

# TAMING OF THE SPRUE

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

## IN THIS ISSUE

Recap	Page 2
GF News	Page 3
Ask the Dietitian	Page 4
GF Community	Page 5
Spotlight On...	Page 5
GF Products	Page 6
GF Dining	Page 7
Huddle Information	Page 8
Your Board Members	Page 9
GF Product Guide	Page 10
Membership Info	Page 11

### No Oats at Meetings

In consideration of newly diagnosed members and those unable to tolerate oats, please do not bring snacks that contain oats.

### October Meeting

**Date: October 6, 2011**  
**Time: 7:00 p.m. – 9:30 p.m.**  
**Location: Swedish Medical Center**  
**501 E. Hampden Ave., Englewood,**  
**CO 80113**

Dr. Ian Hollaman, from Red Tail Wellness Center in Boulder, will speak about new testing and complications arising from Celiac Disease and gluten sensitivity. He will focus on how to regain one's wellness after being diagnosed with either condition. Don't miss out on this informative presentation – especially if you're newly diagnosed!

### What we've all been waiting for...

The new 2011 Gluten-Free Food Product Guide will be available mid-August!

July 2011

## SAVE THE DATES

### 5<sup>th</sup> Annual Incredible Edible Gluten-Free Food Fair™

**Date: Sunday, August 21, 2011**

**Time: 10:00 a.m. – 4:00 p.m.**

**Location: The Denver Merchandise Mart , Exhibit Hall II**  
**451 E. 58<sup>th</sup> Ave. Denver, CO 80216**



The 5th Annual Incredible Edible Gluten-Free Food Fair™ is just around the corner! This exciting event will be held at a new, larger venue -**The Denver Merchandise Mart in Exhibit Hall II**. There will be ample space for vendors and attendees alike, so everyone should be much more comfortable this year. Mark your calendar now and plan to attend! There will be several new vendors available to you this year along with many of our favorite local and national vendors.

Volunteers are needed to help out during this event. Volunteers will be assigned two-hour shifts, so there will still be plenty of time for all to enjoy the fair. If you are interested in volunteering, please contact Katie at [gffoodfair@denverceliacs.org](mailto:gffoodfair@denverceliacs.org).

This event is brought to you by the Denver-Metro Chapter of the CSA and sponsored by Rudi's Gluten Free Bakery, Udi's Gluten Free Foods, Schar USA, Beau Jo's Colorado Style Pizza, Body in Balance Chiropractic, and Domata Living Flour.

## POTLUCK PICNIC RECAP & RECIPES

Our annual potluck picnic at Clement Park was a huge success! We had a great turnout and for the first time in years, we also had nice weather for this event! Thanks to everyone that brought side dishes and desserts - they were all amazingly delicious. What a novelty it was for all to be able to eat what we wanted and not have to worry about gluten! Our chapter extends a special thank you to Udi's Gluten Free Foods for providing the hamburger buns for BBQ sandwiches. They also teamed up with Canino's Sausage who used Udi's new hot dog buns for their yummy sausage samples! Some great recipes from our members are on Page 2.



