

Taming of the **SPRUE**

March, 2009

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

APRIL MEETING:

Panel of Doctors: Discussion of Celiac Disease

Date: April 2, 2009
Time: 7:00 p.m. - 9:00 p.m.
Location: First Plymouth Congregational Church
3501 S. Colorado Blvd.
Englewood 80113

Event: Denver Metro CSA is helping with your health through education from different types of health care providers. We are excited to welcome both a Dentist and Chiropractor to address additional needs. Both are familiar with Celiac and the Gluten Free diet and are looking to keep you healthy! Be sure to Join us April 2nd!

Please check the website for more details.
<http://www.geocities.com/csadenver17/>

No Oats at meetings: In consideration of newly diagnosed members and those who have problems with oats, please do not bring snacks with oats.

Newly Diagnosed? For those who are newly diagnosed with CD or are a caregiver of someone with CD, please come. A CSA Chapter table will be set up where Diane Moyer, dietitian and board member, will be available. Other board members are also available to help..

Looking for a doctor?
Celiac Physician's List is now available on the
Denver CSA website:

<http://www.geocities.com/csadenver17/>



February Meeting with Colorado's Best Gluten Free Cooks



February's chapter meeting featured four of Colorado's gluten free cookbook authors/chefs. Everyone enjoyed hearing **Carol Fenster** (*Savory Palate*), **Jean Duane** (*Alternative*

Cook), **Suzanne Bowland** (*GF Culinary Productions*), and **Mary Capone** (*Wheat-Free Gourmet*) as they demonstrated a recipe and shared tips. Attendees then got to visit each author, taste-test their recipe, purchase copies of their books and get autographs. Jean Duane, Carol Fenster and Suzanne Bowland share their cookie recipes later in this newsletter.

Carol Fenster's Ice Cream Cone recipe, made with a pizzelle iron, can be found in her new Cookbook, **1000 Gluten-Free Recipes** <http://www.culinarycues.com/Ezine/Feb2009.html>
Mary Capone's pasta recipe can be found in her new book, **The Gluten Free Italian Cookbook**.
Suzanne Bowland covers the GF lifestyle in an easy-to-read question and answer format in **The Living Gluten-Free Answer Book: Practical Answers to 275 of Your Most Pressing Questions** available in bookstores and online at www.barnesandnoble.com and www.amazon.com.
Jean Duane's book, **Delicious, Delightful Delicacies Baking Cookbook** can be found at www.alternativecook.com

Newsletter Deadline May 1, 2009 is the deadline to submit articles or information for the May newsletter. Please send submissions to margo.scharer@yahoo.com

Speaking Gluten Freely



New GF products from
Debbie Knapp at Vitamin
Cottage:

Amy's Kitchen has a Roasted Veggie Tamale, which is also dairy free.

Annie Chun's Rice Express now has a new variety – Black Pearl rice.

Cascade Fresh 4 organic probiotic bars contain nuts, fruits, agave & live cultures like in yogurt.

College Farm organic candies come in 6 flavors and lollipops (Naturepops) in 5 flavors and are GF, soy free, nut free and egg free.

Mr. Krispers Crunchmaster multiseed GF crackers contain quinoa, sesame, amaranth and flax.

Gullians frozen GF pie crusts come in a 2 pack; their pumpkin (\$9.85) and apple (\$11.65) pies may be special ordered.

GF Café are new frozen entrees from Hain: Asian Noodles, Fettucine Alfredo, Lemon Basil Chicken and Pasta Primavera.

Glutino has 2 new brown rice breads – Homestyle and Probiotic and 2 frozen pizzas – 3 Cheese or Spinach.

Jungle Grub kids bars are GF, organic and very sweet and come in 3 flavors.

Organicville has added an organic French dressing and 2 teriyaki sauces.

Orgran is now offering licorice, mini animal cookies, GF flour mix and a 14 oz. spaghetti in sauce.

Robbie's line of sauces are all GF, including BBQ, fruit-sweetened ketchup, sweet 'n sour and worchestershire.

Soy Delicious has 3 new flavors of coconut milk ice cream – Chocolate Peanut Butter, Mango and Mocha.

Udi's frozen breads, cinnamon rolls and muffins will be available to us, but ONLY at stores that get Udi's deliveries.

