe: Coping with CD</i> Kathleen Apodaca, MS, CPC-i	<i>The Secret Ingredient: A Recipe for Understanding Our Relationship to Food and Family</i> Michelle Melin-Rogovin, MPP
2:00 – 2:30pm	Break & Exhibits	
2:30 – 3:30pm	Keynote Address <i>Advances in Celiac Research</i> Dr. Alessio Fasano, MD	
5:00 – 6:00pm	Reception in Lobby	
6:00 – 9:00pm	Pennies from Heaven Dinner	

SUN., June 11	TRACK 1	TRACK 2
7:30 – 9:00am	Breakfast	
9:00 – 11:00am	Round Table Discussion - Issues related to raising children with Celiac Disease Dr. Janet Harnsburger, MD	Round Table Discussion – Issues related to Adults with Celiac Disease Dr. PJ Peterson, MD

GIG KID'S CAMP (Friday – Sunday) K through 6th and Teens through 15 year olds.

Each day the kids will visit a different country through the GF lessons, crafts, food/cooking and other activities planned. The kids will visit Japan, Argentina, Ireland, Italy, and Canada.

Daycare (0-4 years old) is offered during conference dates



The Celiac Community was outraged last month when McDonalds website listed wheat (and milk) as ingredients in their french fries, which had previously been listed as Gluten-free. Newspapers and television news across the country ran the story.

People with Celiac wanted answers, and fast.

The following statement was issued:

The Gluten Intolerance Group of NA, members of the American Celiac Disease Alliance, and others have worked at length with McDonald's, the FDA, research and industry leaders to help provide an answer to the outcry by the celiac and allergy communities to McDonald's recent announcement of wheat and dairy being in the fries.

A position statement from GIG, CDF and others in the ACDA:

The science and processing of refined oils does not allow residual proteins to be left in the oils at any level significant to be detected or cause an allergic reaction. The favoring agent added to the oil during par-frying is possibly suspect, however until information is provided on testing of the flavoring agent we cannot say if it is a problem or not. The flavoring company has stated to McDonalds that the flavoring has no allergenic proteins and since McDonald's policy is that the fryers used to fry the French fries are dedicated and only used for potatoes, this would mean the fries are gluten-free. McDonald's is expected to make an updated statement about this situation in the very near future. We anticipate that it may include information about recent testing.

Choosing to eat any food is always the individual consumer's choice. If you feel uncomfortable with this information, it is ultimately your choice to eat the fries or not.

Later, the following statements were released:

McDonald's says it french fries do not contain gluten. The company said Dr. Steven Taylor of the Food Allergy Research and Resource Program of the University of Nebraska conducted tests in recent days and found no gluten in the chain's french fries or the cooking oil used by the restaurants.

Celiac.com 02/27/2006 - Gluten Intolerance Group (GIG) applauds McDonald's for providing proof that their french fries are safe for persons with celiac disease and gluten intolerances, states Cynthia Kupper, RD, Executive Director of GIG. Kupper, who has worked with large corporate chain restaurants for many years to provide gluten-free menu options, states McDonald's took the best action possible by having the fries tested by one of the leading independent laboratories in food allergens. McDonald's has provided the reassurance those persons with celiac disease need, to feel confident they can eat the fries without getting sick.

Bread Tasting Table in Utah County

Thank you to everyone who came out to the March 2nd Support Group Meeting in Orem. And a extra big thanks to those who prepared the breads for us to share. Pictures and recipes are available on-line at www.gfutah.org/Bread.htm



Volunteers are Needed!

The Utah GIG groups rely on volunteers. With the upcoming Walk and Conference, there are many opportunities for you to help. Please contact anyone on the leadership committee to let them know how you can help. We need help assembling bags for the WALK, Setting up Mile Markers and signs, and Registration. For the Conference, we need help with the Kids Camp, the dining out committee, assembly of packets, and other items.



Phil Augason, the owner and founder of the Blue Chip Group

passed away on Feb 28, 2006.

The Blue Chip Group produces a line of Gluten-Free Baking Mixes in their Salt Lake City manufacturing facility. Many of us enjoy the mixes that he helped create.

Our condolences go out to his family. He will be missed.

Reach your Target Audience

Companies that want to advertise their products to celiacs and others who are gluten intolerant, can now place an ad in the monthly Gluten Intolerance Group of Utah newsletter

Celiac's in Utah are looking for great Gluten-Free products.

Local advertisers can place an ad for as little as \$100 and national advertisers pay only \$500.

Ad size is a quarter page, approximately 5 1/2 X 4 1/4 inches. Only two ads will be accepted each issue so arrange your ad space now.

