

# TAMING OF THE SPRUE

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

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## In This Issue

Dec. Recap/Recipes	Page 2-3
Spotlight on...	Page 3-4
New GF Products	Page 4
Community	Page 5
Ask the Dietitian	Page 6
GF Dining	Page 7
Huddle Information	Page 8
Your Board Members	Page 9
GF Product Guide	Page 10
Membership Info	Page 11

### \*\*\*\* April Meeting Has Been Canceled\*\*\*\*

Please join us at the annual picnic at Clement Park in June – See the next newsletter for more details.

## SAVE THE DATES



### February Meeting

**Date:** February 3, 2011

**Time:** 7:00 p.m. - 9:00 p.m.

**Location:** Wheat Ridge Recreation Center  
4005 Kipling Street Wheatridge, CO 80033

Erin Bales from King Soopers will speak with us about their corporate effort to be more accommodating to their gluten-free consumers. King Soopers has several gluten-free programs in effect and are developing more for the future. Please join us to learn about the exciting and expanding line of GF products they offer. Several of King Soopers' gluten-free vendors will also be in attendance. Samples of their great GF products will be available for all to taste. Don't miss out on this informative event!

### March Meeting

**Date:** March 17, 2011

**Time:** 7:00 p.m.

**Location:** Plymouth Hall at the First Plymouth Church  
3501 South Colorado Boulevard Englewood, CO 80113  
(Southwest corner of the Colorado and Hampden intersection)



Dr. Stephen Wangen, owner of the IBS Treatment Center in Seattle, WA will be in Colorado in March, and we're fortunate that he'll speak with our chapter again. He was last in Denver in October, 2009. Stephen Wangen is a licensed and board certified physician specializing in digestive disorders and food allergies. He is the author of "The Irritable Bowel Syndrome Solution" and "Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance." He himself had initially been diagnosed with IBS, then later with gluten intolerance and an allergy to dairy. You will want to hear Dr. Wangen's presentation if you:

- have been living a gluten-free lifestyle but are still experiencing gluten related symptoms,
- have been diagnosed with IBS but your treatment is ineffective, or
- have food allergies or other GI related problems.

His books will be available for purchase following his program. Admission is free to our members for this special event. In lieu of an admission fee, our chapter will be accepting non-perishable gluten-free food donations for the Jefferson County Food Bank. Mark your calendar now and don't forget to bring your gluten-free food donations!

Our chapter is now hosting a **New Member Orientation Meeting** prior to our speaker events. This is an opportunity to meet with other new members and with "older" members who can give you insights on living with Celiac Disease. Join us to share experiences, ask questions and learn more about the support and activities that our chapter has to offer.

**The next New Member Orientation Meeting is on February 3 at 6 pm-- just before our regular meeting at the Wheat Ridge Recreation Center.**

## A MESSAGE FROM OUR CHAPTER PRESIDENT

Greetings to you and your families as we start another new year! With so many activities taking place in 2010, it seemed like the year simply flew by. Whether it was the picnic, the vendor fair, or listening to one of our guest speakers, we're so glad that you were a part of it.

It appears that 2011 is also off to a good start. In February, we will hear an informative presentation from King Soopers about their efforts to make a wide variety of gluten-free products more readily available. In March, our chapter will sponsor a special meeting with Dr. Stephen Wangen...back by popular demand. It will be well worth your time to attend his program on March 17<sup>th</sup> if you missed out in 2009.

Our board of directors is acting on your suggestions to improve our GF vendor fair in August. We will be moving our highly successful event to the Denver Merchandise Mart and extending the fair hours to accommodate the larger crowds. Mark your calendar for August 21<sup>st</sup> and plan to attend! Details will follow in the July issue of the newsletter.

Our board of directors would like to thank you, our chapter members, for supporting our events within the celiac community. We'd also like to express our gratitude to our volunteers and to those of you who have recommended speakers, restaurants, books, or products. We would like to extend a warm welcome to those members who joined our chapter in 2010 and encourage you to be a part of the exciting events that the Denver chapter will host over the coming year. May you and your loved ones have a happy, healthy, gluten-free New Year!!!

Sincerely,  
Karen Cranford, President



## DECEMBER MEETING RECAP & COOKIE EXCHANGE RECIPES

The December meeting featured three great demonstrations: King Soopers, Bready North America, and Sugar Momma Bake House. Sue and Patrick, Deli Chefs from King Soopers in Colorado Springs, discussed the growing selection of gluten-free products available at their stores. They prepared a delicious Greek Cucumber Salad which can be found in the deli section and mentioned a variety of other gluten-free deli offerings. They emphasized that several precautions are taken to minimize cross contamination with gluten containing ingredients in the deli prep area. All gluten-free deli items are clearly marked, so be sure to look for them next time you are at any King Soopers location.

Holly Smith-Berry, President of Bready North America, demonstrated how to use their bread machine and bakery mixes designed exclusively for those with Celiac Disease and gluten intolerance. The machine is actually a baking system that combines liquid and dry ingredients, mixes batters and/or kneads dough, and bakes cakes and breads in 1-2 hours. The company currently offers 12 baking mixes that are compatible with the machine and are in the process of developing more varieties. Check out this state-of-the-art machine and bakery mixes at [www.mybready.com](http://www.mybready.com).

