

Taming of the **SPROE**

May, 2008

Denver Metro
Chapter #17 of CSA/USA, Inc.
Celiac Sprue Association/
United States of America, Inc.

www.geocities.com/csadenver17

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Meetings: 1st Thursday of even numbered months at 7pm unless otherwise noted
Board meetings are the first Thursday of odd numbered months at 6:30pm

June Meeting: FOOD FAIR

Date: Saturday, June 14th, 2008
Time: 10:00 am – 12:30 pm
Location: El Jebel Oasis
4625 West 50th Avenue

Directions: From I-70, take the Federal North exit to 50th Avenue. Drive West on 50th (also known as Regis Blvd.), 2 blocks past Tennyson. From Sheridan, turn East on either 46th Ave. or 52nd Ave. to Tennyson. Take Tennyson to 50th and 50th West 2 blocks. Parking at the Shrine Center is on the right. Park on the east side and enter at the lower level door on the Northeast side or to the right of the main entrance on the south side and down the stairs.

Event: Come one, come all, to the second Denver Metro CSA Food Fair. Local and national vendors will be on hand to tempt you with delicious cakes, cookies, breads, gluten-free flour mixes and product samples. Area restaurants will sell items from their gluten-free menus. Merchants are providing door prizes and give away items. Cel-Kids will have a Kids-Korner, with children's activities.

Last year, there were over 35 vendors and 400 participants!

Oats at meetings: In consideration of newly diagnosed members and those who might have problems with oats, we ask our members not to bring snacks made with oats. We thank you, and our intestines thank you!

Newly Diagnosed? For those who are newly diagnosed with Celiac disease or are a caregiver of family members with CD, feel free to come. A CSA Chapter table will be set up where Diane Moyer, dietitian and board member, will be available. Other board members will also be available to help you as well.

SAVE THE DATE: August Gluten Free Picnic

Saturday, August 2nd from 11:30 a.m. to 1:30 pm
at Addenbrooke Park, 600 South Kipling.

Mark your calendars for family fun in the sun and guaranteed good eats at the annual CSA picnic. The Denver CSA Chapter will provide the main dishes from Brother's Barbeque, paper goods and drinks. Please bring a side dish or dessert. Don't forget to bring the recipe to share.



Help Please

With the Denver CSA Chapter growing and getting involved in more and more events, we need your help more and more. Success for our future events depends on having enough volunteer help and we have positions that are now open that we desperately need to fill. Positions open include:

Vice President—Term starts Jan/09

Secretary – Term starts Jan/09

President—Term starts Jan/09

Please call if you're even remotely interested. Let's keep the momentum going! It's important to all pitch in. Call Gina Meagher at 303-279-9382 or email her at gmeagher@q.com

Newsletter Deadline

July 1, 2008 is the deadline to submit articles or information for the July newsletter. Please send submissions to margo.scharer@yahoo.com



Speaking Gluten Freely

From Debbie Knapp at Vitamin Cottage (presented at the April meeting):

Several new GF products are now available to us: Bob's Red Mill Pizza Crust Mix.

Bread of Life Bakery has 3 new sorghum based frozen breads: Country Brown, Multigrain and Pumpnickel. You may have to special order these through the store, 2 cases minimum.

Country Life Vitamins entire product line is now certified as GF, by GFCO, www.gfco.org. GFCO only certifies products for gluten content. GF products with their seal may contain no more than 10 ppm of gluten.

Gluten-Free Pantry is no longer making their angel food cake and Skillet Meal mixes.

Glutino, (owned by Gluten-Free Pantry), wafer sandwich cookies are available in Lemon and Strawberry; also Chocolate and Vanilla, which are both coated in chocolate. They are discontinuing the following mixes: chocolate cake, white cake, muffin and pancake.

Good Karma is making GF organic rice milk, along with nondairy ice cream in pints.

Laughing Giraffe raw vegan granola and Snackaroons are made in a dedicated GF facility.

Lesser Evil Kettle Corn comes in five flavors and seasonal varieties and their potato Krinkle Sticks come in four flavors.

Lundberg Farms Rice Twists, a new product, are made with GF ingredients, but are made in a facility that contains wheat. Lundberg will test them over the next 7-9 months to check that they stay GF. If all the tests do well, they will label them after that time period as GF.

Mexisnax multigrain tortilla chips are GF, but cross contamination can be a factor.

Nature's Path new Envirokidz GF cereal includes Leapin' Lemurs – a mixture of Chocolate and Peanut Puffs. **The Penguin Puffs are NOT GF.**

NOW Foods has a new GF brownie mix, Whey 2 Good, with whey protein, flaxseed and no flours.

Outside the Breadbox new Imagine breads, now in our stores, are replacing their old recipes.

Pamela's Simple Bite cookies newest flavor is Extreme Chocolate.

Republic of Tea has had their teas, tea bags and packaging certified GF by GFCO.

Rustic Crust twin pack of mini pizza crusts is made in a USA dedicated GF facility.

