



Lancaster Area Celiacs

# LAC Quarterly

Volume III No. 3

[www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org)

August 2008

## April Meeting Recap

Thank you to everyone who attended our April meeting and to those who provided refreshments and new products for our members to sample. Our speaker was Dr. Paul Allegretti of Lancaster Gastroenterology, Inc. Thank you also to Julie Callender for helping to coordinate Dr. Allegretti's visit.

We were honored to have Dr. Allegretti with us to discuss follow up care for patients with Celiac Disease. Following a brief explanation of Celiac Disease which included video clips of a healthy duodenum and one with celiac disease, Dr. Allegretti focused on steps that celiacs should be taking to monitor their well-being.

Dr. Allegretti suggested the following steps in following the diagnosis of celiac disease:

Consultation with a skilled dietitian  
Education of the disease

Lifelong adherence to a gluten-free diet  
Identification and treatment of nutritional deficiencies

Access to an advocacy group  
Continuous long-term follow-up by a multi-disciplinary team

Beyond adhering to a gluten-free diet, celiacs should work with their physicians to monitor for nutritional deficiencies in vitamins D, A, K, E, and iron. Bone density tests should be administered on a regular basis to monitor for osteoporosis. Liver enzymes should also be checked. Many of these checks should be done on an annual basis.

Dr. Allegretti suggested that all first degree relatives of celiacs should be checked for the disease through a genetic blood test. If the genetic test is negative, the relative does not need to be tested further.

Recommendations were made to supplement a regular diet with additional vitamins and minerals with calcium and vitamin D being the most important. Others suggested were magnesium, zinc, and vitamin E. A gluten-free fiber supplement such as psyllium or flax seed was also recommended.

If a person is following a gluten-free diet and is still experiencing symptoms, that person should be checked for a secondary cause such as lactose or fructose intolerance, giardia, microscopic colitis, ulcerative enteritis, T cell lymphoma, or pancreatic insufficiency.

Dr. Allegretti discussed some of the hopes for the future for celiacs. Researchers are working on a gluten degrading enzyme that would neutralize gluten after ingestion. They are also working on bioengineering a wheat that is free of the antigen.

In the future, we may be posting Dr. Allegretti's presentation on our website, [www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org). Our next meeting is scheduled for Monday, August 25th at 6:30 pm at the Heart of Lancaster Regional Medical Center in Lititz, PA. See you there!

### April Vendors

Gluten Free 4 Me  
Cindy Sunderland  
[www.glutenfree4me.com](http://www.glutenfree4me.com)  
(717) 899-6482  
[cindy@glutenfree4me.com](mailto:cindy@glutenfree4me.com)

Willow Valley Family Restaurant  
Ed Homskie  
[www.willowvalley.com](http://www.willowvalley.com)  
(717) 464-2711  
[ehomskie@willowval.com](mailto:ehomskie@willowval.com)

Nu-Skin  
Cathy Garrison  
[www.yourplanetlink.com](http://www.yourplanetlink.com)  
(717) 507-0221  
[ga.1@comcast.net](mailto:ga.1@comcast.net)

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

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## Gluten-Free Food Co-Op



If you're looking for ways to save money on the gluten free products you use every day, remember our gluten free food co-op with Garden Spot Distributors. Garden Spot sells us food by the case so we can pay lower prices. Since Garden Spot will be at the August

meeting, we will be able to buy directly from Jean this time. If you have any favorite gluten free products that don't need to be refrigerated or frozen that you would like to buy from Jean at the meeting, contact George or Becky at 367-9257.

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### Is Maltodextrin Safe?

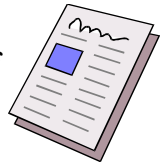
Maltodextrin has always been considered a questionable ingredient to those of us on the gluten-free diet. It does get confusing sometimes, but the bottom line is that maltodextrin is gluten free.

Maltodextrin can be made from a variety of starches, including corn, potato and rice. When it is made from any gluten-free starch, it is gluten free, and it is simply labeled as "maltodextrin."

Although it is less common, maltodextrin can also be made from wheat. When this is the case, the product must state "wheat" on the label in accordance with the Food Allergen Labeling and Consumer Protection Act (FALCPA). Even when it is made from wheat, however, it is so highly processed that the gluten protein in it is removed. In fact, when tested with one of the most sensi-

tive tests, maltodextrin made from wheat was determined to be gluten-free.

