



Lancaster Area Celiacs

LAC Quarterly

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www.lancasterareaceliacs.org

Summer 2009

April Meeting Recap

The spring meeting of the Lancaster Area Celiacs was held on April 27 at the Mohler Senior Center in Hershey.

Nationally known author Cleo Libonati spoke to our group on the topic of "Celiac Disease: Symptoms, Nutritional Deficiencies and How to Achieve Wellness Living Gluten-Free". Like many people with celiac, Cleo suffered for many years before being diagnosed seven years ago. Since that time, she has used her nursing background to research the disease and how to survive on a gluten-free diet. Cleo and her family have developed a website, glutenfree-works.com, that provides much information about celiac disease as well as recipes for gluten-free meals.

Although celiac disease primarily affects the lining of the small intestine, it also affects many other parts of the body. Many times, people with celiac have difficulty absorbing vital nutrients and that often leads to malnourishment and other conditions. Cleo shared with the group how we should be checked annually by a physician to be sure there are no deficiencies in specific vitamins and minerals.

She listed many of the symptoms that we may experience if there are deficiencies in certain vitamins and other nutrients. The idea of working with a team of health professionals to ensure well-being was presented to us.

Cleo suggested that we work with a dietitian or nutritionist to be sure that we are eating foods that are nutrient dense as opposed to high calorie empty foods. She also suggested that we eat flaxseed meal, fruits, vegetables, beans, peas, nuts, and seeds for fiber. Taking certain vitamin and mineral supplements will help to avoid deficiencies.

She also reminded us of the importance of regular exercise to help keep our bodies strong. Working with a trainer will help to ensure that we are exercising in a way that will benefit us the most.

The importance of connecting with a support group such as the Lancaster Area Celiacs was emphasized by Cleo. Support groups are places to share information about the disease, gluten-free recipes, and reports of restaurants and stores catering to the gluten-free diet.

Valuable information about maintaining a healthy lifestyle when diagnosed with celiac disease can be found in Cleo's book [Recognizing Celiac Disease: Signs, Symptoms, Disorders and Complications](#). The book is an excellent resource for anyone with celiac disease. It will give you additional signs and symptoms to look for to show if you may still be ingesting some hidden sources of gluten. We were encouraged to log onto Cleo's website www.glutenfreeworks.com and to sign up for e-mail updates.

Minutes by: Sue Francis

April Vendors

Dutch Country Soft Pretzels
Ike Stoltzfus
ike@dutchcountrysoftpretzels.com
(717) 354-4493

Gluten Free 4 Me
Cindy Sunderland

Gluten Free Source
Beverly Fleming
contact@glutenfreesource.com
(717) 432-5100

Grandma's Gone Gluten Free
Sue Polachak
spolachak@comcast.net
(717) 392-6971

Spice of Life Bread
Kristen Ippolito
kristen@spiceoflifelancaster.com
(717) 330-4359

Tonya's Gluten Free Kitchen
Tonya Bernard
benber@comcast.net
(717) 272-6922

A Four-Fold Increase in Celiac Disease

Fifty years ago, little was known about celiac disease. It was thought to be something mainly confined to Europe, while today it is known to affect 1 in every 133 people in the United States. Is this increase because there is now more awareness and recognition of celiac symptoms or is it because more people actually have the disease? A new study from the Mayo Clinic has shown that the frequency of celiac disease in the 1950's was actually 1 in 652, meaning today's numbers show a four fold increase in celiac occurrence.

The study tested frozen blood samples from Air Force recruits taken in the 1950s for the purpose of preventing rheumatic fever. The samples were saved and eventually passed on to the Mayo Clinic in Minneapolis.

This study, which was published in the journal *Gastroenterology*, tested for celiac-

indicating antibodies in more than 9,133 of the samples. It found that 43 of the recruits had celiac disease, or 1 in 652.