Stoneyfield Yogurt certified GF products made in the same facility are 6 oz cups, 32 oz. yogurts, YoBaby, YoKids, YoMommy multipaks and 4 pack and 10 oz Smoothies.

Our **bulk** items in the vacuum-sealed bags are processed by **Vitamin Cottage**, like the bulk items in the bags with twist ties. **Please be aware that our packaging facility does NOT have a dedicated GF area, thus cross contamination of both is a possibility.** Grocery managers can special order items for you that they may not stock, if they are in our system.

Frankly Natural GF Brownies come in two new flavors: Java Jive and Misty Mint.



General Mills is now making GF **Rice Chex**. The malt flavoring has been replaced with molasses. The box will be marked "gluten free" on the front. It is not manufactured in a GF dedicated plant. Only the 12.8 oz. box will be GF at this time. Since there still may be boxes on the shelf that contain barley malt, **be sure to check the box for GF labeling before purchasing.** Shipping to grocery stores began on the 02/01/08. *General Mills, 2/1/08*

Allergaroo ready-to-eat entrees are now available at GlutenFree Trading Company. These kid-friendly dishes packed in microwaveable pouches come in three tasty flavors: **Spaghetti, Spynoodle, and Chili Mac.** All three flavors are gluten free and free of eight common food allergens: wheat, milk, soy, peanuts, tree nuts, egg, fish, and shellfish. <http://www.allergaroo.com/>

From Monica Poole at Deby's:

King Soopers is considering bringing in GF, dairy free cakes. These would be nine inch round layers that would be iced and decorated in the Kroger Colorado store locations with an in house bakery, under the **8 Free Foods** line. **Let your Kroger bakery manager know if you would be interested in this item.**

The Purified Water to Go Store at 5657 S. Himalaya, off of Smokey Hill in Aurora is under new management. The new name is **H2O & Stuff**, at 303-400-1455. Please contact the owner, Shelley, for information about the GF products she has in stock before going to the store. Let her know what type of items you would like them to carry. With the closing of Naturally Organic and Water to Go at Castle Pines recently, this will be a new market for GF shoppers in the southeast area.

The Everything Gluten Free store in Casper, WY is up and running. Call Lindsey and Ty Svejksky at 307-232-8376 for their business hours.

Vita Shack at 346 Mountain Ave. in Ft. Collins, 970-689-3036, is carrying a good selection of GF products. The owner, Michelle, is very supportive of the celiac community.

Please shop at these locations and let the management know that you appreciate their efforts to bring in GF foods. THANK YOU to all of the customers who shop at Deby's. 3 years and I believe we have the best customers in the world. We have gone from 175 to 400 GF offerings and our menu from two pages to six. We hope to continue to serve the celiac community for many more years with unparalleled selection in both shopping and dining.

Frito Lay Update:

AS of April 8, 2008 the following are ADDITIONAL GF Frito Lay products that can be ADDED to the product list: **CHEETOS** Chile Limon Flavored Snacks and Xtra Flamin' Hot Cheese Flavored Snacks, **CHESTER'S** Cheddar Cheese Flavored Popcorn, **DORITOS** Collisions Tortilla Chips: Hot Wing and Blue Cheese, Zesty Taco and Chipotle Ranch, **DORITOS** Poppin' Jalapeno, Sizzlin' Picante, **FRITO LAY** Praline Pecans, **FRITOS** Tangy Roasted Corn Flavored Corn Chips, **LAY'S** Potato Chips: Deli Style Original, Hot and Spicy Barbeque, Wavy Ranch, **LAY'S** Kettle Cooked Potato Chips: Reduced Fat Original, Southwestern Ranch, Sweet Chili & Sour Cream, **RUFFLES** Authentic Barbecue Flavored Potato Chips, **TOSTITOS** All Natural Salsa: Hot, Medium, Medium Black Bean and Corn, Medium Pineapple and Peach, Mild

The following products are no longer being produced or are not GF: **BAKEN-ETS** Fried Pork Cracklins Hot n' Spicy, Fried Pork Skins Chile Limon, **CHEETOS** Cheese Flavored Snax Astroids Mini: Flamin' Hot, Regular, **DORITOS** Tortilla Chips: Ranchero, Salsa, Wild White Nacho, **LAY'S** Potato Chips: Italian Rosemary and Herbs, KC Masterpiece Barbeque, **LAY'S STAX**: Hidden Valley Ranch, KC Masterpiece Barbeque, **RUFFLES** KC Masterpiece Barbeque

**** IN THE NEWS ****



The April 15, 2008, online edition of **9news** included an article about 9Health Fair, Colorado's largest health fair program. This program offers free and low-cost health awareness and educational screenings in many communities around Colorado. The article discussed a group of visiting Russian doctors who came to learn how to implement health fairs in communities in Russia. One doctor interviewed discussed her specific desire to implement screening for celiac disease at a Russian health fair as a method for early diagnosis of CD. Denver CSA had 4 representatives at 9Healthfair and a new banner describing symptoms of CD and showing a diverse group of people with CD.
<http://www.9news.com/news/article.aspx?storyid=90023>.