The FDA regulates 98% of food, subjecting it to FALCPA. Other foods which are regulated by the USDA, such as meat and poultry, do not fall under FALCPA. However, the deputy director of the USDA Center for Nutrition Policy and Promotion stated that if you see just the word "maltodextrin" on a USDA label "you can rest assured it would not be wheat."



In general, of the items that cause a potential risk for those of us on a gluten-free diet, maltodextrin ranks very low.

From Gluten Free Living Issue #1/2008

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While products under the regulation of the USDA are not required by law to comply with FALCPA, the USDA has issued directives to food processors that they must declare sources of the top eight allergens, including wheat, on their labels. Formal adoption of the FDA regulations are expected later this year.

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### Celiac Disease vs. Gluten Sensitivity

There are two types of gluten intolerance: Celiac Disease and Gluten Sensitivity. A person with Celiac Disease has an auto-immune response to gluten found in wheat, rye and barley. The diagnosis for this is done first with a blood test, then is followed up with a biopsy that looks for damage to the small intestine. If the biopsy shows damage, a life long gluten-free diet is prescribed to allow the intestine to heal. A person with Gluten Sensitivity, on the other hand, can have a reaction similar to that of Celiac Disease. However, there is no resulting damage to the small intestine when gluten is ingested. At this point

there has not been a lot of research on Gluten Sensitivity, and there are no tests to diagnosis it. Gluten Sensitivity occurs in varying degrees of severity and often worsens over time. Because there is no known damage being done to the body, a person with gluten sensitivity may be able to tolerate small amounts of gluten. A person with a sensitivity should work closely with their doctor or a dietitian to determine the appropriate levels their body can handle. Their diet should be evaluated regularly and nutritional supplements may be needed to maintain optimal health.

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## Not Diagnosed? Be Careful Going Gluten Free

Here is some news to give to anyone you know who may be considering going gluten free. Doctors have long cautioned against going gluten free without having an official diagnosis. While it is difficult to continue getting sick while you wait for your testing and results, going gluten free before you know for sure that you have Celiac Disease or Dermatitis Herpetiformis can cause your tests to come back negative even though you may have these diseases. A May 13, 2008 article in The Star Ledger states "an undiagnosed celiac who tries a gluten-free diet will only mask the existence of definite markers for the disease, including the "characteristic inflammatory process" of the small intes-

tine and higher than normal levels of certain antibodies that are found in people with celiac disease. If those markers are concealed, then any testing that is done will have inaccurate results."

According to registered dietitian Margaret Masiello, coordinator of the Kogan Celiac Center in West Orange, New Jersey, people who have given up gluten but decide to get tested again will have to eat gluten for four weeks before testing can be done.

More information can be found in the article "Before Going Gluten Free, Make Sure You Need To" by Meg Nugent in the 5/13/08 edition of The Star Ledger.

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### Traveling?

Visit the new website [www.glutenfreetravelsite.com](http://www.glutenfreetravelsite.com) for recommendations on great gluten free restaurants at your destination.

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## What Does "Gluten-Free" Mean?

Up to now, there have been no government regulations defining the term "gluten-free" in the US. Companies have been allowed to determine if their method of processing food is safe for celiacs and apply the term gluten-free to themselves. Starting this August, companies will be required to prove that any product labeled "gluten-free" is actually gluten-free according to specific standards. It appears that the government will require a product to have 20 ppm (parts-per-million) or less of gluten to

be considered "gluten-free". This means that products made from gluten-free ingredients, but that are processed in non-dedicated facilities and contain significant traces of gluten cannot be labeled "gluten-free". For celiacs, that means you won't have to call companies anymore to ask about their methods of production if the packaging says "gluten-free."

Article source:  
May 2008 Newsletterette

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## Gluten Free Foods at a Store Near You

At the April 21st meeting, we conducted a survey to determine which gluten free foods you would like to see in your local grocery stores. Your responses lead us to contact approximately ten local grocery stores to provide input on what products our members would like to see at those stores. As a result, Stauffer's of Kissel Hill,

which already has a great selection of national and local gluten free foods at their Lititz store, asked us to work with them to refine their selection to be in line with the demands of the people in our group. Some of our members have already met with them and we look forward to a continued relationship in the future. Thanks to all who participated!