Ashley Greeno, Owner of Sugar Momma Bake House, stated that all of her cookies, cupcakes, and muffins are vegan, gluten-free, and made exclusively with natural and/or organic ingredients. For more information on Sugar Mama Bake House and how to order products, log on to Ashley's blog at [www.sugarmamabakeshop.blogspot.com/](http://www.sugarmamabakeshop.blogspot.com/)

The cookie exchange was once again a fun social event. Thank you to everyone that brought a dessert/treat to share – we all had lots of goodies and copies of recipes to take home! Here are some of our favorites!

<b>Crockpot Chocolate Pretzels</b>	
2-16 oz. Pkgs. Candiquik Chocolate Flavored Candy Coating or other equivalent GF chocolate candy coating	Cut chocolate into chunks and add to crockpot. Turn on low heat and cover. Stir occasionally until melted, about 1 hour. Gradually add pretzels and stir gently to evenly coat with chocolate. Transfer with spoon onto waxed paper placed over newspaper and separate individual pretzels. Let chocolate harden and enjoy! For a festive look, drizzle melted Nestle White Chocolate chips over the coated pretzels.
4-5 2.65 oz. Pkgs. Ener-G Brand or Glutino Gluten-Free Pretzels	
<b>Raspberry Meringue Kisses</b>	
3 Egg Whites 1/8 tsp. Salt 3 1/2 Tbsp. Raspberry Gelatin (Dry) 1 Cup Miniature Chocolate Bits	3/4 Cup Sugar 1 tsp. Vinegar
Beat egg whites and salt until foamy. Gradually add raspberry gelatin and sugar. Beat until soft peaks form and sugar is dissolved. Mix in vinegar and fold in chocolate chips. Cover cookie sheets with aluminum foil. Drop from a teaspoon onto ungreased foil. Preheat oven to 250°F and bake 25 minutes. Turn oven off and leave cookies in the oven 20 more minutes. Yield: 8 dozen	
<b>Amazing Gluten-Free Layer Bars</b>	
7 oz. Flaked Coconut 1 Cup Butterscotch Chips 6 oz. Semi-Sweet Chocolate 8 oz. Unsalted Peanuts 1/2 Cup Sliced Almonds 1-14 oz. Can Sweetened Condensed Milk	1. Preheat oven to 350°F. Generously grease a 9 x 13-inch baking pan. 2. Spread 2/3 of the flaked coconut evenly on the bottom of the baking pan. Layer the butterscotch chips, chocolate chips, and peanuts evenly on top of the coconut layer. Pour condensed milk evenly over contents of the entire pan. Top with sliced almonds and remaining coconut. 3. Bake 20 minutes. Cool completely before cutting into squares. Yield: 30 Servings

### Butter Cake

Ingredients: Bottom Layer 1 Pkg. Gluten-Free Yellow Cake Mix 1 Stick Butter, Softened 2 Eggs 1 tsp. Vanilla	Ingredients: Top Layer 8 oz. Cream Cheese 1 lb. Powdered Sugar 2 Eggs 1 tsp. Vanilla	Preheat oven to 350°F. Mix together cake mix, butter, eggs, and vanilla. Spread dough into a 9 x13-inch baking pan or a bar pan. Dough will be thick and hard to spread so you may need to use your hands to evenly layer on pan. Mix together cream cheese, eggs, and vanilla. Slowly add powdered sugar. Pour over top of dough mixture. Bake 30-35 minutes or until slightly brown. Let cool and sprinkle top with additional powdered sugar.
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### Old-Fashioned Molasses Sorghum Cookies (Carol Fenster)

¼ Cup (1/2 Stick) Unsalted Butter or Buttery Spread such as Earth Balance, at room temperature ¾ Cup Packed Light Brown Sugar 1 Large Egg ¼ Cup Molasses (not Blackstrap) ¼ tsp. Pure Vanilla Extract 2 Cups Sorghum Flour 2 tsp. Ground Cinnamon 1 tsp. Ground Ginger ½ tsp. Xanthan Gum ½ tsp. Baking Soda ¼ tsp. Salt 2 Tbsp. Sanding (or Granulated) Sugar, For Rolling	<ol style="list-style-type: none"> <li>1. Place a rack in the middle of the oven. Preheat the oven to 350°F. Line a 15 x 10-inch baking sheet (not nonstick) with parchment paper.</li> <li>2. In a large mixing bowl, beat the butter and brown sugar with an electric mixer on low speed until well blended, about 1 minute. Add the egg, molasses, and vanilla and beat until smooth.</li> <li>3. In a separate bowl, sift together the sorghum, cinnamon, ginger, xanthan gum, baking soda and salt. Gradually beat the flour mixture into butter mixture on low speed until well blended, scraping down the side of the bowl if necessary. The dough will be stiff.</li> <li>4. Shape the dough into 24 balls, each 1 inch in diameter with your hands. Flatten each ball slightly between your palms and dredge both sides of it in the sanding (or granulated) sugar. Place the balls on the prepared baking sheet about 1 to 2 inches apart.</li> <li>5. Bake 7 to 10 minutes or until cookies are just set. Cool the cookies 2 to 3 minutes on the baking sheet, then transfer them to a wire rack to cool completely. Store, tightly covered, for up to 2 days or in the freezer for up to 1 month.</li> </ol> Yield: 24 Cookies Reprinted with permission from 1,000 Gluten-Free Recipes by Carol Fenster (Wiley, 2008).
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In addition to these great scratch recipes, some members brought outstanding goodies prepared from GF bakery mixes. Brownies from Bloomfield Farms and Pumpkin Bars from 1-2-3 Gluten Free were both a hit with the crowd. There were also Sugar Cookies from a 1-2-3 Gluten Free bakery mix. GF Sugar cookies aren't typically easy to make. However, these particular cookies were flavorful and had a great texture, even after freezing and thawing! 1-2-3 Gluten Free mixes can be found at King Soopers. Bloomfield Farms' products are not yet available in retail locations in Colorado. Products may be purchased online at [www.thebloomfieldfarms.com](http://www.thebloomfieldfarms.com).