The question then becomes, how did this big of a change occur? The study director, Dr. Joseph Murray, said that fifty years time is way too fast for human genetics to change, leading him to believe it is due to environmental influences. There are several theories on what these influences are. These include eating habits, the way our food is produced and processed, and even our modern, cleaner lifestyle which includes fewer infections and microbes, resulting in the immune system attacking healthy tissue.

While the reason is not yet known, we do know that the number of celiac patients is increasing. Together we can raise awareness and bring even more attention to this all-too-common disease.

Article Source: Minneapolis Star Tribune

Thank you to the following companies for providing samples for our April meeting:

Joan's Great Bakes Bagels
www.gfgreatbakes.com

Garden Spot Distributors
www.gardenspotdist.com

Mary's Gone Crackers
www.marysgonecrackers.com

Benton Enterprises (Cracklebred)
www.cracklebred.com

Bakery on Main
www.bakeryonmain.com

Ener-G (pretzels donated by GIG member)
www.ener-g.com

Real Foods (Corn Thins)
www.cornthins.com

Kay's Naturals (Protein Pretzels)
www.kaysnaturals.com



Early Detection for Better Wellness

The results of a 10 year study to determine the impact of mass screening for celiac disease in children was recently published in the journal *Pediatrics*. The study, which took place in the Netherlands, followed 32 children diagnosed with celiac disease between the ages of two and four through mass screenings. Of the 26 participants that adhered to the gluten free diet for the entire decade, all 26 had a better health-related quality of life after one year. After ten years, 17 of the participants reported an improved health status, similar to those without celiac disease. The six participants who did not adhere to the diet had no symptoms at the time of diagnosis and remained symptom free for the duration of the study.

While this study is limited in its number of participants, it does show that mass screenings for celiac disease, as opposed

to diagnosis in response to the occurrence of symptoms, can prove to be beneficial, especially when completed at a young age. The researchers concluded that while the study does not mandate celiac testing for all children, it does suggest the importance of limited screening programs for individuals at a higher statistical risk. These include those with typical celiac symptoms, disorders related to celiac, those with irritable bowel syndrome (IBS), and first and second degree relatives of those with celiac disease.

One important result of this study is that it shows that a gluten free diet does not worsen the quality of life, but improves it. Children don't have to suffer through symptoms of celiac. Instead, their bodies heal and they quickly learn to thrive on a gluten free diet.

Article Source: American Medical News

Adding Fiber to Your Gluten Free Diet

As we learned in Cleo Libonati's presentation in April, the gluten free diet, while imperative for celiacs, is lacking some important nutritional qualities. Fiber, which is important for everyone to eat, occurs in a lot of gluten based foods. However, some gluten free foods often lack the necessary fiber needed each day.

Unlike fats, carbohydrates, and proteins, fiber is not digested by the body. Instead, it passes through the body, providing increased bowel regularity. Fiber benefits the body and aids in health in many ways by preventing constipation, lowering the risk of digestive conditions like diverticular disease, lowering cholesterol levels and controlling blood sugar levels. This may also reduce the risk of developing type 2 diabetes, which is a disease related to celiac. In addition, it can aid in weight loss because it requires more chewing, allowing your body to know it's no longer hungry and avoid overeating.

The National Academy of Sciences' Institute of Medicine recommends that adult men 50 and under have 38 grams of fiber daily or 30 grams for men 51 and

over. Women are recommended to eat 25 grams for age 50 and under or 21 grams for women 51 and over.

Gluten Free Sources of Fiber (1 cup)

Flax Seed	43 g
Montina Flour	36 g
Amaranth Seed	30 g
Chickpea Flour	20 g
Cooked Split Peas	16 g
Red Kidney Beans	13 g
Soy Flour	12 g
Quinoa Seed	10 g
Wild Rice	10 g
Raspberries	8 g
Brown Rice	7 g
Boiled Broccoli	5 g
1 Medium Pear	5 g
1 Medium Apple	4 g

When adding fiber to a diet, it should be done slowly, adding one serving a day to avoid bloating and stomach pains. In addition, it's important to drink plenty of water, 6 - 8 glasses a day, to allow the fiber to absorb water and work best. Without water, the additional fiber could lead to constipation.