From Karen Cranford: **General Mills** is now offering Progresso Broth (Chicken and Beef) and the packaging says "gluten-free."

Announcement from Deby's GF: As of Feb. 1, 2009, **Deby's** closed the café and is expanding the retail and manufacturing side of our business. Deby's grocery store remains open, you still can place orders for your groceries and request special orders. Cakes will also be available for ordering and Deby's will continue to ship products nationwide. We have a large selection of frozen dinner entrees, breads, and desserts. Store hours will change slightly. Monday through Friday: 9 am – 7 pm, Saturday: 9 am – 5 pm and Sunday: closed. We want to thank all of you for your patronage.

1-2-3 Gluten Free, Inc. is pleased to announce the release of its new products, Deliriously Delicious Devil's Food Cake Mix and Micah's Mouthwatering Cornbread Mix. Like many of 1-2-3 Gluten Free's other products, these premium GF baking mixes are free of gluten, wheat, dairy, soy, egg, peanuts and tree nuts. The consumer adds the sweetener of their choice, which makes these products an ideal choice for celiacs, diabetics and other consumers with dietary concerns and also for the general consumer wanting a tasty treat.

1-2-3 Gluten Free is a woman-owned company based in Pittsburgh, PA. 1-2-3 Gluten Free products are manufactured in a US-based dedicated gluten-free certified, kosher certified (CRC pareve), allergen-free (including nut and peanut free) facility.



Simply Boulder Culinary Sauces

recently joined the CSA Gluten Free recognition seal program. All five sauces are gluten free and qualified for the seal. In addition to joining the recognition seal program, Simply Boulder has introduced a new product. The new sauce is "Pineapple Ginger" and should be on store

shelves by the end of March. Simply Boulder Culinary Sauces can be found at most King Sooper's and about 10 Vitamin Cottages.

www.simplyboulder.com.

VOLUNTEER

Product list help needed: If anyone would like to help with the next product list, please contact Bonnie at rjath@earthlink.net.

Huddle Leaders Needed: CSA Denver is looking for volunteers to act as huddle leaders. Aurora and Arvada/Wheat Ridge have open positions for the Huddle Leaders. If you are interested, contact Mike Brook at mikebrook@aol.com or at 303-858-0822.

Newsletter Volunteer Needed: CSA Denver is looking for a volunteer to help with the newsletter. If you are interested please contact Margo Scharer at margo.scharer@yahoo.com.

Denver CSA is an all volunteer group and we couldn't include these great events, information packets and newsletters etc. without volunteers. Many volunteer needs are short term, can be done from home and CSA Denver will provide support and guidance. Plus, you'll get to meet great new people.

GF EASTER CANDY

The following Easter candies are GF: (candy not included can still be GF – check labels)



- Nestle Butterfinger nest eggs, Starburst jelly beans (says GF on package)
- Lifesavers jelly beans,
- Sweet Time jelly beans (say GF on package),
- Just Born jelly beans*,
- Teanee Beanee jelly beans*,
- Dove chocolate eggs: almond, milk and special dark,
- Hershey chocolate eggs – milk and special dark
- Cadbury mini eggs, Skittles filled eggs (say GF on package),
- Reese's pieces Peanut Butter pastel eggs, Peanut Butter eggs and Miniatures,
- M & M's: almond, dark, milk chocolate, peanut and peanut butter,
- Just Born marshmallow peeps*

*Just Born GF products are made in Bethlehem and Philadelphia, PA and come in Just Born labeled packaging. See justborn.com for further info.

Who are the members of Denver Metro CSA?

As of February 2009, we have over 700 active members. Most members are from Colorado, but we have current members from Oregon, Nebraska, California, Virginia, Iowa, Arizona, Massachusetts, New Mexico, North Dakota, Illinois, Texas, Pennsylvania, Minnesota, and Wisconsin. Our members tell us that the newsletter alone is worth the \$15 annual dues. Our meetings are attended by between 75 and 125 people. Last year's Gluten Free Food Fair had 50 vendors and was attended by over 500 people. This year's Fair will be held on June 13th and promises to be bigger than ever. All of this, the meetings, newsletter, Food Fair, Picnic, Cookie Exchange, are the result of an all-volunteer board which is dedicated to helping people who live a gluten free lifestyle. Your dues help support those meetings. To keep costs down, we do not send renewal notices but we ask that you please renew your memberships prior to your expiration date. You can find that date above your name on the mailing label of your newsletter. If you want to save time and money, renew for 2 years for \$30, or 3 years for \$45.