Several news agencies, including **Reuters**, reported on a Swedish study that found that people on a gluten-free, vegan diet had lower levels of low-density lipoprotein, or LDL, the so-called "bad cholesterol" which can lead to clogged arteries compared to those on a standard diet. The people in the study group also lost weight while the volunteers on a standard diet showed no change. In the study, Johan Frostegard of the Karolinska Institute in Stockholm and colleagues put 38 volunteers on gluten-free vegan foods and had the other 28 people eat a balanced but non-vegan gluten diet for one year. The researchers said further study was needed to determine the roles the different foods may play in offering protective benefits against heart attacks and strokes.

In April 11, 2008, the online version of **Cordis News**, reported on a UK corporation, cd-Medics, who just started to design a new tool to aid in the diagnosis and manage the compliance of people living with celiac disease. At the heart of the project is so-called 'lab-on-a-chip' technology. A user places a drop of blood onto a device the size of a credit card which is then inserted into a machine that runs the tests automatically. The card consists of a microstructured network to control the flow of chemicals and a specially adapted surface to capture the biological components being looked for, and a sensor system designed to enable fast detection. The system will test for genetic pre-disposition as well as specific anti-bodies. For more information see <http://www.cdmedics.eu>.

Gluten Free

Classes and Events !!

Phipps Mansion Gluten-Free Lecture Series



May 20th GF Rhapsody On An Asian Theme
Chef Marcia Kramer, Johnson & Wales University
Chef Yume Tran, Indochine Restaurant

June 17th Planet of The GF Grains
Christy Brennand, The Whole Chef
Executive Chef Sean Huggard, Black Pearl & Encore Restaurants

July 22nd A Journey to India
Jean Duane, Alternative Cook, LLC
Head Chef with Shirley Anne Sanchez, India House

August 19th An Italian Sojourn
Colleen Clark, Dinner Plans
Executive Chef Elise Wiggins, Panzano

September 9th Gateway to the Land of the Incas
Joanne Saltzman, The School of Natural Cookery
Executive Chef Alex Gurevich, Limon & Café Bisque

October 14th A Tale of Two Cuisines
Executive Chef Drew Middleton, Gaia Bistro + Rustic Bakery
Executive Chef Sergio Iraola, Cebiche Peruvian Dining

November 11th Old Plymouth Pathways to Modern Gluten-Free Holidays
Carol Fenster, Ph.D., Savory Palate, Inc.
Featured Chef TBA

Schedule information and registration are available at www.theglutenfreelifestyle.com.

Introduction To The GF Diet and Celiac Disease

Presented by Diane Moyer, M.S.,R.D.,C.D.E.

This 3 hour class offers an introduction to the gluten-free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, what to look for on food labels, how to stock your kitchen, eating out and more. Cost is \$45.00 (includes a copy of the Denver Metro *Gluten-Free Products List*). Call 720-560-3734 for more information.

The West Area Celiac Group Social (Golden, Evergreen, Morrison, Conifer) will meet at Beau Jo's Pizza, Main Street Evergreen on Saturday, May 17th at 11 a.m. to enjoy gluten-free pizza, and get acquainted so that we may share information and support one another. Please call Contact Bev Haney at 303 670-0063 if you plan to come so that she can tell them how many to expect.

CrazyQFarms Bakery is having a **Free GF Country Picnic**. Vendors will serve GF food or people can come with their own lunch and tailgate! The Hilltop School House is an 1898 one room school house that people can and have lunch and shop. This picnic benefits the charity, the Mamocomo Foundation. No pets, alcohol or smoking

Date: August 9th 10am-3pm

Location: Hilltop School House in Douglas County
http://www.crazyqfarm.com/news.html#Country_Picnic.

Gluten Free Nutrition Family Camp

"Get On A Mission of Nutrition" Family Camp is a fun summer camp in the beauty of the Jemez Mountains of New Mexico. This camp can be attended by the entire family, serves healthy organic food and caters to the needs of those with common food sensitivities. Brought to you by the Intestinal Health Institute and Kenny Davin Fine, M.D. for your Health, Happiness, and Hope!

www.KennyDavinFine.com www.IntestinalHealth.org.

When: Sun. June 29th PM to Friday, July 4th, noon.

Where: YMCA Camp Shaver, Jemez Springs, New Mexico (about one hour northwest of Albuquerque)
www.campshaver.org.

For more information, including cost see <http://www.intestinalhealth.org/Camp>
Space is limited so register now!

GLUTEN INTOLERANCE GROUP (GIG) CONFERENCE

When: June 6-7

Where Dallas Fort Worth Marriott, Irving, TX
Early Registration ends May 21, 2008

Excellent speakers including Dr. Alessio Fasano, Dr. Edward Hoffenberg, Dr. Michelle Pietzak, Andrea Levario J.D., Carol Fenster, Cathy Breedon, Dana Korn and Dr. Megan Tichy.