The Utah GIG groups are the best source of information for Utah Celiacs. Advertise here, and you'll reach your target!

Advertisers should contact Sharleen Prows, newsletter editor, to learn submittal requirements at Sharprows@msn.com or call her at 801-966-3516



Moving Feet Without Wheat
Gluten Intolerance Group



Registration Form

***Submit this form as soon as possible –
you will receive ongoing communication about the walk.***

I will be (check one):

- walking on a team walking as an individual helping as a volunteer

On May 20, 2006 at Wheeler Farm

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

E-Mail _____ Fax _____

Adult T-shirt size (check one):

- Small Medium Large X-Large

Teams:

Team Name _____

Name of Team Captain _____

I am interested in being a Team Captain!

How many people do you hope to have on your team? _____

Team fundraising goal (Each walker usually raises \$100) \$ _____

Prize for the team raising the most funds ~ given the day of the walk!

What is a Moving Feet without Wheat Team?

A team in the Moving Feet Without Wheat Walk consists of two or more people who gather together and raise money to support GIG. A team can consist of companies, school and hospital departments, churches, families, co-workers, friends and neighbors – anyone with a desire to raise money to help people with celiac disease and gluten intolerance.

To pre-register, mail this form by April 30th along with \$10 per walker fee to:

SLC Gluten Intolerance Group
2809 E Commonwealth Ave.
Salt Lake City, UT 84109

Registration will also be available the morning of the Walk for a \$15 per walker fee.



Clan Thompson's Mini-list

Clan Thompson's Mini-List
Verified Information on Gluten Content

(copyright 2006 Clan Thompson)

This Month's Tip: Watch out for malt flavoring in corn flakes and rice crispy-type cereals since malt flavoring is usually derived from barley and isn't gluten free.

Breakfast Cereals

Manufacturers of the following products reported them to be **GLUTEN FREE** and **VEGETARIAN** when we contacted them:

Ener-G Rice Bran	Verified: 1/5/2006
Ener-G Rice Bran Cereal	Verified: 1/13/2006
Ener-G Granola Mix	Verified: 1/13/2006
Ener-G Rice Nuts	Verified: 1/13/2006
Nature's Path Amazon Frosted Flakes	Verified: 11/2/2005
Nature's Path Peanut Butter Panda Puffs	Verified: 11/2/2005
Nature's Path Mesa Sunrise Flakes	Verified: 11/2/2005
Barbara's Bakery Brown Rice Crisps	Verified: 10/12/2005
Barbara's Bakery Corn Flakes	Verified: 10/12/2005
Barbara's Bakery Honey Rice Puffins	Verified: 10/12/2005
Post Fruity Pebbles	Verified: 2/16/2006
Post Cocoa Pebbles	Verified: 2/16/2006

Manufacturers of the following products reported them to be **GLUTEN FREE** but there was no vegetarian info when we contacted them:

Shaw's Puffed Rice Cereal (V-133)	Verified: 9/3/2005
365 Every Day Value Honey Frosted Flakes	Verified: 6/17/2005
Wegmans Cereal - fruity rice crisps/13 oz.	Verified: 1/23/2006
Hy-Vee Hominy (golden or white) 14.5 oz.	Verified: 10/5/2005

Manufacturers of the following products reported them to be **NOT GLUTEN FREE** when we contacted them:

Shaw's Crispy Rice Cereal (V-095)	Verified: 9/3/2005
Albertson's Corn & Rice Cereals	Verified: 9/15/2005
Kellogg's Corn Flakes	Verified: 11/3/2005
Kellogg's Corn Pops	Verified: 11/3/2005

Clan Thompson's Celiac SmartLists (TM) are a series of programs which make it easy to find gluten information on thousands of items. Information in each SmartList is verified directly with the manufacturer, and a "Comments" field is included to help you make informed decisions. Our pocket guides are printed booklets that contain a selection of products taken from the SmartList software. For more information, or to download a **FREE DEMO**, visit our CeliacSite at <http://www.clanthompson.com/>



GF RECIPES NEEDED!

We are compiling a **GF** cookbook to be sold at the **GIG** convention here in Utah this June. Please help us by sending your favorite **GF** recipes to gfgandma@yahoo.com



Naturally Gluten-Free Foods

A few foods that can be prepared gluten-free using ingredients found at a grocery store:

- ⇒ **Important:** Any packaged food may contain gluten, so always read the ingredients on the label. If the ingredient statement has wheat, rye, barley or malt listed – it is not gluten-free.
- ⇒ **Recipes:** Find gluten-free recipes with photos at www.gfutah.org/recipes.htm.
- ⇒ **Grocery Product Guides:** Find grocery product guides at www.gfutah.org/resources.htm.