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Naomi Poe of Better Batter Gluten Free Flour will be speaking at our August meeting. Instead of doing pre-orders, she will be coming with flour to sell at the meeting.

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## Restaurant Review: Barney's at Overlook Golf Course

Barney's is a quaint old horse barn that has been remodeled into a small casual and somewhat rustic restaurant on the grounds of the Overlook Golf Course. It serves fairly good meals and in the summer months, you can eat in or out on the deck under an umbrella.

Frequently, we eat lunch at Barney's, as they treat my celiac disease with great respect and have really taken an interest in the disease. They even ask me questions, so they can learn more about it. I feel that it is a real plus when someone wants to know more about the disease so that they can better serve me and others with celiac. We always ask for Ryan, Matt or Tim for a waiter, as I have discussed with them in detail exactly what needs to be done in the prep of my foods and many times they oversee my food prep first hand, so I have never had a problem with any meal eaten there. I'm partial to the Greek Salad with chicken breast - and prefer the balsamic dressing instead of the Greek dressing. I have also tried the Cobb Salad and the Southwestern Chicken Salad, but it's a little spicy for me right now - but you can ask that they use less spice. I did have them check the spice mixture for wheat and there was none - (many of the spices sold by Pampered Chef do have wheat in them, so beware of meat rubs.) We have also had the Salmon for dinner and one chef told me that if I call ahead he would fix me a crab cake without the breadcrumbs - can't do much better than that. I have-



n't done that yet, but I will try it soon. Unfortunately, you cannot have their homemade potato chips or french fries - they are really good, but presently they are fried in the same oil as breaded items are. I am working on them to use one fryer for the chips and fries and use another one for breaded items, but the owner has not come to terms with this idea just yet. Perhaps in the future he will.

It is advised if you are going there, to present them with a celiac card to give to the kitchen staff, as they can change daily. On this card, it says that I have celiac and please prepare my food using a clean glove, thoroughly wipe off the grill or use a piece of aluminum foil to grill my chicken/shrimp, plus wipe the cutting board before cutting my food on it and to use a clean knife in cutting up my chicken. In other words don't cut a breaded item, then cut my meat with the same knife without first washing it.

So as you can see, Barney's is one of my favorite places, mainly because they treat me with respect and don't make me feel that going the extra mile for me is a bother or takes too much time to see that my meal is safely prepared for me to eat. Hopefully one day soon, some of you will try Barney's and give me feedback on how you liked it.

Review by LAC Member Janet Smith

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## Tips for Eating Out

**TIP#1:** Recently while on vacation, we decided to eat lunch in, so went to the grocery store deli section to get fresh carved roast beef, cheese and potato salad. For some reason I just happened to ask for a print out on the potato salad. Now what can be in potato salad - potatoes, mayo, celery and perhaps onion and maybe eggs? Well the print out came out and "lo and behold" - it had wheat in it! Yes, wheat, so this was a good lesson that even though you think it should be safe, check the labels.

**TIP#2:** Eating at an Italian restaurant is really chancy - Did you know that even though you don't have pasta there, that many of them put pasta water into their sauces? Yes they do, as it makes the sauce cling to the pasta better and it doesn't matter if it's a red sauce or a cream sauce. So check with the chef as to what they do in the restaurant before ordering. Some will even cook your pasta for you if you bring it with you, but be specific and tell them to use a "clean pot and fresh water".

From LAC Member Janet Smith

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## Recipe of the Quarter

### Sweet Banana Polenta Cake

1 1/4 cups [Pamela's Ultimate Baking Mix](#) \*or your own self-rising gluten free flour mix

1 cup cornmeal

1/2 teaspoons baking powder

1/4 teaspoons sea salt

3 large eggs, room temperature

1/2 cup light vegetable or extra light olive oil

1 3/4 cups packed light brown sugar

3 very ripe bananas, mashed into puree

1/3 cup milk, coconut milk, or other non-dairy milk

2 teaspoons good vanilla extract

Preheat oven to 350 degrees F. Prepare a 10 x 13" baking pan by lining it with greased foil or parchment.