To register go to www.gluten.net

MEMBERSHIP RENEWALS

If you see "LAST ISSUE" on your newsletter it means that it is time to renew your subscription to CSA Denver. Dues are \$15.00/year For more information, or if you have any questions, please call Donna DeVisser at 303-973-4613. Make check payable to "Denver Metro Chapter #17, CSA/USA". **Please see membership form at the end of the newsletter.**

CELIACS ONLINE



GlutenFreeTravelSite.com

<http://www.glutenfreetravel.com> is a website focused exclusively on user-submitted gluten-free travel reviews of hotels, resorts, restaurants, and cruise ships. Visitors to the site will be able to quickly and easily access travel reviews organized by geographic region -- and read about others' personal experiences traveling and dining out in any part of the world. The hope is that having access to all these helpful reviews will open up a world of travel options for people with Celiac and reduce the amount of time spent researching a "Vacation From Worry". Use the site to research vacations or submit a review sharing your experience from a hotel, resort, cruise, or favorite restaurant. This is a new website so please put in your reviews and help build it up for others as well.

SUPPORT: American Celiac Disease Alliance is asking for support of the attached bill which would make May the official National Celiac Awareness Month in the United States.

ACDA is seeking the support of organizations and individuals to contact their elected representatives as soon as possible. We feel that the United States should observe National Celiac Awareness Month in May, as does the rest of the world ---including the European Celiac Society.

The below website includes an "editable" letter that you can send.
<http://capwiz.com/ceciac/issues/alert/?alertid=11286301>.

PARENTS of CD teens: this blog includes an interesting article about living with a teenager with celiac disease and provides some good ideas.
http://glutenfreemom.typepad.com/gluten_free_mom/2008/05/ceciac-disease.html.

GF Whole Grain Website: Site specifically for GF cooking with whole grains (From Houston Celiacs.)
<http://glutenfreegrains.com/index.html>.

Making Tracks for Celiacs: May is the month that many cities, with the sponsorship of University of Maryland, have fundraiser walks to raise money for celiac research and raise awareness. Colorado doesn't have a walk yet, but you can participate in another state or donate online:
<http://celiacwalk.kintera.org/>

RESEARCH UPDATES:

Celiac Survey Participants Needed



A Pharmaceutical Consulting Company is looking for people with Celiac Disease to assist in their research for a potential treatment. The company is looking for people willing to complete a 60-minute phone interview, in which they will be interviewed about their Celiac Disease. If you are interested, please follow the given link to complete a short 10-question survey. At the end of the survey, you will be asked to provide your email address, so the company may contact you to schedule the phone interview. CSA sincerely appreciates your efforts!

10-Question Screener Survey (from Nat'l CSA):
<http://www.poll daddy.com/s/5F1729F7E25FC9EB/>.



NEW BOOK: The Living Gluten-Free Answer Book by Suzanne Bowland (Sourcebooks 2008)

Denver writer, Suzanne Bowland, has written a GF living book, *The Living Gluten-Free Answer Book*. The book covers the GF lifestyle in an easy-to-read question and answer format. Arranged in 17 distinct categories, the book provides tips, tools, solutions, and strategies for realistically and successfully living a gluten-free life. The book covers the gamut of topics including tackling the kitchen and stocking the pantry, grocery shopping & label reading, cooking, food products and mystery ingredients, ethnic cuisine, dining in restaurants, traveling, family & friends, the medicine cabinet, health & nutrition, psychology, and much more. Books are available @ The Tattered Cover, Barnes & Noble, and Borders, Amazon and more.

NEW Gluten-Free Lifestyle Newsletter is a bi-monthly publication that includes articles on living GF, recipes, product reviews, book reviews, business profiles, a kids' corner, and more! The May/June issue will focus on surviving summer GF, including camping, hiking, B-B-Qing, and sending your kids to summer camp. Submissions are \$12/year for electronic copy (pdf) and \$24/year for hard copy. Pay by PayPal or checks. Email katludlam@gmail.com to request a FREE copy of the introductory issue (March/April 2008) and/or to subscribe. If you don't have email access you can call Kat at 970-214-4740.

Celiac Friendly Restaurants

Hacienda Colorado Mexican restaurant has a GF menu. They have 4 locations and a new location at Colorado Blvd. and Mexico will be opening in May, 2008. www.haciendacolorado.com.

From Ruth McAdams – **Pappadeux Seafood Kitchen** @ 7520 E. Progress Place, Greenwood Village, CO 80111, (303) 740-9449. Ruth indicated that she has had 2 great experiences at Pappadeux. Although they don't have a GF menu, she talked to headquarters once and the restaurant manager on each visit. They were willing to substitute and bake instead of grill. They seemed to have a good understanding of cross-contamination challenge. <http://www.pappadeaux.com/index.htm>.

From Wilma Cagle – **Indochine Cuisine** @ 10920 S. Parker Rd, Suite B9 720-851-8559 is a great restaurant for those on a GF diet. The menu, which includes both Thai and Vietnamese dishes, indicates which dishes can be made GF. They are happy to accommodate ! NOTE: they are moving soon to 9751 E. Main Street, Parker, CO. a few blocks away.