The best way to add fiber to your diet is by eating more fruits, vegetables, beans, peas, lentils, nuts and seeds. If you feel you still need to add more fiber to your diet, there are also gluten free fiber supplements available. Kon-syl products are advertised

as gluten free as are Metamucil powder and capsules (wafers are not gluten free). Benefiber contains less than 20 parts per million of gluten. Check with your doctor before adding these supplements to your diet and as always confirm they are gluten free.

Article Sources: Gluten Intolerance Group and Mayo Clinic websites



Gluten Free Social Networking Site

If you're feeling alone in a world full of gluten and you want connect with other people out there going through the same thing on a daily basis, check out the new social networking website: glutenfreefaces.com. It's like Facebook or My Space for people on a gluten free diet.

You can read blogs, share recipes, stories and information. You can also ask ques-

tions get caught up on the latest gluten free news, join in on discussion groups or even chat live with other people on the gluten free diet.

It's free to join, so check it out. You can even find other local people on the site and check out all the great resources available.

www.glutenfreefaces.com



Product News

Gluten Free 4 Me Closing

We are sad to say that one of our group's favorite bakers, Gluten Free 4 Me, is closing. Gluten Free 4 Me has been wonderful vendor that has served our us for many years. They helped many of us cope with the transition to the gluten free diet when we were struggling to find something GF that actually tasted good. We thank Cindy and her family for all they have done and wish them the best in the future.

Betty Crocker Goes Gluten Free

Betty Crocker is now making gluten free baking mixes. They have Yellow Cake Mix, Devil's Food Cake Mix, Chocolate Chunk Brownies and Chocolate Chip Cookies. The mixes are made in a dedicated gluten free facility and are in a specially marked yellow box. Many of our members have tried them and have said they are great. At this point, they are available locally at many Weis Markets and the Stauffer's of Kissel Hill in Lititz and on Rohrerstown Rd.

For even more product updates and reviews, check out this new website from NFCA: www.glutenfreehotproducts.com

Gluten Free Meals Ready to Eat

GoPicnic is a company that specializes in ready-to-eat meals for adults and children on specialty diets. The meals are nutritious and require no refrigeration or special preparation. They have several gluten free options including: Wild Salmon with Vegetables, Three Beans with Sweetcorn, Turkey Pepperoni and Cheese, and more. For more information, go to their website: www.gopicnic.com.



Help Bring Back Starbucks Valencia Orange Cake

A few months ago Starbucks introduced a new gluten free Valencia Orange Cake. They were in individually pre-wrapped packages to avoid cross contamination and were very moist without a gluten-free taste to them. Since then, Starbucks decided to discontinue the cakes from their menu, which is a real setback for the gluten free community. Even though there aren't a lot of Starbucks in our area, it is nice to have a place to go when traveling and need something quick to eat or even relax with some friends over a cup of coffee and a nice baked treat.

Triumph Dining, which makes gluten

free dining and grocery shopping cards, has started an online petition to let Starbucks know that we are here and we want gluten free options. Once they get 5,000 names on their petition, they will forward it to Starbucks to convince them to bring back the Valencia Orange Cake.

To add your name to the petition, go to the Triumph Dining website: www.triumphdining.com, click on the Blog tab at the top of the page, then scroll down to the post: Petition to Starbucks: Bring Back the Gluten Free Cake. They are now up to 2,500 signatures, so let's continue to join together and be heard!



Restaurant Review: Iron Hill Brewery & Restaurant

This is a fairly new restaurant on the edge of the Franklin Marshall College campus. Fortunately, I found Chef Ed and Chef Mario there, who are my favorite chefs in the area. Chef Mario recently transferred to Iron Hill and both of them are well versed on the preparation of gluten free foods and cross contamination practices.

Recently, I sat down with the Manager/Operating Partner, Chris Berghaus, to discuss their menu and food preparation practices. I was overwhelmed by their gluten free menu, which was two pages long and consisted of several appetizers, burgers, chicken, steaks, seafood, and of course, several salads, which are huge.