## Spotlight ON... PREBIOTICS

Exciting new research in the revolutionary field of gut bacteria is showing encouraging potential to use prebiotics in the treatment of CD and gluten intolerance. Research on the genes found within these bacteria has vastly increased the scientific understanding of gut bacteria and its relationship to the gut, to the body, and to the general health of individuals with CD and gluten intolerance.

A tremendous amount of bacteria reside within the gut, the small intestine, and especially the large bowel, including the colon. It was once believed that bacteria in the colon assisted in the formation of bowel movements and waste evacuation, while other bacteria had little function in the remainder of the digestive process. Recent research has discovered that there are at least 1000 species of bacteria in the gut, with the potential of 1000 or more species yet to be discovered. The total number of bacteria in the colon is 10 trillion, or 10 times the number of cells in our entire body. The most important finding, however, is that most of these intestinal bugs are our friends. When they are fed properly via our diets, a wide variety of health benefits occur in both the gut and the body. The colon becomes a health-promoting organ when the large thriving pool of bacteria is composed of the right mix.

Prebiotics and probiotics are not one in the same. Probiotics are live bacteria that can be consumed in yogurt, other dairy products, and supplements. On the other hand, a prebiotic is derived from naturally growing plant fiber, the best of which contain substances known as oligofructose and inulin. These two prebiotics maximally stimulate the good bacteria to thrive and dominate in the gut. Before a plant fiber can be called a prebiotic, research scientists must document health benefits and have their results confirmed by other medical research centers.

A wide range of health benefits have been correlated with an increased ingestion of prebiotics in animals, and now increasingly in humans. These benefits include increased absorption of calcium and other minerals through the colon wall, improved immunity, a reduction in the development of cancer and polyps within the bowel wall, improvements in appetite control and weight regulation, improvement in "leaky gut" or permeable bowel, and increased numbers of good bacteria in the colon. These good bacteria produce an energy and acid-rich environment which promotes both intestinal and body health.

Oligofructose and inulin are widespread in many plants throughout the world, but not in plant foods that humans typically eat in adequate quantities. Both are present in wheat, which is an acceptable source of these prebiotics for most of the population. However, this creates quite the dilemma for the celiac or gluten-intolerant person. When wheat is removed from the diet and the prebiotic stimulus is not provided from other prebiotic-rich foods, then unfavorable changes occur in the bacterial composition of the colon.

A dietary prebiotic supplement may be considered, but the obvious recommendation is to consume plenty of prebiotic-rich foods that are gluten-free. Food sources containing both oligofructose and inulin include onion, garlic, yams, leeks, asparagus, banana, chickory root, Jerusalem artichoke, salsify, burdock, and dandelion.

New information on this topic will be featured in the Spotlight column as new developments in this area of research are published.

Jackson, Frank, M.D. "Prebiotics: An Important Nutrient." GIG Quarterly Volume 33, Fall 2010: 1, 2, 4, 15.

## SPEAKING GLUTEN FREELY – NEW GLUTEN-FREE PRODUCTS

- Amy's - New GF and dairy-free entrees are Light & Lean Black Bean & Cheese Enchilada, Soft Taco Fiesta Bowl and Sonoma Veggie Burger.
- Falafel Republic - Dairy free, GF, soy free, vegetarian, ready-to-heat falafel balls in Roasted Garlic and Traditional flavors. Made in a facility which processes multiple allergens, including wheat.
- Ian's - Cookie Bites are chocolate-covered wafers.
- Glutino - Table crackers, similar to a bigger, heavier Saltine cracker.
- Glutino – 3-pack of Duo Cheese Pizzas.
- King Arthur - GF baking mixes include bread, brownie, chocolate cake, cookie, muffin, multipurpose flour, pan cake and pizza crust.
- Love Grown Foods - an Aspen company, has GF granola in 5 flavors, using certified GF oats.
- Now Foods - GF Chocolate Chip cookie mix.
- Outside the Breadbox - Cinnamon Crisp crackers, a 2-pack of GF pie shells, a large thin pizza crust, vegan oat rounds (sandwich buns) and vegan quinoa muffins. Frozen pizzas complete with toppings may be available in some stores or special ordered.
- Stonehouse 27 - 6 flavors of Indian cooking sauces.
- Udi's - Cinnamon Raisin bagels and bread and Whole Grain bagels.
- Wai Lana - Yogi bars made from raw fruit and nuts in 8 flavors. Yogi Chips available in 8 flavors. Little Yogi Snacks – banana split bars, granola and ice tea sticks.
- Post Cereals – GF Cocoa & Fruity Pebbles produced on a dedicated GF line and will be certified GF. Certification agency to be announced.
  
- Gluten Freeda - Frozen ready to bake cookies are being discontinued by the manufacturer.

\*A very special thanks to Debbie Knapp of Vitamin Cottage and our contributing members for providing this invaluable information to our members.