From Boulder Celiac Org - **Patrick Carrols** in Denver @ 41st and Tennyson. One of the managers is a Celiac and they carry Redbridge. They also have several gluten free meals on the menu. They are not labeled GF, but the staff is very helpful and all seem to have a great understanding of gluten. Great atmosphere and great food.

From Lynette Davis - At **Gunther Toody's** order a hamburger without a bun and french fries, which are made in a dedicated fryer.

Beware of Gluten.!!!!

There are many rice blends available to the restaurant trade that may have gluten based grains. It may not be enough to ask that the chef check the seasoning package for gluten ingredients. One company, **Chiefton Wild Rice Company**, manufactures several rice blends. Nine of their 14 blends include Couscous, Bulgar wheat, Wheat Berries, Orzo (a tiny wheat pasta), or golden barley (the size of a rice grain.) Always check all labels!

April 24, 2008- **Jugos del Valle USA** is recalling "Del Valle Clam Club Tomato and Natural Clam Cocktail" beverages due to undeclared milk, fish, **wheat**, crab, and shrimp. These products were not distributed in Colorado, but were distributed in other states. The product is packaged in 8.4-oz. glass bottles with UPC 32239 05702. Consumers may return the product to the place of purchase for a full refund. Consumers with questions may call (866) 878-7397.

Abrusci's Server, Emiliano Acevedo writes a paper on Celiac Disease.



Abrusci's @ 3244 Youngfield Street, Wheat Ridge, CO 80033 is known for its broad GF menu and delicious Italian cuisine. As a result, Abrusci's attracts many diners with CD. The following are some excerpts of a paper by student and server, Emiliano Acevedo. Emiliano decided to write a paper on Celiac Disease since so many of the people he serves ask for "Gluten Free". Be sure to say hello and thank him for taking an interest when dining at Abrusci's.

Emiliano writes, "It may be surprising to most, but the first time I heard of a gluten-free diet was at my work, which so happens to be a wheat infested Italian restaurant called Abrusci's. For the past few years, there has been an increase in celiac costumers. Though it is annoying to wait on a celiac, who constantly says, "Make sure it's gluten-free," I know how imperative it is for them to not consume gluten ... Disastrous effects (of gluten) also make it important for people who experience the symptoms of celiac disease to be properly diagnosed, for if they are not properly diagnosed they will become unaware of their need to avoid gluten and the potential problems that celiac disease can bring about."

Emiliano continues to describe Celiac disease and how gluten affects the body of someone living with Celiac Disease. He outlines the symptoms of celiac disease, and discusses the difficulties of the diagnosis of the disease.

As well, Emiliano discusses some of the difficulties of untreated Celiac Disease. He writes "Untreated celiac disease can lead to osteoporosis. A damaged small intestine can lead to a low absorption of Calcium, which is essential for building and maintaining healthy bones... Since calcium is needed to keep bones healthy, low bone density is common in anyone whose body doesn't absorb enough calcium. Hartnup disease involves an inborn error of amino acid metabolism and a niacin deficiency that can be due to poor nutrition. This disease causes skin problems, disorientation, vision impairment, mild mental deficiency, gastrointestinal problems, and nervous system abnormalities. Some patients of Hartnup disease turn out to be undiagnosed celiacs."

Emiliano ends nicely: "Now that I know the potential danger that the consumption of gluten can do to a celiac, I will gladly endure the constant, "Make sure it's gluten free," commands, and take pleasure in inviting all celiacs to Abrusci's, for a fine, gluten-free Italian dining experience."

Pin-Milled Flour Could Mean Tastier Treats for Gluten-Free Eaters

Celiac.com 04/22/2008 - There's some good news on the product development front for folks on a gluten-free diet. Lest you think that companies are resting on their laurels, think again. With gluten-free products moving out of the niche segment of the market and more into the mainstream, there is tremendous interest among manufacturers in improving existing products and creating new products. Part of this interest lies in improving the functional properties of ingredients, especially the various flours that form the base of so many breads and bread-like products.

One problem that has stood in the way of rapid gluten-free product improvement has been a lack of knowledge about the functional properties of flours made from rice and other grains. When it comes to making tasty products, so much more is known about the functional properties of wheat than about other grains, but that is rapidly changing.

A team from the US Agricultural Research Service and the Dale Bumpers National Rice Research Centre recently set out to evaluate the ways in which different milling techniques might improve the functional properties of rice-based foods. Their findings indicate that pin-milled rice flour seems to produce products with a superior texture that the standard commercial-milling method.

The research team used the same second-head long-grained rice in all of their tests, and compared baking results for commercial-, pin-, and Udy-milled rice. The Udy-milled flour was chemically similar to the pin-milled flour, with similar amylose and protein levels, yet still produced inferior breads. The commercial flour was milled using a proprietary combination of a hammermill pass and a turbo mill follow-up.