Celiac Friendly Restaurants



From Karen Cranford:

Bernie's Hot Dog Company at 1601

Mayberry Dr., Highlands

Ranch, has gluten free hot

dogs. You can get all of their info, including a copy of the full menu, at www.bernieshotdogs.com. The footlong is the only dog/sausage that is NOT GF. They have added the brown rice tortilla as the wrap for the dog. There is a wonderful selection of fresh toppings to choose from as well. Owner Joe Zemla says he has several friends that are gf and has become aware of the number of people that live wheat free and he wants them to enjoy their dogs with a quality wrap. 303-999-5705.

From Holly Schaefer: **Nicolo's Pizza** at 9463 S

University, Highlands Ranch, now offers a 7" gluten-free pizza!

From Karen Cranford: **Kerasotes Theaters** says currently their popcorn, oil, butter and seasonings used on the popcorn are all gluten free. While there are exceptions, typically they make long-standing contracts with their suppliers, and they are not anticipating any changes in the near future. You are more than welcome to check back through the website as often as you like at www.kerasotes.com.

From Karen Cranford: You know about **BeauJo's** Wheat Free Wednesdays and the great price for gf pizza and the salad bar, but did you also know that you can get their gluten free pizzas as a Take-N-Bake?

From David Heltzel: **Bennett's Bar-B-Que**, at 7490 W. 52nd Avenue Arvada, CO. or 3700 Peoria Street Denver, CO. now has a GF menu. David has visited several times and had great success. He visits the Arvada location.

<http://www.bennettsbbq.com/menuGluten.shtml>

Tattered Cover, all 3 locations: Highlands Ranch, Colfax and LoDo - now offers **GF CRENU** vegan energy cake.

Potager Restaurant at 1109 Ogden St., Denver, CO is a very nice (i.e., high end) restaurant that is very accommodating for people on a GF diet. The wait staff is very knowledgeable and happy to make accommodations. Most food is organically grown and locally produced.

**In the News:
EU has new rules for GF**



Under the new **European Union Food Standards Agency (FSA)** regulations, only foods that contain less than 20 parts of gluten in a million (ppm) will be allowed to use the term 'glutenfree' on their packaging. Recent evidence has shown that this extremely low level offers better protection for people with intolerance to gluten. Previously, a food labeled 'gluten free' could have contained up to ten times more (200ppm) than this. In addition, some foods made using cereals that have been specially processed to remove most of the gluten, but which contain less than 100 parts of gluten in a million, will be able to make the claim 'very low gluten' on the packaging. These include substitutes of certain staple foods such as bread. The introduction of just two types of labeling will reduce consumer confusion in this area and help celiacs make safe and informed choices about the types of food they eat. Sue Hattersley, head of food allergy policy at the Food Standards Agency, said, "The new lower limit of 20 parts in a million means greater peace of mind for people with a gluten intolerance, as they can be sure that foods sold as 'gluten free' do not contain levels that could be harmful to them." Manufacturers can use the new labeling system immediately, but in order to allow time to adapt to the new rules by reformulating products or changing existing packaging, **products do not have to comply with the new rules until 1 January 2012.**

Source: *Food Standards Agency: New Rules for 'Gluten-Free' Foods. 1/2009*

Note: To date, **the U.S Congress** still is debating using 20 ppm or something less for foods **produced in the U.S.** Companies who use the CSA GF symbol test to 3ppm.

Medical News:



Over 300 Symptoms Linked to Gluten and Celiac Disease. How Is This Possible?

In 2007, Gluten Free Works published *Recognizing Celiac Disease*, the first work to present over 300 signs, symptoms, associated disorders and complications gathered from documented medical research from around the world. The book showed that researchers worldwide were finding hundreds of health problems associated with celiac disease and gluten. This list is now being used by celiac disease centers, national celiac organizations and health organizations to help identify at risk patients and

determine whether patient symptoms are consistent with celiac disease.