# RECIPES FROM THE POTLUCK PICNIC

<b>Gluten-Free Snickerdoodles</b>	
2-½ Cups Gluten-Free Flour Blend 1 Tbsp. Baking Powder ¼ tsp. Nutmeg ¼ tsp. Salt 2 tsp. Xanthan Gum 6 oz. Butter 1-1/3 Cup Sugar 1 Tbsp. Molasses 2 Eggs ¾ tsp. Vanilla ¼ tsp. Almond Extract 3 Tbsp. Sugar (for rolling) 3 tsp. Cinnamon (for rolling)	1) Combine dry ingredients in mixing bowl. Set aside. 2) Cream together butter and sugar. 3) Add eggs, one at a time, and mix into butter and sugar. 4) Add molasses, vanilla, and almond extract. 5) Mix dry ingredients into wet ingredients. 6) Cover dough and refrigerate for at least one hour. 7) In a small bowl, mix together sugar and cinnamon for rolling. 8) Shape dough into balls and roll in sugar and cinnamon mixture. 9) Bake in a preheated 350 degree oven for 8-10 minutes.
<b>Peanut Butter Drops</b>	
1 Cup Crunchy Peanut Butter 1 Cup Sugar 2 Eggs	1) Beat eggs and stir in sugar and peanut butter. 2) Roll mixture into balls and place on cookie sheet. 3) Bake in a preheated 350 degree oven for 12-15 minutes.
<b>Salted Peanut Bars</b>	
16 oz. Dry Roasted Peanuts, Salted 12 oz. Peanut Butter Chips 3 Tbsp. Butter or Margarine 14 oz. Sweetened Condensed Milk 4 Cups Mini Marshmallows	1) Grease a 9" x 13" baking pan. 2) Pour half of the peanuts into pan. 3) Melt together chips, butter and milk. 4) Cool slightly and gently stir in marshmallows. 5) Spread mixture into in pan. 6) Sprinkle with remaining peanuts. 7) Cool completely in refrigerator before cutting.
<b>Cinnamon Banana Bread</b>	
2-¼ Cup GF Flour Mix 3 tsp. Cinnamon ½ tsp. Baking Powder 1 tsp. Baking Soda 1 Cup Nonfat Dry Milk 3 Eggs 1 Cup Sugar 1 Cup Vegetable Oil 2 tsp. Vanilla 2 Medium Bananas, Mashed	1) Mix together flour, cinnamon, baking powder, baking soda, and dry milk. 2) Beat eggs until light and foamy. 3) Mix in sugar, oil, vanilla, and mashed bananas. 4) Mix dry ingredients into wet ingredients. 5) Pour into 2 lightly greased loaf pans. 6) Bake in a preheated 350 degree oven for 30 minutes.
<b>Lemon Pesto Pasta Salad</b>	
1 Package Gluten-Free Pasta Broccoli Florets, as Desired Cherry Tomatoes, Halved, as Desired 1 Red Bell Pepper, Cut into Small Strips 1 Small Red Onion, Diced 1 Bottle Simply Boulder® Lemon Pesto Sauce	1) Cook pasta according to package directions. 2) Drain and place in large bowl along with the vegetables. 3) Gradually stir in the Lemon Pesto Sauce – add enough until desired flavor is reached.



# NESTLE BUYS PROMETHEUS LABORATORIES TO EXPAND INTO HEALTH

The health-science unit of Nestle SA (NESN) has agreed to buy Prometheus Laboratories Inc., a maker of treatments for cancer and gastrointestinal illnesses. Nestle, the world's largest company, opened a unit in January to develop personalized nutrition products for medical afflictions such as diabetes. The Swiss company aims to become the world leader in health-science nutrition in 10 years, extending its dominance beyond food products.

Prometheus, which is located in San Diego, was founded in 1995 and takes its name from the Greek god who gave humans the gift of fire. The company has been working in the field of gastrointestinal diseases, providing both therapeutic treatments and diagnostic tests. Prometheus manufactures a do-it-yourself, saliva-based genetic test for Celiac Disease. It can determine if you carry the genes that may put you at risk for developing CD. The test kit can be ordered without your doctor, it can be done in your own home, and the results are confidential. Learn more about this test kit at [www.MyCeliacid.com](http://www.MyCeliacid.com).

With the acquisition of Prometheus, the research and development pipeline at Nestle Health Science will encompass areas including metabolic conditions and brain health that are of interest to the company. Prometheus expects the transaction to close early in the third quarter of this year and about 500 of its employees will join Nestle Health Science after the acquisition.

## NEW GF VACCINE ON THE HORIZON?

DIANA GITIG, PH.D.-CELIAC.COM

ImmusanT, Inc., a start-up biotechnology company based in Cambridge, Massachusetts, is testing a vaccine that may potentially desensitize individuals with CD to gluten. The vaccine, Nexvax2, has already passed Phase I clinical trials which indicates that it is safe and tolerable to humans. Phase II trials addressing efficacy are slated to begin within the next year.

Nexvax2 was developed by Nexpep Pty, Ltd., a company in Melbourne, Australia. It is based on their findings that only three peptides are responsible for eliciting the majority of the T-cell responses that destroy the villi of those afflicted with CD. HLA molecules function to present these toxic peptides to T-cells which instigate the inflammatory response. Thus, the vaccine relies on the HLA type. It is specific for Celiacs with the HLA-DQ2 haplotype which accounts for about 90% of those with CD. Nexvax2 encompasses these three proprietary peptides, presenting them to T-cells in the absence of a second, T-cell stimulatory signal. T-cell recognition of the HLA-DQ2 bound toxic peptides thus occurs in a non-inflammatory environment, thereby establishing tolerance to dietary gluten.