### Food Recalls

L&R Fine Fashions, Inc., a Garden Grove, Calif., establishment, is recalling approximately 2,182 pounds of raw pork paste and ready-to-eat fried pork loaf products, because they contain an undeclared allergen, wheat, the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS) announced 12/8/2010. Wheat is a known allergen, which is not declared on the label.

The products subject to recall include:

- 11-ounce packages of "KIM LOAN GIÒ SÔNG PORK PASTE FISH SAUCE ADDED."
- 14-ounce chubs of "KIM LOAN CHÁ CHIÊN FRIED PORK LOAF FISH SAUCE ADDED."

Each product bears the establishment number "EST. 40074" inside the USDA mark of inspection. The products subject to recall were produced between Jan. 22, 2010 and Dec. 6, 2010. These products were distributed to retail establishments in Southern California. Consumers with questions about the recall should contact the company's treasurer, R. Miller at (714) 971-5626.

# BETTY CROCKER GOES GLUTEN FREE—FEATURING DENVER'S OWN JEAN DUANE



Centennial, CO (PRWEB) December 29, 2010

Whether you have Celiac disease, gluten intolerance or just know that living gluten free is a healthier lifestyle, these quick and easy recipes will make this diet a delight. Betty Crocker Gluten Free Recipe Collection will be on newsstands across the country on December 29, 2010. Gluten free expert, Jean Duane, [Alternative Cook](#), teamed up with the Betty Crocker test kitchen to develop fast and foolproof recipes such as: Best-Ever Banana Bread, Dinner Rolls, Homemade Pizza (featured on the cover), Apple Pie, Apricot Muffins with Almond Streusel Topping, Cornbread, Sugar Cookies, Waffles, Cinnamon Scones and Gravy. The Sandwich Bread is sure to become a regular in every gluten free household.

Betty Crocker Gluten Free Recipe Collection is chock full of delicious gluten free recipes from Appetizers & Snacks to Best Breakfasts, Satisfying Meals, Breads & Sides, Desserts and More. It has a special section on Nutrition and Recipe Testing Guidelines and an ingredient guide in a section entitled Living Gluten Freely. One of the testers on the panel who has three family members who follow a gluten free diet said, "My family would love these." Senior Editor Diane Carlson states "Our mission is simple: To help you live a better life gluten free".

Betty Crocker Most Requested Recipes is on newsstands across the country. With over 280 recipes, it is one to have on hand to make fool-proof, nutritious meals for gluten free guests or family members all through the year. According to a recent study by the National Commission on Digestive Diseases, 60-70 million Americans are negatively affected by the foods they eat - and gluten and dairy top the list of implicated foods. Symptoms of gluten and dairy intolerance are systemic and can affect virtually all of the systems in the body - from migraines, to arthritis, to digestive maladies. Celiac Disease is 100% curable with adherence to a gluten-free diet, and children on the Autism spectrum often improve on a gluten-free, dairy-free (GFCF) diet.

Jean Duane, [Alternative Cook](#), LLC produces instructional DVDs (Chocolate, Mexican, Italian and Kids' Meals), video streams and Bake Deliciously! [Gluten and Dairy Free Cookbook](#). She shows how to cook without gluten, dairy and other food-allergens. She has produced several spots for Comcast's Video on Demand, made television appearances on PBS and was a featured speaker at the 2009 and 2010 International Association for Culinary Professionals' Conferences. She has developed recipes for Betty Crocker, for Beautiful Sweets bakery and been featured in Better Homes and Gardens special Christmas Cookies 2010. A regular speaker and magazine writer, she won Kiplinger's "Dream in You" contest in 2006.

## DISNEY WORLD'S VEGAN GLUTEN-FREE CUPCAKERIA



Disney World in Orlando, Florida has given the boot to a McDonald's located within the Magic Kingdom and replaced it with a popular vegan, gluten-free cupcake retail store called BabyCakes, originally founded in New York City's Lower East Side. The store also features all-natural, organic and allergen-free treats as well. Erin McKenna, the founder of BabyCakes, writes that she was approached several years ago to participate in a project to bring healthier food to Disney. The "cupcakeria" is open and located within the Downtown Disney Marketplace. In addition to the NYC and Disney locations, BabyCakes can also be found in Los Angeles

- CalorieLab December 29, 2010



## USDA SCIENTISTS PRODUCE PALATABLE GLUTEN-FREE BREAD

USDA Agricultural Research Service  
By Sharon Durham  
December 22, 2010

A process to produce high-quality, gluten-free bread has been developed by U.S. Department of Agriculture (USDA) scientists in Manhattan, Kan. Millions of Americans affected by celiac disease are unable to digest gluten, a protein in flour from grains such as wheat, barley and rye.

Chemists Scott Bean and Tilman Schober at the Agricultural Research Service (ARS) Grain Quality and Structure Research Unit found that by removing a certain amount of fat from a corn protein called zein, they were able to produce a dough more similar to wheat dough, and free-standing, hearth-type rolls that resemble wheat rolls. ARS is the chief intramural scientific research agency of USDA.

Bean and Schober had some success developing gluten-free pan bread from other grains, but they couldn't make free-standing rolls because the rolls spread out too much. According to Bean, the bread was considered lower in quality than comparable wheat bread. Gluten-free grains include corn, sorghum, and rice.