But how can one disorder cause so many problems? Here's a look at one way...nutritional deficiencies.

When our body does not get the nutrients it calls for in hunger, something won't work right (malfunctions). Symptoms of malfunction result from nutritional deficiencies (malnutrition) caused by failure of our small intestine to absorb needed nutrients into our bloodstream (malabsorption). After eliminating gluten in the diet (gluten-free diet), deficiencies in celiac disease may be due to: slow or incomplete healing of the small intestine, so malabsorption continues; not eating foods rich in needed nutrients, so nutrients are not available to absorb; eating too much fiber with meals, which can bind nutrients, so nutrients cannot get absorbed. As a caution, there are other causes of nutrient deficiencies such as small bowel bacterial overgrowth or microbial infections that may be present.

How important is it to correct a nutrient deficiency? Very. Take zinc deficiency for example.. Zinc deficiency is marked by low energy, fatigue, slow wound healing, frequent infections, nervousness, depression, anorexia, impaired taste and smell, skin rashes and disorders including eczema, acne, psoriasis, photophobia, male infertility and white spots on fingernails. In children and youths, anemia, hypogonadism and short stature develop. Zinc deficiency in pregnancy includes increased maternal morbidity, abnormal taste sensations, abnormally short or prolonged gestations, inefficient labor, atonic bleeding, and increased risks to fetus such as malformations, growth retardation, prematurity, and perinatal death. Severe deficiency results in immunologic disorders including thymic atrophy, deficient thymic hormone, lymphopenia and worsening of diarrhea.(1)

So we see that literally dozens of health problems can result from just one deficient nutrient. The severity of symptoms depends on the level of deficiency. Should multiple deficiencies exist, problems build up. The longer the body is lacking nutrients, the greater is the likelihood of complications.

Since all the problems stemming from nutritional deficiencies are easily avoidable if celiac disease is discovered early, it is important to suspect celiac disease first whenever an ailment shows a nutritional deficiency.

From John Libonati at Glutenfreeworks.com

Buckwheat - The Gluten-Free Superfood

by Cleo Libonati and John Libonati



Don't let the name fool you. Buckwheat is anything but wheat. It is much more nutritious than wheat and in spite of the name, is completely gluten-free.

Buckwheat has been grown in America since colonial days. Buckwheat was once very common on farms in the northeastern and northcentral United States. Production of buckwheat reached a peak in 1860s at which time the grain was a common livestock-feed and was in demand for making flour. Buckwheat enjoyed a resurgence of popularity in the mid 1970's that was brought on by the demand for commercially prepared breakfast cereal and by exports to Japan for making buckwheat noodles. This boom was due to the nutritional excellence of buckwheat.(1)

Buckwheat Dietary Uses

Buckwheat flour has a strong, distinctive flavor and is often mixed with other flours to lend its distinctive taste to many baked goods. Buckwheat comes in a few different forms for dietary consumption:

Buckwheat groats are the hulled grains of buckwheat; they are three-sided in shape and resemble grains of wheat, oats, or rye. Kasha is a traditional porridge made from buckwheat groats.

Buckwheat groats are used whole in hot cereals and soups. The triangular seeds from buckwheat can be used to make flour after being removed from the husk.

Buckwheat Flour is commonly used to make buckwheat pancakes, hot cereals, and soups.(1)

Health Benefits of Buckwheat

The protein found in buckwheat contains the eight essential amino acids.

Buckwheat is rich in B vitamins as well as phosphorus, magnesium, iron, zinc, copper and manganese.

Buckwheat is a good oil source of Alpha-Linolenic Acid, which is one of the two essential fatty acids we must have to be healthy.

Buckwheat is high in fiber. A single cup of cooked buckwheat groats contains over 4 grams of dietary fiber.

Buckwheat contains a rich supply of flavonoids. Buckwheat lowers glucose levels and is beneficial for managing diabetes.

Buckwheat has been found to lower blood pressure and reduce cholesterol.