On my first visit to Iron Hill, I had the good fortune to have Rich as my waiter. He is aware of gluten free foods and was able to answer my questions. He suggested I try a burger, minus the bun of course. The burger was enormous and I even had the French Fries, which was a real treat - but you must check on their purity each time before ordering. Their appetizers, of which you have several to



IRON HILL
BREWERY & RESTAURANT

781 Harrisburg Pike
Lancaster, PA 17603
Phone: (717) 291 - 9800
www.ironhillbrewery.com

choose from, are served with raw vegetables instead of breads and are fantastic. If you like Hummus or Artichoke/cheese dips, give them a try, don't think you will be disappointed with either one. Have you been missing having a beer once in a while? Well, for those that enjoy a beer, Iron Hill has gluten free Red Bridge beer. Not a real beer drinker myself, but did give it a try and it was not bad, plus it didn't leave me with that bitter after taste that most beers have - so give it a try. Their healthy selections are smaller portions and a good choice for lunch or a light dinner - I had the Moroccan Spiced Salmon - which was delicious.

The Iron Hill Brewery was a real treat with their two page gluten free menu, so I was not limited to just salads and steaks. There were so many things to choose from, just like "OLD TIMES" - before Celiac. Just be sure to tell your waiter to let the chef know that you need to eat gluten free!

Review by Janet Smith
razi-leidee@comcast.net

A Reminder

While it might be tempting to indulge in some gluten every once in a while, it is dangerous. Gluten will cause damage to a celiac patient's body whether they feel it or not. Just eating gluten once a month can increase health risks by 600%.

We Need Your Recommendations

If you haven't seen our website yet, be sure to check it out! We have a lot of great information and we try to keep it updated with the best local restaurants and stores for the celiac community. To get the best information out there, let us know your favorite places to go. Places where they treat you right and don't look at you strangely when you say "I'm on a Gluten Free Diet". If there is a place that you've had a bad experience at, let us know that too!

The Eating Out Page of our website also now has Dining Cards that you can download, print out, and take along with you to restaurants to help explain exactly what you need for your meal. You can even leave a copy at the restaurant for the cooks to use in the future.

It's all on the website:

www.lancasterareaceliacs.org

A special thanks to John Bridgen Jr., our webmaster!



Co-Op Orders due August 10, 2009

Contact:
John Bridgen

Phone:
(717) 367-9308

Email:
cobrajb@embarqmail.com

Gluten-Free Food Co-Op

If you're looking for ways to save money on the gluten free products you use everyday, remember our Gluten Free Food Co-op with Garden Spot Distributors. Garden Spot sells food to our members by the case at wholesale prices. A portion of the money from co-op even comes back to our group!

If you'd like to get some products from the co-op, but don't think you can use a

whole case, let us know. We can split cases between members if we get enough interest in popular products like Glutano Tagliatelli Noodles or Conte's Pastas.

Please take a look at our website, www.lancasterareaceliacs.org, for a list of specials and a link to the Garden Spot website. For a mailed copy of the list or to place an order, please contact LAC member John Bridgen



Celiac 101 Class

If you are newly diagnosed or just need help surviving on a gluten free diet, this is the class for you. It will give you insight on where to shop, what to look for, what to do at restaurants and time for lots of questions.

Thanks to our class leaders Julie and Sandy! Call 392-1675 for more information.

Upcoming Celiac Events

NFCA Appetite for Awareness: A Gluten Free Cooking Spree

The National Foundation for Celiac Awareness (NFCA) will be holding their 6th Anniversary celebration at the Wachovia Center in Philadelphia. The event will feature 35 chefs from Philadelphia Area's best restaurants who will be teamed with top doctors to create gluten-free dishes for everyone to try in an Iron-Chef style competition. In addition, there will also be great music, wine, gluten free beer, an auction, and a marketplace!