Breads made with commercially milled rice flour showed unfavorable texture and produced flatter, less fluffy loaves, often with large holes in the slices, while bread made with pin-milled rice flour produced fuller, fluffier loaves with better texture, and less holes. Pin-milling rice flour seems to result in more uniformly sized particles with less fine particles, making it superior for creating the novel rice-flour-based food products that are making up an increasing portion of the rapidly expanding market for gluten-free foods.

Using pin-milled rice flour in place of conventionally milled rice flour, will likely result in better tasting tortillas, breads and rice-flour based products.

The market for gluten-free foods has grown at more

than 25% annually, from \$210 million in 2001 to nearly \$700 million in 2006. The figures for 2007 are not in yet, but analysts predict that the market will continue to sustain growth rates of 25% through 2010. This means that by the end of the decade, the gluten-free food industry will generate revenues in excess of \$1 billion annually. This strong growth has been due largely to a greater awareness and improved testing methods for celiac disease. However, the creation of new and successful gluten-free products has been relatively slow, due largely to technical challenges and a lack on investment in research and development.

Creating better gluten-free specialty foods using pin-milled rice flour might give producers who rely on rice ingredients a way to recover the costs of rice, which has risen nearly 70% since the beginning of the year. With technical breakthroughs, such as improved milling techniques, and greater investment in research and development, the market might see even greater gains that it has seen to this point. As more and more mainstream manufacturers look to tap into the ever-growing market for gluten-free foods, and as technical revelations increase, people with celiac disease and others on gluten-free diets are likely to see more appealing, better tasting gluten-free products become more widely available than before.

Source: Effects of Milling on Functional Properties of Rice Flour

R.S. Kadan, R.J. Bryant, and J.A. Miller

Published article online: 11-Apr-2008

Help: Web Site Designer Needed

Denver CSA is looking for volunteers to help build its new web site!

Our current site is available at
www.geocities.com/csadenver17.

Interested? Please contact Gina at
gmeagher@q.com

Confidentiality

The Denver CSA chapter respects your right for privacy. On the membership renewal form, there is a new added section regarding confidentiality. We are requesting your permission to share your information with other celiac members within the organization for official CSA chapter business. The list will never be sold or given to anyone for any reason. When you renew your membership, please sign on the line authorizing CSA to share your information as needed. Thank you.

GLUTEN FREE RECIPES



Cream Puffs or Eclairs

DOUGH

1/2 C water
1/4 c butter
1/4 tsp pure vanilla
1/8 tsp salt
7 tbsp white rice flour
2 large eggs

In a saucepan, bring water, butter, vanilla and salt to a gentle boil. Stir in white rice flour all at once and stir until mixture is a smooth ball. Remove from heat; cool 5 minutes. Add eggs, one at the time, beating to a smooth dough between each addition. For "puffs", use two teaspoons each and shape into balls. For "eclairs" use a pastry bag and pipe into 4" logs. Place on parchment paper-lined baking sheets, making sure to leave room between for expansion.

Bake 375 F for about 30 minutes. Transfer to wire rack and cool. (Makes a small batch if large shapes formed.)

FILLING

1 C whipping cream
1 Tbsp. sugar

Beat together on high speed until stiff. Refrigerate.

TOPPING

4 oz. good quality semi-sweet chocolate

Allow pastry to cool. Fill each puff or éclair with whipped cream either by splitting in half with knife or by pressing a rounded tipped pastry bag filled with whipped cream gently into the side of the puff and pipe full. If you split them, carefully dip each lid into chocolate to coat top and leave to dry. You can fill the puff with cream after and then put the lids on once the chocolate dries or you can also pipe on the chocolate instead.

From Nancy Cherven, on www.GlutenFree.com.

Lemon Poppyseed Cake

adapted by Shauna James Ahern from a recipe by Rose Levy Beranbaum

3 tablespoons heavy cream
3 large eggs
2 teaspoons vanilla extract
1/2 cup tapioca flour
1/2 cup potato starch
1/2 cup sweet rice flour
3/4 cup sugar
1 teaspoon baking powder
1 teaspoon xanthan gum
1/4 teaspoon salt
1 tablespoon lemon zest
3 tablespoons poppy seeds
13 tablespoons softened butter.

Preheating and preparing. Preheat the oven to 350 degrees while mixing the batter. Butter the bottom of your cake pan and put down parchment paper to keep the bottom of the cake from sticking.

Mixing the liquids. Whisk the cream, eggs, and vanilla together, briskly. Set aside.

Blending the dry ingredients. Put all the dry ingredients into a Kitchen-Aid (or a bowl waiting for a hand mixer), including the lemon zest and poppy seeds. Make sure you blend them well.

Making the batter. Add the softened butter and half the cream-egg mixture to the dry ingredients. Let them blend together well for at least one minute. Scrape down the sides of the bowl with a rubber spatula. Add one-half of the remaining mixture and blend. Scrape. Add the rest of the cream-egg mixture. Turn off the Kitchen-Aid.