- Cream of Rice Cereal
- Puffed Rice Cereal
- Eggs, Hashbrowns, Sausage
- Breakfast Burrito made with corn tortilla
- Yogurt, Fruit, Smoothie
- Milk, Juice, Coffee
- Enchiladas, Tacos or Tostadas made with corn tortillas
- Nachos or Taco Salad (Corn Tortilla Chips, Refried Beans, Cheese, Rice, Tomato, Lettuce, Onion, Peppers, Salsa, Guacamole, Sour Cream, Olives)
- Sweet and Sour Meat and/or Vegetables with rice
- Teriyaki Meat and/or Vegetables with rice (use wheat-free soy sauce)
- Thai and Indian dishes served with rice or wide rice noodles
- Lettuce Wraps
- Open Face Sandwich on Rice Cake (PB&J, sandwich spreads or Deli style sandwich)
- Hamburger or Veggie Burger wrapped in lettuce instead of bun
- Hot Dog wrapped in corn tortilla instead of bun
- Baked Potato with toppings (broccoli, cheese, chili, butter, sour cream, chives, bacon)
- Soup, Stew, or Chili (some ready-to-eat varieties are gluten-free)
- Grilled/Roasted Meat and/or Vegetables
- Grilled Chicken and/or Vegetables Topped with Marinara Sauce and Cheese
- Shepard's Pie (Meat and Vegetables mixed in a tomato sauce topped with mashed potatoes)
- Meatloaf (rice, grated potatoes or other shredded vegetables make a good filler ingredients)
- French Fries, Tator Tots
- Potato Salad, Deviled Eggs, Jell-O Salad, Fruit Salad, Tossed Green Salads
- Steamed Vegetables, Baked Potatoes, Mashed Potatoes
- Brown, White and/or Wild Rice
- Baked Beans
- Broth, Bouillon, Condiments, Dressings
- Sauces and Gravies thickened with cornstarch or potato starch
- Fresh Cut Fruits and Vegetables with dips
- Popcorn, Corn Chips, Potato Chips, Rice Crackers
- Candy, Candy Bars, Cotton Candy, Caramel Apples
- Fruit Snacks, Fruit Leather, Beef Jerky, Nuts, Trail Mix
- Juice, Soft Drinks, Sports Drinks, Hot Cocoa, Wassail
- Slushies, Smoothies, Milk Shakes
- Baked Apples, Apple Crisp
- Fresh Fruit Cup
- Coconut Macaroons
- Meringue Cookies
- Pudding or Jell-O Parfait
- Custard, Rice Pudding, Tapioca Pudding
- Chocolate dipped strawberries
- Chocolate Mousse
- Frozen Yogurt, Ice Cream
- Ice Cream Float, Sundae, Banana Split
- Ice Cream Bars, Popsicles, Sorbet



Whole Grains

Many people have asked for information on “the other GF grains.” We begin here with a short description of many, and will begin to “Spotlight” various grains in future issues of the newsletter.

Amaranth, which looks like brown caviar when cooked, was a staple of Aztec culture. This old-world grain has a lively, peppery taste and a high level of protein (16 percent). In South America, it is often sold on the streets, popped like corn.

Buckwheat, prized for its nutty flavor, is not technically a grain at all, but a cousin to rhubarb. And its versatility goes way beyond the pancake mixes we associate with it. Japan's soba noodles, Brittany's crepes and Russia's kasha are all made with buckwheat. It is the only grain known to have high levels of an antioxidant called rutin, shown to improve circulation and prevent LDL cholesterol from blocking blood vessels.

Corn is sometimes dismissed as a nutrient-poor starch, but it is actually high in antioxidants - almost twice the antioxidant activity of apples. Eating corn with beans creates a complementary mix of amino acids that raises the protein value. Avoid labels that say "degerminated" when you're looking for whole-grain corn.

Millet is relegated to bird feeders in the United States, yet it's the leading staple grain in India, and is commonly eaten in China, South America, Russia and the Himalayas. Gluten-free, millet has a mild flavor and is often mixed with other grains or toasted before cooking to bring out its delicate flavor.

Quinoa (keen-wah) comes to us from the Andes, where it was cultivated by the Incas. Botanically related to Swiss chard and beets, rather than a "true" grain, quinoa cooks in 10 to 12 minutes, creating a light, fluffy side dish. It can also be added to soups, salads and baked goods. Its abundant protein is complete, containing all the essential amino acids our bodies can't make on their own.