The event will be held on Wednesday September 30, 2009 from 7:00PM - 9:30PM with a VIP reception 5:30 PM - 7:00 PM. Go to www.appetite4awareness.com for more information. If you purchase your tickets before September 1, 2009 the cost is \$75/person and \$100/person after that. VIP tickets are \$250 each and students are \$35 each. Be sure to come hungry to this event. It will be a great time and you'll have lots of unbelievable gluten-free food!

CSA Conference

The 32nd Annual Celiac Sprue Association (CSA) Conference will be held in Erie, PA this year. The conference will feature a number of presenters including Dr. Peter Green of the Columbia University Celiac Disease Center, Dr. Rodney Ford, professor of pediatrics at the University of Otago in New Zealand, Dr. Francisco Leon of Alba Therapeutics Corporation and many more including dietitians, a dermatologist, and even a plant pathologist! There will be special activities for kids (including some Halloween fun), teens and young adults, all of course, with some great gluten free food. Also don't miss out on the gluten free Oktoberfest Buffet!

The conference will be held October 30 - November 1, 2009 at the Bayfront Convention Center in Erie, PA. Check out www.csaceliacs.org for more information. The cost to attend is \$350 for CSA members and \$550 for non-members. It's only about a 5 hour drive from Lancaster, so with all of the great food and information, it's worth the trip!



Recipes of the Quarter

Flourless Peanut Butter Cookies

by Lisa Smith [notes by Erica Hoffman]

INGREDIENTS

- 2 large eggs, slightly beaten
- 2 cups Turbinado sugar (grinding improves cookies) [1 lb. bag = 2 cups, left whole provides a more textured cookie. I also found my little food processor was taking forever to grind it down].
- 2 tsp. aluminum free baking soda [regular is probably fine, if that's what you have]
- 2 cups natural peanut butter [smooth is probably best, as these crumble fairly easily]

- 2 cups semisweet chocolate chips or carob chips [approx 12 oz, optional. I used the full amount and they seemed overloaded with chips and had some difficulty integrating them.]

PROCEDURE

Combine slightly beaten eggs with the sugar and baking soda. Incorporate peanut butter into the egg mixture. Drop onto ungreased cookie sheet [small tsp full {walnut size} provides a small two-bite cookie] and bake at 350 degrees for 8 - 10 minutes [until they start to darken.] [These don't spread much and rise only a little. Batch with 2 chocolate chips made 5.5 dozen, 12 - 15 on a sheet.]
Let cool on cookie sheet for a few minutes before transferring to cooling rack. [They need time to harden as they cool.]

High Fiber Gluten Free Bread

From <http://gluten-free-desserts.com>

INGREDIENTS

- 1½ Cups Cornstarch
- ½ Cup Millet Flour
- 2 Cups White Rice Flour
- ¼ Cup Teff Flour
- ¼ Cup Flaxseed Meal
- ¼ Cup Inulin powder (Chicory Root type)
- 1½ Tablespoons Xanthan Gum
- 2 Teaspoons Salt
- 1 Teaspoon Garlic Powder or Onion Powder
- 1 Tablespoon Dried Chives
- 1 Package Active Dry Yeast
- 1 Teaspoon Apple Cider Vinegar
- 2 Tablespoons Sugar
- 1 Tablespoon Honey
- 1/3 Cup Olive Oil
- 2 Eggs
- 1 Egg White (Reserve the Yolk for Egg Wash)
- 1 Tablespoon Sesame Seeds
- 1¾ Cups Warm Water (110-115° F)
- 1 Tablespoon Melted Butter or Margarine
Reserve for Top of Loaf



PROCEDURE

Place cornstarch, flours, flaxseed meal, Inulin, Xanthan gum, salt, chives, garlic or onion powder and yeast in mixing bowl; mix. Add vinegar, sugar, honey, oil, eggs, egg white, sesame seeds and lastly the warm water; mix (slowly). Increase speed to high and beat for 4 minutes.

Spray a standard-sized cookie sheet with cookie spray.