In previous studies, Bean and Schober found that zein—a readily available byproduct from corn wet milling and fuel-ethanol production—could be used to make dough that was more similar to wheat dough. The dough still didn't meet their standards, though, because it lacked strength, and the rolls produced from it were too flat.

Bean and Schober discovered that removing more of the fat from the zein protein's surface allowed the proteins to stick to each other much like wheat proteins do, giving the zein-based dough the same elastic properties as wheat dough.

According to Bean, while the experiment made more acceptable dough, sorghum may prove to be a better grain to use since it is a gluten-free grain. Bean used corn as an intermediate step toward achieving the ideal in gluten-free breads: a wheat-like dough using non-wheat proteins, resulting in products with a fluffy, light texture.

This research may prove useful for the 2 to 3 million Americans who have celiac disease, a condition in which the human immune system erroneously attacks gluten proteins, causing severe diarrhea and inability to absorb nutrients. Gluten-free palatable rolls from corn, rice and sorghum would be a welcome addition to their diet.

The research results were published in the *Journal of Cereal Science* and in the November/December 2010 issue of *Agricultural Research* magazine.

## Ask the Dietitian

submitted by DIANE MOYER, M.S., R.D.

As the chapter dietitian, members frequently ask me questions about medical or life-style issues associated with Celiac Disease. In this new feature, I'd like to share some of these questions and answers as other members may find this information helpful as well.

**Q. I was diagnosed with Dermatitis Herpetiformis, but never had an intestinal biopsy. I was told to follow a gluten-free diet. Do I really have to do so?**

**A.** Dermatitis Herpetiformis (DH) is Celiac Disease. Celiac Disease can manifest in many different ways, and DH is a skin manifestation. DH is a very itchy, blistering rash and is diagnosed by a skin biopsy of the *normal looking* skin next to the lesion. Often with skin manifestation, the intestinal villi will not show damage. Therefore, a diagnosis of DH is considered adequate for being diagnosed with CD. Treatment is the same as for everyone else with CD – a permanent 100% gluten free diet. Dapsone, a topical medication, is often prescribed for a few months to help heal DH skin lesions.

**Q. Since going on a gluten-free diet, I have gotten much better. However, it seems that I occasionally have a flare-up. Could there be something else going on? Should I have more testing done?**

**A.** Following an occasional flare-up, the first avenue to investigate is the possibility of gluten contamination. This is usually the most likely source. Try to recall whether you have eaten out recently, eaten at a friend's home, or any other possible way that your food might have been contaminated with gluten. I find that eating out is the most common cause for reactions. Everyone reacts differently, so one individual might react immediately, but someone else might not notice symptoms until a couple of days after the incident. This often makes it difficult to pinpoint the cause of the flare-up. Keeping good food records and noting when symptoms occur can often help in figuring out the cause of the problem. If you're having difficulty in determining the cause of your flare-ups, I recommend making an appointment with a Registered Dietitian expert in CD to help you figure things out.

**Q. I recently went gluten-free and noticed an almost immediate improvement in my symptoms. I'm trying to limit all processed foods and eat mainly natural foods to help with healing. I recently made myself a cup of hot chocolate using just plain cocoa powder and milk (I have been drinking milk with no problems) and then noticed that several of my symptoms had returned. Could I be reacting to cocoa?**

**A.** It is certainly possible that people with CD react to foods other than gluten. The longer one has lived with undiagnosed CD, the more likely that they may react to other foods due to the "leaky gut" effect. However, as in question #2, the first avenue to investigate is the possibility of gluten contamination. In this particular case, this individual used a container of cocoa that had been in their kitchen for quite a while. They had previously used this cocoa for baking and it was highly likely that it had been contaminated with flour, perhaps by using the same measuring spoon. This individual bought a new container of cocoa and has not experienced another reaction to hot chocolate made with cocoa.

**Q. I have always done a lot of baking for my family, friends, and co-workers. They all think my baked goods are outstanding and expect me to provide baked goods for all sorts of occasions. Can I continue to do regular baking now that I have CD?**

**A.** This needs to be an individual decision for several reasons. Realize that flour dust can spread everywhere and can stay in the air for up to one day. As in question #3, if the same spices and ingredients are then used to bake gluten-free products, there is a good possibility that they may be contaminated. Everyone with CD has a different sensitivity to gluten. There are many people who appear to have no reaction when in such a situation. However, there are also many people who do react, sometimes quite violently, when exposed to flour dust in the air. I have had several patients that worked in a bakery or restaurant that needed to leave their job in order to get better. If you decide to continue to do regular baking, some precautions you might take are to keep all ingredients separate from those used in gluten-free cooking and baking. Use separate baking pans, bowls and utensils for regular and GF baking and cooking. Most importantly, clean all dishes and work surfaces very well with lots of hot soapy water when done. Remember to wash all towels and oven mitts! Another suggestion is to adapt your recipes to be gluten-free. You might also want to try some of the new gluten-free bakery mixes or test new recipes in the numerous gluten-free cookbooks available today. If most of your baking is done for your family, this might be the best route, as it is highly likely that other family members also have CD (or are at risk for developing it). Keep in mind that most people only care that their food tastes good. Many of the GF bakery products and recipes now available are excellent, and sometimes even better than the regular products.

Please submit all questions to the Dietitian on our chapter's website at [www.denverceliacs.org](http://www.denverceliacs.org). Click on Contacts and then select [dietician@denverceliacs.org](mailto:dietician@denverceliacs.org). Responses to all inquiries will be published in future issues of the newsletter.