Buckwheat is a fruit seed and is a gluten-free alternative to grains.(1)

Ways Buckwheat Trumps Regular Wheat

A 1994 study on the characteristics of buckwheat flour compared to wheat flour concluded:

Buckwheat does not contain gluten. Buckwheat flour contains the essential amino acids methionine and

cystine followed by threonine. Essential means they must be in the food we eat. Buckwheat flour contains a higher content of lysine amino acids than wheat flour. Buckwheat flour is superior to wheat flour regarding iron, copper, and magnesium minerals. Buckwheat has negligible tannin content.(2)



More Ways Buckwheat Trumps Regular Wheat!

Buckwheat has more protein, almost 4 times the fiber, more calcium, about twice the iron, 10 times the magnesium, 3 times the phosphorous, 4 times the potassium, half the sodium, 3 times the zinc, more copper, more manganese, more riboflavin, more niacin, more pantothenic acid, more vitamin B6, more mono and polyunsaturated fatty acids...(3)

As you can see, buckwheat is good for you. It also makes a great oatmeal type cereal and yummy pancakes. So, if you are looking for a good food to add to your gluten-free diet, consider gluten-free buckwheat.

Remember, always buy "gluten-free" to avoid flour that has been contaminated in transport, processing or packaging. When in doubt, call the manufacturer.

Find out more about buckwheat and other popular non-gluten flours in "Recognizing Celiac Disease." Knowledge is the power to best manage your gluten-free lifestyle.

For recipes using buckwheat, visit

<http://www.glutenfreeworks.com/recipes.php>.

(1) <http://www.buckwheathealth.com/>

(2) "Chemical, nutritional and technological characteristics of buckwheat and non-prolamine buckwheat flours in comparison of wheat flour" by ML de Francischi, JM Salgado and RF Leitao.

(3) "Recognizing Celiac Disease," page 6, chart 1.2.

Amaranth, quinoa, and millet are healthful GF whole grains worth adding to your diet.

Gluten Alert

The Hain Celestial Group Inc. is recalling certain Ethnic Gourmet and GF frozen foods because they could be contaminated with salmonella. No illnesses have been reported. The recalled items include:

- * Ethnic Gourmet Chicken Pad Thai 10 ounce;
- * Ethnic Gourmet Pad Thai with Shrimp 10 ounce;
- * Ethnic Gourmet Pad Thai with Tofu 10 ounce;
- * Gluten Free Cafe Asian Noodles 9.2 ounce;
- * Trader Ming's Spicy Kung Pao Chicken;
- * Trader Joe's Vegan Pad Thai with Tofu;

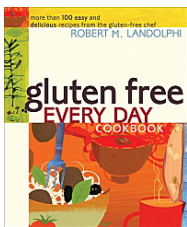
The recalled products were distributed nationally to supermarkets and other food stores and sold in the frozen foods section. For more information, call 800-739-4838.

Original PAM®, Butter Flavor PAM®, and Olive Oil PAM® do not contain any ingredients derived from wheat products. However, **PAM® for Baking is not gluten-free**. It contains real flour, which is derived from wheat. www.pam4you.com.

Voluntary Recall of Glutino Organic Chocolate

Peanut Bars: Due to the expanded Peanut Corporation of America (PCA) recall of last Friday, Glutino is voluntarily recalling its Organic Chocolate Peanut Bars. The recalled Glutino Organic Chocolate Peanut Bars come in 5 oz packages (5 bars per box). The products and lots in question have been tested for salmonella and were **NEGATIVE** but Glutino is nonetheless voluntarily recalling this product as a precautionary measure.

Gluten Free Every Day Cookbook



Gluten Free Every Day Cookbook: More Than 100 Easy and Delicious Recipes from the Gluten-Free Chef by Robert M. Landolphi will be available in all major bookstores in May. Rob, a gluten-free chef and graduate of the Johnson & Wales University culinary school, is a

certified culinary arts instructor and culinary operations manager at the University of Connecticut. The dishes in the book are delicious, quick, and easy, offering lots of flavor and not much fuss. Rob offers contemporary recipes for soups, muffins, main courses, sides, cookies, pies, and more, as well as great methods for encrusting and dusting and other tips for a satisfying gluten-free diet.



Classes and Events

CD Mini-medical School:

Exempla Lutheran Medical Center is including a session on celiac disease in their Mini-Medical School program. Their classes

are free and the Celiac session is **March 26th, 7-8:30pm** with Dr. Robert Dahl as the speaker. For more information or to register, contact the AnswerLine at 303-689-4595.