Similar efforts are underway to discover and develop peptide-based therapeutic vaccines for other autoimmune diseases, including multiple sclerosis, Type-1 diabetes, and rheumatoid arthritis. Celiac Disease is an ideal target for this technology because the HLA types that activate the inflammatory T-cells in CD are so well defined.

The vaccine consists of weekly or monthly injections and would allow those with CD to resume eating "normal" levels of gluten without suffering adverse effects. During the Phase I trial of Nexvax2, some people who got the injections containing the highest doses of the toxic peptides suffered gastrointestinal distress. Thus, they inadvertently acted as a positive control which indicates that the peptides administered are in fact the correct ones. Other therapies that propose to treat celiac disease by companies such as Alva, Alba, and Chemocentrix do not aim to replace the gluten-free diet. Alternatively, these therapies only allow for small, intermittent exposure to gluten.

ImmusanT, Inc. is also partnering with INOVA Diagnostics to use reactivity to these peptides as a diagnostic test both for CD and those Celiacs who might be good candidates for the Nexvax2 vaccine - i.e. those 90% who are HLA-DQ2 rather than those who are HLA-DQ8.



## ANDREW DODSON'S RESEARCH UPDATE

It has been about 3 weeks since I started working in Dr. Fasano's lab at the Center for Celiac Research in Baltimore, Maryland, and it has been quite the experience. The project I am currently working on searches into whether or not the peptide Zot (the active part of Zonulin, the chemical that many believe causes Celiac Disease) can be used in intranasal vaccinations. Zot is responsible for the opening and closing of mucosal tight junctions which function as a gateway to the body. The theory is that Zot can open the tight junctions to let an antigen into the body. We are currently analyzing the blood serum and spleens of laboratory mice to determine if there are more antibodies in the samples where the mice had been subjected to an antigen mixed with Zot. Hopefully our research will find something promising...

Over the holiday weekend, Dr. Fasano hosted a 4th of July party at his home. It was a great time and it was a lot of fun to interact with people outside of the lab. I plan to post some pictures in my blog. Follow me at [www.insideceliac.blogspot.com](http://www.insideceliac.blogspot.com).

This has been a wonderful experience for me thus far. It really is amazing working alongside someone of Dr. Fasano's caliber. I look forward to the next month of work and hope that our research will find some positive results.

**Celiac Disease-Myths & Facts**

Any time a medical condition cannot be explained with easy scientific answers, questionable treatments crop up which attempt to take advantage of the desperation of those affected. An example of such a treatment several years ago was the use of apricot pits to kill cancer cells. Celiac Disease is certainly a condition presenting more questions than answers. As a result, CD is an area ripe for misinformation and unscrupulous people looking to exploit this confusion. The media, always looking for headlines, publicizes results of preliminary research studies. People then act on these results by grasping onto unproven treatments. Quite often, by the time a treatment progresses from the initial studies in cell culture (test tubes) to animals and then to humans, it is proven to be ineffective. Scientific controversies were previously covered in more depth in the July, 2009 issue of this newsletter (see newsletter Archives at [denverceliacs.org](http://denverceliacs.org)). However, I would like to revisit a few myths in this issue as well.

**MYTH:** Even though my vitamin supplement contains barley (or wheat or rye or oats), it is labeled as gluten free. Therefore, it is safe for me to take although I have CD.

**FACT:** The FDA has still not finalized the legal definition of "gluten-free". However, it appears that a food will not be allowed to be labeled "gluten free" if any of its ingredients are derived from wheat, barley, or rye. However, these regulations will apply only to foods regulated by the FDA. Dietary supplements are not subject to the same regulations. It is possible that a dietary supplement labeled "gluten-free" has been tested for gluten. However, there is no requirement for the manufacturer to test for gluten, so taking it is very risky. There are many vitamin supplements that do not contain these grains and are obviously much safer choices.