### In Memoriam

It was a most difficult ending to 2010 for two of our National CSA governing board members from Colorado. Ken Eyl, brother of Bill Eyl, National President, passed away in early December. Jacque, stepdaughter of Joan Van Loozenoord, Regional Director, passed away suddenly in late December. Please keep Bill, Joan and their family members in your thoughts and prayers during this time of sadness.



**Smiling Moose Deli** is now serving “Sweet Escape’s” Gluten-Free Hoagies. Try their NEW Gluten-Free menu at their Erie, Louisville, Westminster, Wynkoop, Colorado Blvd, and Centennial locations! Look for the GF hoagies to become available in their Mountain locations soon! [www.smilingmoosedeli.com](http://www.smilingmoosedeli.com).

## Eastside Kosher Deli

**East Side Kosher Deli** in Denver carries gluten-free pies as well as Katz gluten-free items. For more information visit their website at [www.eastsidekosherdeli.com](http://www.eastsidekosherdeli.com).



**Red Lobster** has finally published an allergen menu that will be updated regularly. The menu is available in a downloadable version at the link below. It is also available upon request at each restaurant location. [www.redlobster.com/health/allergy/](http://www.redlobster.com/health/allergy/).



**Imperial A Fine Chinese Restaurant** located at 431 S. Broadway in Denver now offers a gluten-free menu. [www.imperialchinese.com](http://www.imperialchinese.com).



**Palace Chinese & Vietnamese Cuisine** in Denver now provides a gluten-free menu to their guests. In addition to their specialty menus, they also have banquet facilities and private party rooms. Visit their website for more information [www.palacechinese.com](http://www.palacechinese.com).



**Vesta Dipping Grill** located in the heart of downtown Denver not only offers a 100% gluten-free menu specifically designed for Celiacs, but also has a gluten-free menu for the “not-so-sensitive”. This menu contains additional goodies that may be subject to cross -contamination. They have a very knowledgeable staff that can guide you through their various menus to provide a meal and experience that is right for you [www.vestagrill.com](http://www.vestagrill.com).



**Turley's** in Boulder now has a large gluten-free menu online which includes waffles and pancakes [www.turleysrestaurant.com](http://www.turleysrestaurant.com).



**Jing** at the Landmark in Greenwood Village specializes in Chinese cuisine. Although they do not have a gluten-free menu per se, their regular menu contains several gluten-free items [www.jingrestaurant.com](http://www.jingrestaurant.com).



**Pasta Jay's** in Boulder and Lone Tree has gluten-free noodles [www.pastajays.com](http://www.pastajays.com).



**Big Bill's New York Pizza** In addition to gluten-free pizza, Big Bill's NY Pizza located in Centennial is now offering gluten-free spaghetti at the same price as regular spaghetti! GF entree options include Spaghetti Marinara, Spaghetti Vegetarian, Pasta Aglio e Olio, and California Pasta. Side servings of GF spaghetti can also be substituted for regular pasta in several additional entrees [www.bigbillsnewyorkpizza.com](http://www.bigbillsnewyorkpizza.com).



**Randi's Pizza and Italian Restaurant** in Arvada offers gluten-free noodles [www.randispizza.com](http://www.randispizza.com).



**Andrea's Homestead Café** located just outside of Boulder in Lyons, is very aware of gluten-free dietary needs and restrictions [www.andreashomesteadcafe.com](http://www.andreashomesteadcafe.com).



**Subway** food chain is test-marketing two gluten-free menu items, a roll and a brownie dessert. Test-marketing began January 3rd in the Dallas and Tyler, Texas stores. In an attempt to avoid cross-contamination, they are also experimenting with wrapped, single-use knives to slice the GF rolls.

# Neighborhood Huddle Information

## Meet Your Neighborhood Celiac Resource Contact

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 Nancy Murray, at (303) 456-9717 or email [vpmembership@denverceliacs.org](mailto:vpmembership@denverceliacs.org).

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
<b>CENTRAL</b> Denver City and County	Laura Determan	(303) 757-3982	<a href="mailto:lddet@msn.com">lddet@msn.com</a>
<b>NORTH</b> Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	(720) 214-3144	<a href="mailto:kdarci@yahoo.com">kdarci@yahoo.com</a>
<b>SOUTH</b> Centennial & Greenwood Village (W/I-25), Englewood, zips: 80120,-21,-22	Cathy Curtiss	(303) 771-8029	<a href="mailto:cathycurtiss@q.com">cathycurtiss@q.com</a>
<b>WEST</b> Lakewood	Betty Morris	(303) 238-5145	<a href="mailto:wabe22204@comcast.net">wabe22204@comcast.net</a>
<b>EAST</b> Aurora, zips: 80231 & 80247	Maria Brotherston	(303) 752-0958	<a href="mailto:maria@brotherston.us">maria@brotherston.us</a>
<b>NORTHWEST</b> Arvada, Wheat Ridge, Zips: 80021&80212	Melissa McLean Jory	(303) 868-7790	<a href="mailto:Melissa@glutenfreeforgood.com">Melissa@glutenfreeforgood.com</a>
<b>SOUTH</b> Highlands Ranch, Lone Tree, Castle Rock	<b>OPEN HUDDLE POSITION</b>	If you are interested in this position, please contact Karen Cranford, <a href="mailto:president@denverceliacs.org">president@denverceliacs.org</a> or (303) 979-8094	
<b>SOUTHEAST</b> Centennial & Greenwood Village (E/I-25), SE Aurora, Parker, Elizabeth	Becca Konen	(303) 693-3795	<a href="mailto:beccakonen@gmail.com">beccakonen@gmail.com</a>
<b>SOUTHWEST</b> Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 933-1565 (303) 973-1279	<a href="mailto:jkvanlooz@comcast.net">jkvanlooz@comcast.net</a> <a href="mailto:n-lindsey@comcast.net">n-lindsey@comcast.net</a>
<b>WEST</b> Golden, Evergreen, Morrison	Beverley Haney	(303) 670-0063	<a href="mailto:mrsbevins@q.com">mrsbevins@q.com</a>