FREE Posh Pastries Gourmet Bakery 4th annual gluten free tasting event.

Come and enjoy a large assortment of GF pastries. There will also be pastries available for purchase.

When: Wednesday April 1st, 5:00pm - 7:00pm

Where: 11449 N. Brownstone Drive, Parker Co 80134

RSVP: 303-840-1251 or poshpastries@comcast.net
<http://www.poshpastriesbakery.com/glutenfreetreats.html>

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 glutenfree 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.

Gluten Free Cooking Workshop

Monica Poole

Fee: \$60 (hands-on)

Monday, March 23

6:30 pm to 9:30 pm

Avoiding wheat because of gluten intolerance makes shopping, cooking and eating a difficult challenge.

Monica Poole, owner of **Deby's Gluten-Free Bakery and Cafe**, has developed a variety of delicious

dishes without wheat. Learn the substitutions and techniques for cooking and baking successfully

without wheat flour as you turn out some taste-tempting treats: Four Bean Chili with Handmade

Flour Tortillas; Homemade Linguine with Alfredo Sauce; Orange-Cranberry Muffins; Sugar Cookies;

Chocolate Torte. Discount coupons will be available for Deby's Gluten-Free Baking Mixes

Register online: <http://www.theseasonedchef.com>
or call 303.377.3222

Healthful Gluten Free Living Seminar

Presented by: Joni Soule, CN

Overwhelmed with gluten-free eating? Learn how to live a healthy, gluten-free lifestyle.

Saturday, April 4th, 10:00A.M. Parker- Natural Grocers by Vitamin Cottage - 11402 S. Parker Rd., Parker, Colorado

CELIACS ONLINE

Celiac teens and tweens: In a blog, celiac writer, Amy Leger, discusses the results of a small survey of parents of tweens and teens living with celiac disease. When asked what the biggest challenges for many kids living with celiac disease were, parents of tweens and teens indicated that, 'feeling different' and 'always having activities focused around food' were the two biggest issues for their kids. Kids interaction with other kids living with celiac disease can help. For more information see <http://thesavvyceliac.com/2009/02/09/survey-most-difficult-for-celiac-tweens-teens/>



Celiac Friendly Summer Camps

This gluten free camp is organized by Michigan Capital Celiac/DH Group, Lansing, MI. MCC/DH is working with the YMCA camp to assure the gluten free diet will be strictly followed. At this co-ed camp, you'll stay overnight! There are 10 kids to a cabin, placed by age and gender.
Dates: August 16 - 21, 2009
Ages: 7 - 14
Camp: Manitou-Lin 1095 N. Briggs Rd. Middleville, MI 49333. For more information see <http://www.grymca.org/manitou-lin/> or call 1-888-909-2267

Hospital Checklist: GIG provides a checklist of things to help a hospital stay go as well as it can for people living with celiac disease.
<http://celiacchicks.typepad.com/files/hospital-stays-made-safe.pdf>

The **Today Show** "your Healthy Family" included a segment on Celiac Disease.
<http://today.msnbc.msn.com/id/26887140/#29004159>
<http://www.easytobeglutenfree.com/> is a web site that has many easy GF recipes and nicely organized by specific kind of recipe.

Email Notices from your Chapter

You may have noticed that the chapter has sent a few emails to you recently with important information such as membership expiration notices, meeting reminders, and other information that would not meet our normal newsletter deadline. We have had many positive comments on the reminders and would like to continue to send these out. We anticipate that there would only be minimal activity and only if it is pertinent and timely. We never sell or give out your email address to anyone other than for chapter business. **If you would prefer to NOT receive these emails, please send an email to Donna DeVisser at sdevisser@msn.com.**

New CSA-USA President Elect - John Libonati, publisher of Gluten Free Works and Recognizing Celiac Disease, was unanimously voted the new President Elect of the Celiac Sprue Association – USA, (CSA). His two year term began January 1, 2009. He will automatically become president when his president elect term ends. CSA-USA is a member-based non-profit organization dedicated to helping individuals with celiac disease and dermatitis herpetiformis worldwide through education, research and support. www.csaceliacs.org

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.