Many foods produced from animals are regulated by the USDA as opposed to the FDA. Food manufacturers regulated by USDA will not yet be required to follow the same set of rules as those regulated by FDA. However, it is expected that most, if not all, food manufacturers will comply with the final FDA regulations for labeling foods as "gluten-free".

**MYTH:** Products made with wheat grass or barley grass are safe to consume for those with CD.

**FACT:** Theoretically, the grass of these grains is safe to consume - it is only after the grain germinates that gluten is produced. Questions to ask yourself about these products are 1). How well do you trust the company and, 2). How sensitive are you to gluten?

**MYTH:** I found a product that claims to digest gluten. If I take it when I eat gluten, I should be fine and not experience any symptoms.

**FACT:** This is an example of a company acting on the results of preliminary research studies. The problem is that humans are not able to completely digest the gluten protein, and the resulting fragments cause the various symptoms and damage seen with CD. There are reputable laboratories pursuing this line of research – developing enzymes that people can take that will completely digest the gluten protein. There have been some very tiny studies that appear promising, but overall, this is proving more difficult to accomplish than originally thought. Unfortunately, some dietary supplement companies have jumped on this opportunity and are now marketing products claiming to digest gluten. If and when this line of research does prove successful, it will be major news, and details will be covered in this newsletter as well as many other reputable publications.

**MYTH:** Oats are now considered safe for everyone with Celiac Disease.

**FACT:** Several studies have shown that SOME people with CD do not react to pure oats. In the past, the biggest concern with oats was cross-contamination with wheat or barley in the growing fields and mills. Today, there are a few farmers growing and milling pure oats. However, research studies show that even pure oats sets off the same auto-immune reaction as wheat, barley, and rye in a large percentage of people with CD. It is unclear as to how many people react to oats, as the studies typically have a high drop-out rate. It may be as low as 10%, but possibly as high as 30–40% of the celiac population. Studies have also suggested that many people may react to oats on the inside, but have no noticeable symptoms. It is recommended that people who are newly diagnosed do not eat oats for at least one year or until well-healed. After that time, individuals may be more likely to recognize a reaction. It is also recommended that only *small* amounts of "gluten-free" oats be eaten and that celiac antibodies be retested within a few months. Anyone currently following a gluten-free diet but continuing to experience problems should stop eating oats to determine if there is an improvement in symptoms. For a recent, thoughtful article, see <http://glutenfreeworks.com/blog/2011/06/20/why-oats-should-be-excluded-from-the-gluten-free-diet/#more-8918>. This topic was also covered in this newsletter in May, 2006.

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

**Introduction to Celiac Disease and the Gluten Free Diet**

This 3 ½ hour class offers an introduction to the gluten free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, reading food labels, how to stock your kitchen, eating out and more.

**Presented by Diane Moyer, M.S., R.D.**

Individual nutrition counseling is also available, specializing in Celiac Disease. For more information, call 720-560-3734.

**Looking for a Speaker on Celiac Disease?**

The medical education committee of the Denver Metro Chapter of CSA offers presentations about Celiac Disease and the gluten-free diet to any audience - community groups as well as health care providers. We are especially interested in educating health care providers. Please help us accomplish this by mentioning this educational opportunity to your health care providers. For more information, contact Diane Moyer, M.S., R.D. at 720-560-3734 or by email at [dietitian@denverceliacs.org](mailto:dietitian@denverceliacs.org) or [DHMoyer720@yahoo.com](mailto:DHMoyer720@yahoo.com).



# 1-2-3 GLUTEN FREE® BLAZES A NEW TRAIL WITH FORTIFIED GF FLOUR!

1-2-3 Gluten Free® is pleased to announce the release of its newest product – a fortified gluten-free and allergen-free multi-purpose flour mix which can be used cup-for-cup as a replacement for enriched<sup>1</sup> gluten-containing flour. Olivia's Outstanding Multi-Purpose Flour Mix™ is fortified<sup>2</sup> with iron, calcium, and B-vitamins. This is the first and only gluten-free multi-purpose flour mix that is fortified with these nutrients. According to Connie Sarros, noted cookbook author and gluten-free expert, "In the gluten-free world, this is a huge accomplishment."