## Other Colorado Area Contacts

AREA	CONTACT	PHONE	E-MAIL
Berthoud	Bill Eyl	(303) 772-3155	<a href="mailto:billeyl@yahoo.com">billeyl@yahoo.com</a>
Boulder	Barbara Sanford	(303) 499-7259	<a href="mailto:barbarasanford@comcast.net">barbarasanford@comcast.net</a>
Boulder County (CSA Chapter #138)	<a href="http://www.bouldercountyceliacs.org">www.bouldercountyceliacs.org</a>		<a href="mailto:bouldercountyceliacs@yahoo.com">bouldercountyceliacs@yahoo.com</a>
Colorado Springs	Marie Pizzolatto Ginger Ludwig	(719) 572-0548 (719) 598-6748	<a href="mailto:celiacfamily@yahoo.com">celiacfamily@yahoo.com</a> <a href="mailto:ginglud@aol.com">ginglud@aol.com</a>
Ft. Collins	Judy Bushnell	(970) 493-9674	<a href="mailto:jabms@frii.com">jabms@frii.com</a>
Grand Junction	Kathye Holland	(970) 255-0511	
Greeley	Mary Grauerholz	(970) 352-6122	<a href="mailto:mcholz@aol.com">mcholz@aol.com</a>
Lafayette/Louisville	Beth Macht	(303) 665-7558	<a href="mailto:elizabethwm@yahoo.com">elizabethwm@yahoo.com</a>
Longmont	Tiffany Jakubowski	(303) 834-8685	
Loveland	Dave Shaw	(970) 669-4233	<a href="mailto:davshaw49@comcast.net">davshaw49@comcast.net</a>

# CHAPTER BOARD MEMBERS

Karen Cranford, <i>President</i>	☎	(303) 979-8094	💻	<a href="mailto:president@denverceliacs.org">president@denverceliacs.org</a>
Katie Uhlenbrock, <i>VP Programs</i>	☎	(303) 819-5531	💻	<a href="mailto:vpprograms@denverceliacs.org">vpprograms@denverceliacs.org</a>
Nancy Murray, <i>VP Membership</i>	☎	(303) 456-9717	💻	<a href="mailto:vpmembership@denverceliacs.org">vpmembership@denverceliacs.org</a>
Kathy Craig, <i>Treasurer</i>	☎	(303) 480-9347	💻	<a href="mailto:treasurer@denverceliacs.org">treasurer@denverceliacs.org</a>
Jennifer Leeson, <i>Secretary</i>	☎	(303) 550-5983	💻	<a href="mailto:jennifer.leeson@hmboftherockies.com">jennifer.leeson@hmboftherockies.com</a>
Kathy Lewis, <i>Newsletter</i>	☎	(303) 513-5737	💻	<a href="mailto:newsletter@denverceliacs.org">newsletter@denverceliacs.org</a>
Danielle Daubenspeck, <i>Newsletter</i>	☎	(303) 669-2926	💻	<a href="mailto:newsletter@denverceliacs.org">newsletter@denverceliacs.org</a>
Diane Moyer, <i>Dietitian</i>	☎	(720) 560-3734	💻	<a href="mailto:dietitian@denverceliacs.org">dietitian@denverceliacs.org</a>
Donna DeVisser, <i>Database</i>	☎	(303) 973-4613	💻	<a href="mailto:database@denverceliacs.org">database@denverceliacs.org</a>
Joan Van Loozenoord, <i>Librarian</i>	☎	(303) 933-1565	💻	<a href="mailto:jkvanlooz@comcast.net">jkvanlooz@comcast.net</a>
Don Smith, <i>Mail Order Coordinator</i>	☎	(303) 794-7258	💻	<a href="mailto:donsmith6834@comcast.net">donsmith6834@comcast.net</a>
Bonnie Atherton, <i>Product List</i>	☎	(303) 756-8970	💻	<a href="mailto:productlist@denverceliacs.org">productlist@denverceliacs.org</a>
Carol Fenster, <i>Media</i>	☎	(303) 741-5408	💻	<a href="mailto:carol@savorypalate.com">carol@savorypalate.com</a>
Gina Meagher, <i>Past President</i>	☎	(303) 279-9382	💻	<a href="mailto:gmeagher@q.com">gmeagher@q.com</a>
Dr. Robert Dahl, <i>Medical Advisor</i>	☎	(303) 463-3900	💻	

Your Chapter Board Members are working hard to bring you meetings, events in the community, and this newsletter. But they can't do it without your help!