Baking the cake. Slowly pour the cake batter into the cake pan. Smooth the top with the rubber spatula. Slide the cake pan into the oven. Bake for 55 to 65 minutes, depending on your oven. You'll know the cake is done when a toothpick (or butter knife) comes out clean.

Feeds 10. (if they take dainty pieces)

From <http://glutenfreegirl.blogspot.com/>.

Chapter Board Members

Gina Meagher, President 303-279-9382
gmeagher@q.com

Programs, Co-V.P OPEN POSITION

Mary Anderies, Co-VP Programs
Mary@AnderiesConsulting.com

Mike Brook, Membership V.P. 303-858-0822
mikebrook@aol.com

Kathy Craig, Treasurer 303 480-9347
kicraig@yahoo.com

Anita Pollock, Secretary 303-507-2101
apollock@stmaryland.com

Margo Scharer, Newsletter 303-440-5565
margo.scharer@yahoo.com

Karin Parker, Electronic Communication & Cel- Kids
303-797-4808
karinparker@juno.com

Jennifer Parker, Cel-Kids 303-933-5992
jerparker@comcast.net

Donna DeVisser, Database 303-973-4613
sdevisser@msn.com

Joan Van Loozenoord, Librarian 303-933-1565
jkvanlooz@comcast.net

Mary Morgan, Sales-Meetings 303-290-9134
stumorgan@comcast.net

Carol Kendall, Sales-Meetings 303-470-3261
bealsio@qwest.net

Don and Jeanne Smith, Mail Order Coordinator
303-794-7258
donsmith6834@comcast.net

Arnie Peterson, Web Master 303-683-1461
csadenver17@yahoo.com

Bonnie Atherton, Product List 303-756-8970
rjath@earthlink.net

Carol Fenster, Media 303-741-5408
carol@savorypalate.com

Laura Determan, Retired Dietician
303-757-3982
lddet@email.msn.com

Diane Moyer, MS, RD, CDE 720-560-3734
dhmoyer@juno.com

Tom Borgen, Past President 303-791-7731
Thomasborgen@qwest.net

Mary Ann Peterson, Past President
303-683-1461
mapete1130@aol.com

Dr. Ed Hoffenberg, Pediatric Med Advisor
303-861-6669
Hoffenberg.edward@tchden.org

Dr. Robert Dahl, Medical Advisor 303-463-3900
CEDAR Project, Iman Taki, CEDAR Coordinator
303-724-7544
iman.taki@uchsc.edu

FAQ:



Common issues, concerns and questions:

- Q.** What exactly is malt diatase? My doctor says it is derived from barley and yet it is contained in "GF" vitamins and called a digestive enzyme.
- A.** Malt Diatase is a digestive enzyme, but it is also derived from barley. If the company labels it as gluten-free, they are in error doing so. There are many other digestive enzymes available that are gluten-free so I would make a switch and do it very quickly.
- Q.** Is soy gluten-free? It is somewhat confusing since soy sauce is questionable. Also, how can you tell if those individual packets of soy sauce are safe?
- A.** Soy is gluten-free. However, traditional soy sauce is fermented on wheat making it unsafe for someone on a gluten-free diet. Some of the individual packets are safe and some are not. You would need to check with the manufacturer to be sure.
- Q.** What should I look for when purchasing a bread machine for making GF bread?
- A.** Most bread machines can be made to work; it's simply a matter of getting to know your machine and trying it out. Features that are recommended for gluten-free breads are: programmability, a strong paddle, and a cool-down cycle.
- Q.** I have seen "sprouted" wheat products sold. The purveyor insists "sprouted" wheat and other grains with gluten are gluten-free. I cannot imagine they are, yet have not found information either way
- A.** Many natural food folks strongly believe that sprouted wheat does not contain any gluten. However, it is difficult to separate the wheat from the chaff as they say. It is doubtful that the product could be free of cross contamination as it is grown with the part of the wheat that contains gluten.

Meet Your Neighborhood Celiac Resource Contact

Updated Jan. 2008

Below are the resource contacts in eleven neighborhood areas in Metro Denver, as well as resource contacts throughout Colorado. If you have questions or are not sure which area is your neighborhood, please contact Mike Brook, at 303-858-0822 or email mikebrook@aol.com.

As the neighborhood resource groups have progressed, some areas join together for activities. Flexibility is the keyword, as area needs and/or interests change. The objective in setting up these various areas has been to provide an additional way for celiacs to interact and support each other.

Any member can attend any huddle/activity they want by calling the huddle's contact. Regardless, the Denver Metro Chapter #17 is the umbrella organization for all of our members wherever they live.