Spoon dough into a gallon size zip lock bag (hint: place bag back in upright container, then spoon dough into bag). Cut one corner off the bag to form roughly 2 inch diameter opening in the bag when the dough is dispersed through it - cut the corner off diagonally, with the cut-line being about 3.5 inches long to get proper opening size).

Gently squeeze dough through opening onto cookie sheet to form one large loaf approximately a foot long. Reshape loaf as desired (should be minor reshaping if any needed).

Gently brush the melted butter or margarine on all exposed surfaces of the bread.

Allow bread to sit in a warm, dry location (free of drafts) covered loosely with plastic wrap for 40 minutes. Preheat oven to 375°.

Remove plastic wrap from bread and create egg wash by beating together, in a small bowl, the reserved egg yolk and one tablespoon of water. Gently brush the egg wash on all exposed surfaces of the bread and bake for 45 minutes (middle oven rack).

Yields one large loaf.

The bread 54 grams of fiber in the loaf and 3 grams in a half an inch slice!

August Meeting Preview

Date: Monday, August 24, 2009

Time: 6:30 PM - 8:30 PM

Location: Stager Conference Center
Lancaster General Hospital
555 North Duke Street
Lancaster, PA 17604

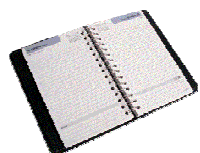
Speaker: Pam Curetan, RD
University of Maryland
Center for Celiac Research

Topic: The Gluten Free Diet: Fact vs Fiction
Join us as we look to dispel some of those popular gluten free myths!

Vendors: Garden Spot Distributors
Grandma's Gone Gluten Free
Tonya's GF Kitchen

Directions: Take Duke St. South or Lime St. North into Lancaster, turn left onto James St. and pull into entrance circle to park in the James St. Garage. Take elevator to the Ground Floor and follow signs for the Stager Conference Center.

Free Parking Passes will be available at the meeting.



Calendar

August 10, 2009

Co-op orders and payment due to John Bridgen

August 15, 2009

Pre-orders for Grandma's Gone Gluten Free products due to Sue: spolachak@comcast.net

August 24, 2009 6:30 pm - 8:30 pm

LAC Meeting

Stager Conference Center
Lancaster General Hospital

November 7, 2009 1:00 pm

Harrisburg GIG Meeting
Purcell Friendship Conference Hall
Milton Hershey School

Speaker: Dr. Stephen Wangen of Seattle, WA
Founder, Center for Food Allergies

LAC Updates

Looking for more information on food specials, gluten-free events and the latest in celiac research? Be sure to check out our e-mail updates. Many e-mail providers consider these types of e-mails spam, so be sure to add our e-mail address to your contacts and mark us as a safe sender.

If you have e-mail and don't already receive our updates, please let us know and we will sign you up!
lancasterareaceliacs@yahoo.com

Donations and Volunteers

Thank you to everyone who has donated to our group. Both your time and financial support go a long way to help us continue our goal of providing support for celiacs and spreading awareness of celiac disease locally and beyond.

Our group has now grown to over 275 people and with your help we are able to do mailings, make copies, and invite a wide variety of speakers to our meetings.

As we move forward we are looking for even more people to volunteer. The more awareness we can raise of celiac disease, the more people we can help and the better it will be for all of us as access to gluten free food will grow.

Committee

Chairs: George & Becky Maag
208 Old Hershey Road
Elizabethtown, PA 17022
Phone: (717) 367-9257
Email: lancasterareaceliacs@yahoo.com

Advertising:	Doris Jenkins
Brochures:	Patti Eitner
Food Co-Op:	John Bridgen
Fundraising:	Richard McKenna
Minutes:	Sue Francis
ROCK Chair:	Janelle Gregory
Samples:	Mike Schreiner
Special Projects:	Sue Polachak
Webmaster:	John Bridgen, Jr.
Restaurant Reviewer:	Janet Smith
Celiac 101	Julie Callender
	Sandy Stine
	392-1675