**If you or someone you know are interested in volunteering, please reach out to any of the Board Members listed here!**



### **Diane Moyer, M.S., R.D., C.D.E presents *Introduction to the GF Diet and Celiac Disease***

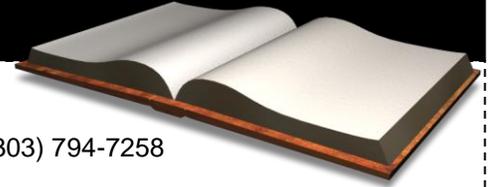
This 3 hour class offers an intro to the gluten free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, what to look for on food labels, how to stock your kitchen, eating out and more. This class is \$45 and includes a copy of the Denver Metro *Gluten Free Products List*. Call 720-560-3734 for more information.

It's time to start working on the new 2011 Gluten-Free Food Product Guide! This is an important publication for our chapter, members, and the GF community. It's a big job to compile all of this information, so we need your help! For information about how you can volunteer, please contact Bonnie at [productlist@denverceliacs.org](mailto:productlist@denverceliacs.org).

### **Market Research Opportunity**

Kurt Fulwider, a Denver chapter member, will be conducting informal market research regarding purchasing gluten-free food in the Denver metro area. If you are interested in participating in a survey on this topic, go to [www.eat-gluten-free.com](http://www.eat-gluten-free.com)

# GLUTEN-FREE FOOD PRODUCT GUIDE



## 2009 GLUTEN-FREE PRODUCTS LIST ORDER FORM

Please mail this form to: Don Smith, 6834 S. Franklin Circle, Centennial CO 80122 (303) 794-7258

Qty: \_\_\_\_\_ x \$10.00 (price includes postage) = \$ \_\_\_\_\_

Name: \_\_\_\_\_ Total Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Email: \_\_\_\_\_



### Our Chapter is Going Green! Choose Email Delivery of Your Newsletter!

Our chapter is looking to the future by finding ways to be more efficient and economical. You can do your part by signing up for email delivery of your newsletter. Thank you to those who have already signed up for Email delivery. We've had a very positive response. You will get information quicker and more efficiently and the chapter will be able to reduce newsletter costs. This allows us to keep our membership dues at a low annual fee of \$15. Remember that your membership not only pays for the newsletter, but also covers expenses for the meetings and speakers, provides the facilities and the main dish at the Family Picnic, and enables us to stage the Incredible Edible Gluten Free Food Fair. Please send an email to [sdevisser@msn.com](mailto:sdevisser@msn.com) telling us that you wish to opt into email delivery. For questions, please call Donna at 303-973-4613.

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# MEMBERSHIP Application FORM DENVER METRO CHAPTER # 17 of CSA/USA

## MEMBERSHIP EXPIRING?

Review your mailing label on this newsletter to determine when your membership expires. Be sure to renew before the expiration date so you won't miss any newsletters. If you have questions about your membership, call Donna at 303-973-4613. (For information on the national CSA/USA, call 1-877-272-4272 or go to [www.csaceliacs.org](http://www.csaceliacs.org)) The Denver Metro Chapter is your best local resource for celiac information, support and gluten-free socializing. Annual dues are \$15.00/year. 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: \_\_\_\_\_  This is a renewal  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  There is no change to my info  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_ Email: \_\_\_\_\_  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 Please send my Newsletter by Email! \_\_\_\_\_

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 (303) 223-0250  
[www.foodallergytherapist.com](http://www.foodallergytherapist.com)  
 Email: [jennifer.leeson@hmboftherockies.com](mailto:jennifer.leeson@hmboftherockies.com)

Jennifer is a Licensed Clinical Social Worker with an expertise in changing negative emotions, thoughts, and behaviors. She has also been diagnosed with Celiac Disease and understands that changing your entire lifestyle around food goes beyond knowing what to eat and what to avoid. Learn how to make effective choices to maintain your emotional and physical health. Increase acceptance of your new lifestyle, improve communication skills about your dietary needs, decrease anxiety about social situations and learn to focus on the positives of this life transition!

**Call today for a free 15 minute phone consultation!**

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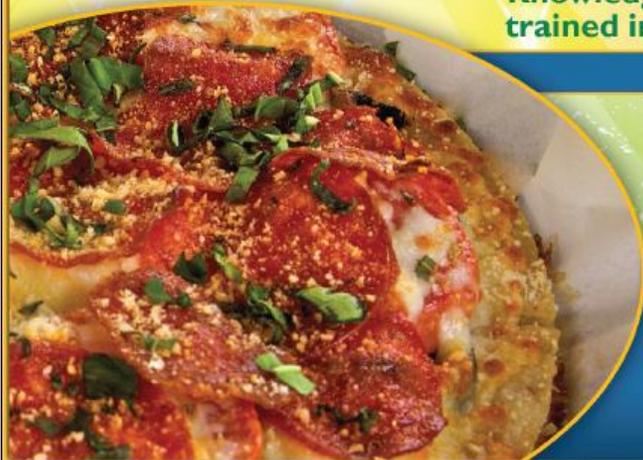


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**Participating Locations**

<b>Arvada</b> 7805 Wadsworth 303.420.8376	<b>Denver <sup>WiFi</sup></b> 2710 S. Colorado Blvd. 303.758.1519	<b>Ft. Collins</b> 100 N. College Ave. 970.498.8898
<b>Boulder <sup>WiFi</sup></b> 2690 Baseline Road 303.554.5312	<b>Evergreen</b> Downtown Evergreen 303.670.2744	<b>Idaho Springs <sup>WiFi</sup></b> Historic Downtown 303.567.4376

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