Rice is available in many varieties: White rice is refined, with the germ and bran removed. Whole-grain rice is usually brown, but can also be black, purple, red or other exotic hues. Converted rice is parboiled before refining, a process that preserves some of the B vitamins, leaving it healthier than regular white rice, but still lacking many nutrients in brown rice. Rice is one of the most easily digested grains, ideal for those on a restricted diet or who are gluten-intolerant.

Sorghum is consumed by humans worldwide, but in the United States, most of the crop is fed to animals, made into wallboard or used for biodegradable packing materials. That's a shame, because sorghum, also called milo, can be eaten like popcorn, cooked into porridge, ground into flour, or even brewed into beer.

Teff is the principal source of nutrition for two-thirds of Ethiopians, who make it into the ubiquitous spongy injera flatbread. Teff grains are minute - just 1/150th the size of wheat kernels - but they pack a nutritional wallop, with twice the iron of other grains, and 20 times the calcium; one cup of cooked teff contains more calcium (387mg) than a cup of milk.

Wild rice is not technically rice at all, but the seed of an aquatic grass originally grown around the Great Lakes. The strong flavor and high price of wild rice mean that it is most often consumed in a blend with other rices or other grains. Wild rice has twice the protein and fiber of brown rice, but less iron and calcium.

From Whole Grains Council; www.wholegrainscouncil.org.

Note: Bean flours are not listed here, and will be covered separately.

Dates to Save

- **Thursday, Mar 9 from 6-9 pm** —Gluten-Free Gourmet (LLFW-309) University of Utah Continuing Education/Lifelong Learning. Cost is \$55. For more info, or to register, visit <http://continue.utah.edu/lifelong/detail.php?searchid=LLFW309>
- **Tuesday March 14th at 6pm** Wild Oats Meeting at the 4th South Wild Oats • 645 East 400 South • 801-355-7401 This month's topic focuses on eating out and on the go while following a gluten free diet. Holly will also have information on coping with gluten intolerance, introducing new foods to the diet, available food products from Wild Oats, sampling gluten-free foods, and learning more about restrictions from intolerance. Get support from a registered dietitian and others with gluten intolerance. Get up to date info - medical, restaurants, foods, products & research.
- **Wednesday, March 29 at 7pm:** Betsy of www.eatingglutenfree.com will demonstrate Enchiladas, Cornbread and maybe a dessert. Class is free but reservations are required. Call Macey's at 801- 356-3216 to reserve your spot for this cooking demo. Provo Macey's Little Theater, 1400 N. State St. Provo
- **Thursday March 30th at 7:30pm** — Wild Oats Meeting at the Fort Union Wild Oats • 6930 South Highland Drive • 801-733-9455 This month's topic focuses on eating out and on the go while following a gluten free diet. Holly will also have information on coping with gluten intolerance, introducing new foods to the diet, available food products from Wild Oats, sampling gluten-free foods, and learning more about restrictions from intolerance. Get support from a registered dietitian and others with gluten intolerance. Get up to date info - medical, restaurants, foods, products & research.
- **Thursday, Apr 6 at 7 pm** —Utah County GIG MEETING **Gluten-Free Naturally:** Come discuss menu ideas for foods that can be found at the grocery store. Learn how to prepare gluten-free meals without having to purchase costly gluten-free specialty foods.
- **Tuesday, Apr 11 at 7 pm** —SLC GIG MEETING **and** Northern Utah Group Meeting (separately)
- **Thursday, May 4 at 7 pm** —Utah County GIG MEETING
- **Tuesday, May 9 at 7 pm** —SLC GIG MEETING
- **Saturday, May 20:** Walk for Celiac Disease Awareness at Wheeler Farm in SLC
- **Fri-Sun, Jun 9-11:** GIG of North America Annual Education Conference in SLC Register online at www.gluten.net/events.html

GIG Newsletter free via email

The GIG newsletter will continue to be a free service for Utah celiacs and their families if the newsletter is delivered via email. A small charge of only \$12 a year (that's only \$1 a month) will be charged to people who choose to receive their newsletter in hard copy via U.S. Postal Service. This nominal fee will help us defray our costs of materials and postage.

Tip: People who don't have a computer in their home, may want to consider obtaining a free email account from Internet service providers such as Yahoo. Provide the email address to your local GIG branch manager, and you will be able to receive the newsletter at no charge. To check your email inbox, use a public library computer or drop in on your neighbor or friend who owns a computer. To pay for a hardcopy subscription to the newsletter, mail a check for \$12 written to UCGIG to: 69 East 1960 North, Orem UT 84057.