In a mixing bowl, whisk together the [Pamela's Baking Mix](#), cornmeal, baking powder and sea salt. Set aside.

In a larger mixing bowl beat the eggs. Add the oil and beat to combine. Add the sugar and beat till smooth. Add in the banana puree, milk and vanilla; do the same.

Add the dry ingredients into the wet, and beat to combine.

Pour the batter into the prepared baking pan and bake in the center of a preheated oven for 33 minutes, or until done. Check the center for doneness with a wooden pick. The cake should appear slightly golden brown at the edge, firm to a light touch.

Cool cake completely on a wire rack. When the cake is cool, cut and slice into squares.

Recommended by member Julie Callender  
<http://glutenfreegoddess.blogspot.com/>



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## 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.

For more information contact: Eileen @ 717-687-9460 or Sandy @ 717-392-1675

## Product News

### Health and Beauty Items

According to the book *Celiac Disease, A Hidden Epidemic* by Dr. Peter H. R. Green, Director of the Celiac Disease Center at Columbia University, gluten cannot be absorbed by the skin. He states that gluten can only get into the digestive tract by swallowing it, not by applying it to your skin, unless that product somehow gets into your mouth. Therefore, the products that you should be the most careful of are lipsticks, lip glosses, chapstick, etc, especially long-lasting brands, which often contain wheat. Cosmetics are not regulated by the FDA, and therefore don't have to include ingredients like most food products do.

### McCormick

All McCormick single ingredient spices and herbs are gluten-free and 100% pure, with nothing added to them. All McCormick extracts, including Pure Vanilla, are also gluten-free. Some products do contain gluten, and this will be clearly listed in BOLD type within the ingredient statement.

Further the website states: ""Old Bay does not contain gluten" and "All of our food color products are gluten-free."

Some McCormick spices are processed in facilities that also process wheat products. However, employees are trained in the importance of correct labeling and the necessity of performing thorough equipment wash-downs to eliminate cross-contact of ingredients.

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## LAC Website

Be sure to visit our website:

[www.lancasterareaceliacs.org](http://www.lancasterareaceliacs.org).

It has information on everything from a biological explanation of celiac disease, to gluten free tips, to local restaurant and grocery store recommendations. If there's one you'd like to share with the group, let us know and we'll put it on the website.

Many thanks to our webmaster, John Bridgen, Jr for his hard work and creativity!

## August Meeting Preview

Date: Monday, August 25, 2008  
Time: 6:30 PM - 8:30 PM  
Location: Heart of Lancaster Regional  
Medical Center  
1500 Highlands Drive  
Lititz, PA 17543  
Speaker: Naomi Poe  
Owner,  
Better Batter Gluten Free Flour  
Topic: Living Gluten Free without  
Going Bankrupt  
Vendors: Better Batter Gluten Free Flour  
Grandma's Gone Gluten Free  
Garden Spot Distributors  
Everybody Eats

Naomi Poe, a celiac herself, is the mother of two celiac children and has a celiac husband. Over the years, she has learned how to enjoy living the gluten free lifestyle while remaining frugal. Join us as we learn her tips and tricks for trimming the costs of eating gluten free.

## LAC Updates

Looking for more information on food specials, gluten-free events and the latest in celiac research? Be sure to check out our bi-weekly 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 again to all of those who have donated their time and money to our group. Your help keeps us going so that we can continue to educate ourselves and the world around us about Celiac Disease. With your support we can pay for paper, mailings, speakers, ink, copying, etc. Your time allows us to run programs and make our meetings friendly and inviting to everyone. We have over 240 members on our list, so when everyone gives a few dollars at our meetings, it goes a long way toward allowing our group to continue in the future.

## Calendar



August 18, 2008

*Pre-Orders due for Grandma's Gone Gluten Free*

August 25, 2008 6:30 pm—8:30 pm

*LAC Meeting*  
Heart of Lancaster Regional Medical Center  
1500 Highlands Drive  
Lititz, PA

November 10, 2008 6:30 pm—8:30 pm

*LAC Meeting*  
Heart of Lancaster Regional Medical Center  
1500 Highlands Drive  
Lititz, PA

## 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.  
Minutes: Sue Francis  
Celiac 101: Eileen Mauskapf  
687-9460  
Sandy Stine  
392-1675