Recipes from Denver's Best GF Chefs:

Sweetheart Sugar Cookies

"Reprinted with permission from Bake Deliciously! Gluten and Dairy Free by Jean Duane, Alternative Cook, LLC."
www.alternativecook.com



Celiacs: Bake It Better!

Preheat oven to 350 degrees.
Wet Ingredients
1/2 cup walnut or sunflower oil
1 cup organic cane sugar
2 tsp. vanilla
3 egg whites
1/3 cup rice, nut or seed milk

Dry Ingredients
1 1/4 cup whole grain sorghum flour
1 1/4 cup whole grain brown rice flour
1/2 cup cornstarch or sweet rice flour
1 tsp. cream of tartar
1 tsp. baking soda
1 tsp. baking powder
2 tsp. xanthan gum
1/2 tsp. salt

1. In a stand mixer, combine wet ingredients. In a separate bowl, whisk dry ingredients together and add to wet ingredients. Mix until incorporated.
2. Roll out and cut with cutters, press in a cookie press or form into balls and flatten.
3. Bake 10 to 12 minutes.

Pina Colada Crunch Cookie (yield = 32)

By Katy Martin on behalf of Suzanne Bowland

**Variation: Replace butter with Earth Balance or shortening to make it dairy free.

Ingredients:

2/3 cup chopped pineapple; canned or fresh, well drained—save juice

2/3 cup pineapple puree (from canned pineapple tidbits or crushed)

1/2 cup flaked coconut: sweetened & soaking in pineapple juice (garnish)

1 cup flaked coconut; sweetened, toasted

2/3 cup dry roasted macadamia nuts (pieces or chopped)

1/2 cup coconut flour

1/4 cup sweet white sorghum flour

1/4 cup brown rice flour (whole grain)

1/4 cup Expandex modified tapioca starch

1/4 tsp. salt

Preparation of Ingredients:

-Drain pineapple chunks into a bowl and add 1/2 cup sweetened flaked coconut

-Chop some of the pineapple chunks to create 2/3 cups; set aside

-Puree pineapple to create 2/3 cups; set aside

-Spread 1 cup sweetened coconut on un-greased cookie sheet, bake in 350F oven, stirring occasionally, until ledges are lightly golden. Set aside.

-Chop dry roasted macadamia nuts; set aside.

Method of preparation:

-Sift together dry ingredients.

-Cream together butter and sugars, mix well. Add eggs, vanilla and ginger, mix well.

-Add 1/2 of the dry ingredients to the wet, mix well.

-Add pineapple puree and then add the remaining dry ingredients: including toasted coconut, macadamia nuts, and chopped pineapple.

-Put dough in refrigerator until firm (20-30 minutes).

-Preheat oven to 350F with racks in the center of the oven evenly spaced.

-Scoop firm cookie dough with small scoop and place scoop on parchment paper or silicone mat with 2" apart. Flatten out the dough slightly with fingers until it is approximately 1" thick

-Sprinkle brown sugar over cookie and then create a depression (well) in the center of the cookie big enough for a 1/4 tsp of wet pineapple.

-Then sprinkle several strands of the soaked coconut on top—pressing it into the brown sugar.

-Bake at 350F for 10-13 minutes until coconut on top is golden and bottom is golden brown.

-Allow to cool on the cookie sheet, and remove when able to touch with bare hands. Allow to cool completely before packaging.

Waffle Ice Cream Cones

Reprinted with permission from *1,000 Gluten-Free Recipes* by Carol Fenster (Wiley, 2008)

You can make small waffle cones with a pizzelle iron or large waffle cones with a waffle cone maker.

1 3/4 cups Carol's Sorghum Blend (see below)

2 teaspoons baking powder

1/4 teaspoon xanthan gum

1/8 teaspoon salt

3 large eggs

3/4 cup sugar

1/4 cup (1/2 stick) unsalted butter or margarine, melted

1 teaspoon pure vanilla extract or to taste

Canola oil for the iron

Gluten-free ice cream, sherbet, frozen yogurt, or sorbet of choice

[1] In a small bowl, sift together the sorghum blend, baking powder, xanthan gum, and salt; set aside.

[2] In a medium bowl, beat the eggs and sugar with on medium speed until thick and pale yellow, about 30 seconds. On low speed, beat in the melted butter and vanilla and then gradually beat in the flour mixture just until the batter is smooth.