Metro Denver Areas	Contact	Phone	E-Mail
BD: Boulder, Lafayette, Louisville, Longmont	Barbara Sanford Beth Macht	303-499-7259 303-665-7558	barbarasanford@comcast.net elizabethwm@yahoo.com
DEN-C: Central Denver City/County	Laura Determan Andrea Loughry	303-757-3982 303-722-6284	lddet@msn.com oppermanda@netzero.net
DEN-N: Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	720-214-3144	kdarci@yahoo.com
DEN-S: Centennial & Grnwd Vlg. (W/I-25), Englewood, zips: 80120,-21,-22,	Cathy Curtiss Louise Williams	303-771-8029 303-798-3415	cmc1974@msn.com willou@comcast.net
DEN-W: Lakewood	Betty Morris	303-238-5145	wabe22204@comcast.net
E: Aurora, zips: 80231 & 80247			
NW: Arvada, WheatRidge, Zips: 80021&80212	Laura Meek	303-467-0608	lmbmeek@juno.com
S: Highlands Ranch, Lone Tree, Castle Rock	Mary Ann Peterson Cheryl Borgen	303-683-1461 303-791-7731	mapete1130@aol.com pricer15@qwest.net
SE: Centennial & Greenwood Vlg. (E/I-25), SE Aurora, Parker, Elizabeth	Gale McGrevey	303-766-7096	gmcgrevey@att.net
SW: Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Jennifer Parker Nancy Lindsey	303-933-1565 303-933-5992 303-973-1279	jkvanlooz@comcast.net jerparker@comcast.net n-lindsey@comcast.net
W: Golden, Evergreen, Morrison	Beverley Haney	303-670-0063	mrsbevins@q.com

Other Colorado Area Contacts

Colorado Springs Area	Marie Pizzolatto Ginger Ludwig	719-572-0548 719-598-6748	celiacfamily@yahoo.com ginglud@aol.com
Northern Colorado			
Ft. Collins	Judy Siple	970-493-9674	jabms@frii.com
Berthoud	Bill Eyl	303-772-3155	billeyl@yahoo.com
Loveland	Dave Shaw	970-669-4233	davshaw49@comcast.net
Greeley	Mary Grauerholz	970-352-6122	mcholz@aol.com
Western Colorado			
Grand Junction	Kathy Holland	970-255-0511	

MEMBERSHIP APPLICATION FORM
Denver Metro Chapter #17 of CSA/USA, Inc.

(a non-profit organization)

*Your best local resource for celiac information, support and gluten-free socializing.
 Please join us.*

Dues are \$15.00/year For more information, call Donna DeVisser at 303-973-4613

Make check payable to "Denver Metro Chapter #17, CSA/USA"

Mail check and form to: Donna DeVisser, 2675 Van Gordon Dr. Lakewood CO 80215-7001

NAME: _____

PHONE: _____

ADDRESS: _____

CITY, STATE, ZIP CODE: _____

E-MAIL: _____

____ This is a renewal ____ There is no change in my address/phone ____ Interested in Volunteering

Please list yourself and all members of your **immediate** family who have Celiac Disease

NAME	Circle one	NAME	Circle one
	Child/Adult		Child/Adult
	Child/Adult		Child/Adult

Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization!

I authorize Denver CSA to share my contact information for official chapter business. _____

(please initial)

Have you received a Celiac Disease Information Packet? ____ Yes ____ No

05/08 NL

For information on the national CSA/USA, call 1-877-272-4272
 or go to www.csaceliacs.org

ORDER FORM

DENVER METRO CHAPTER CSA/USA

2007 GLUTEN-FREE PRODUCTS LIST

Quantity: _____ **X \$10.00** = \$ _____
(includes postage) Total

NAME: _____

PHONE: _____

ADDRESS: _____

CITY, STATE, ZIP CODE: _____

Make check payable to "Denver Metro Chapter CSA/USA" and send with form to:
 Don and Jeanne Smith, 6834 S. Franklin Circle, Centennial, CO 80122. For questions, call
 Don Smith at 303-794-7258.

**CELIAC SPRUE ASSOCIATION/
UNITED STATES OF AMERICA, INC
DENVER METRO CHAPTER #17
2675 VAN GORDON DR.
LAKEWOOD, CO 80215-7001**

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CELIAC SUCCESS TIPS

It is up to celiacs themselves to research everything that goes into their mouths. Don't get complacent, either.

If you're not feeling well, or if you were feeling well but suddenly find symptoms recurring, recheck labels. Food manufacturers often change their ingredients, and they are not required to put **BIG ANNOUNCEMENTS** on the can to let you know they've suddenly started including gluten in a product you've grown to trust.

There are many ways that celiacs commonly get gluten -- some seem obvious (once they've been pointed out!), others are pretty obscure. Check the following:

- your butter: does it have breadcrumbs from wheat bread?
- your toaster: the tines may be contaminated
- your kitchen counter
- your bread board
- cosmetics, lipstick, lip balm
- do you lick stamps or envelopes?

Also be aware that you may get gluten in:

- medicines, both prescriptions and over the counter
- fried restaurant foods -- for example, french fries are often cooked in the same oil as breaded foods. Always ask about a dedicated fryer.
- grilled restaurant food -- your allegedly gluten-free chicken breast may have been grilled in the same spot as a grilled cheese sandwich. - from www.enabling.org