[3] Following manufacturer directions, heat the iron and brush with oil, if required. Drop 1 tsp of batter onto each circle on the pizzelle iron for a small cone or 3 tablespoons onto the waffle cone maker for a larger cone. Gently lower the lid, but don't press it shut.

[4] Bake until steam no longer comes out of the iron. Baking times will vary by machine; small cones take 5 to 10 seconds in a pizzelle iron, compared to 60 seconds in the larger waffle cone maker. Often, the first one or two cones will not turn out well; simply discard them. The oil in the batter will season the iron for successive cones, but brush with oil if necessary to prevent sticking.

[5] Use the tines of a fork to carefully remove cookies from the iron and wrap around a wooden cone or shape by hand into a cone, sealing the bottom shut with your fingers. Stand the cone upright in a drinking glass or wire stand to cool completely. The cones will harden further as they cool. Store, tightly covered, for up to 2 days or in the freezer for up to 1 month. Fill with your choice of ice cream, sherbet, frozen treat and serve. Makes 30 small cones or 10 large cones.

Carol's Sorghum Blend

1 1/2 cups sorghum flour

1 1/2 cups potato starch

1 cup tapioca flour

Whisk together and store, tightly covered, in a dark, dry place.

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FAQ

Common issues, concerns and questions:

Q. I am very confused about common ingredients like flavoring and additives and which are GF and which are not.

A. Please always read the label but here are some general guidelines to additives

1. Caramel flavor and caramel color- in the US, always derived from corn and therefore safe for a gluten-free diet;
2. Modified food starch - can be from corn, tapioca or potato starch as well as wheat, in the U.S. Corn is used most commonly. According to the labeling law, if it is from wheat it must say modified wheat starch.
3. Alcohol and vinegar - To be safe, always check with alcohol and vinegar manufacturers about gluten in the ingredients. Alcohol that is fortified and some flavored alcohol are most likely to have gluten and Malt Vinegar is derived from barley. Other vinegars may have gluten. Balsamic vinegar doesn't contain gluten.
4. Oats –allowed if they are from uncontaminated sources, tolerated by the patient and approved by the patient's doctor. Some patients cannot tolerate oats even if they are gluten-free, so please check with your physician before adding them to your diet.
5. Maltodextrin (except for wheat Maltodextrin, which must be labeled as derived from wheat) is made from corn and is safe for the gluten-free diet.

Q. For years, I suffered from migraine headaches. I saw several neurologists, but my intense headaches forced me to take early retirement. In 2002, I went from three headaches a week to almost nonstop. Any ideas on how I can get rid of my headaches?

A: You could be checked for celiac disease. Migraine is not often recognized as a symptom of celiac disease, but we have heard from others like you who suffered until they eliminated dietary gluten. Celiac is more common than many physicians realize.

In this condition, sensitivity to gluten (a protein found in wheat, barley and rye) can result in symptoms such as fatigue, anemia, nerve pain, memory loss, osteoporosis, infertility, flatulence, diarrhea and digestive-tract distress. We recently spoke with Peter Green, M.D., director of the Celiac Disease Center at Columbia University. He confirmed that migraines can be a symptom of celiac disease.

Meet Your Neighborhood Celiac Resource Contact *Updated Aug. 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
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	303-771-8029	cmc1974@msn.com
DEN-W: Lakewood	Betty Morris	303-238-514	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 Nancy Lindsey	303-933-1565 303-973-1279	jkvanlooz@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 Bushnell	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	Kathye Holland	970-255-0511	
Boulder County (CSA Chapter #138)	www.Bouldercountyceliacs.com		
Boulder	Barbara Sanford	303-499-7259	barbarasanford@comcast.net
Berthoud	Bill Eyl	303-772-3155	billeyl@earthlink.net
Longmont	Tiffany Jakubowski	303-834-8685	
Lafayette, Louisville	Beth Macht	303-665-7558	elizabethwm@yahoo.com

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

03/09 NL

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

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Make check payable to "Denver Metro Chapter CSA/USA" and send with form to: Don Smith, 6834 S.

Franklin Circle, Centennial, CO 80122. For questions, call 303 794 7258