Most gluten-free baking flours and prepared mixes are not enriched like traditional wheat flour products, which is required by law. Therefore, the diets of many people following a gluten-free diet are lacking in iron and B vitamins. To address this serious need, 1-2-3 Gluten Free® has enriched its multi-purpose flour mix. According to company President, Kimberlee Ullner, "1-2-3 Gluten Free® is ever mindful of the nutritional well being of our customers. We're excited to be the first company to fortify a gluten-free flour mix. My own family has six members with Celiac Disease, so we are thrilled to provide a product that will help consumers maintain their health and still enjoy their personal family recipes."

Cynthia Kupper, RD, Executive Director of the Gluten Intolerance Group and member of the American Dietetic Association's Evidence Analysis Team for Celiac Disease, stresses the importance of making sure that gluten-free consumers have adequate B-vitamins, iron and calcium in their diets. Dietary guidelines for those living with Celiac Disease include using fortified or enriched gluten-free products. 1-2-3 Gluten Free® is leading the advancement to improve the nutritional quality of gluten-free products by fortifying Olivia's Outstanding Multi-Purpose Flour Mix™.

Elaine Monarch, Founder, and Rita Hopkins, Executive Director of the Celiac Disease Foundation were excited to hear about the new product. This highly-regarded national non-profit organization that seeks to inform, assist, and support people with information about Celiac Disease, recognizes that those with CD consuming this product will not just be taking in "empty calories" and that serious nutritional deficiencies can be addressed.

<sup>1</sup>Enrichment-replaces nutrients that have been removed during milling and processing.

<sup>2</sup>Fortification-may replace nutrients that are removed during milling and processing, but adds nutrients that are not a naturally occurring component of a given food.

## Spotlight ON... "GLUTEN FREE WATCHDOG" TESTS FOODS LABELED AS GLUTEN FREE

Gluten Free Watchdog, LLC., recently founded by Tricia Thompson, M.S., R.D., provides state-of-the-art gluten-free food test results directly to you - the GF consumer! The goal of Gluten Free Watchdog is to improve consumer confidence in the foods purchased by making independent test results publicly available for foods that are labeled as gluten-free.

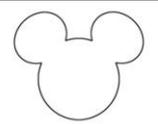
As of June 28, the Gluten Free Watchdog has tested a variety of gluten-free foods since its debut on May 16. Products encompass GF flours, mixes, hot cereals, ready-to-eat cereals, cookies, snack foods, breads, pastas, soups, and tortillas. Manufacturers include Arrowhead Mills, Authentic Foods, Bob's Red Mill, Eco-Planet, General Mills, Holly's Oatmeal, Lundberg Family Farms, Mary's Gone Crackers, Namaste Foods, Orgran, Pamela's Products, Quinoa Corporation, Thai Kitchen, Think Thin, and Trader Joe's brands. Products were purchased in triplicate from grocery and natural food stores, Amazon.com, and directly from manufacturers. All products were shipped unopened to Bia Diagnostics in Burlington, Vermont for analysis. Samples were tested in duplicate (two extractions) using the standard sandwich R5 ELISA (R7001 Ridascreen Gliadin) with cocktail extraction.

As of late June, test results for seventeen products labeled as gluten-free have been posted on the website. Two of these products bear the Certified Gluten Free seal from the Gluten Free Certification Organization (GFCO). Sixteen products tested below 20 parts per million gluten, of which 15 tested below 5 parts per million. One product which bears the Certified Gluten Free seal tested above 20 parts per million.

The gluten-free food test results are available to consumers and other interested parties on the company's website, [www.glutenfreewatchdog.org](http://www.glutenfreewatchdog.org). Subscriptions can be purchased on the website for \$4.99 per month. The cost associated with accurate testing of each food product (e.g. 3 separate samples tested in duplicate using the standard sandwich R5 ELISA) is approximately \$500, which does not include the cost of the product plus shipping fees. The funds generated from subscriptions to the website will be used to offset the cost of the GF testing. The Gluten Free Watch Dog will continue to operate as long as the gluten-free community finds the site useful and is willing to contribute a relatively small amount of money in return for access to expensive, but extremely important test results.

For more information, please visit [www.glutenfreewatchdog.org](http://www.glutenfreewatchdog.org). Please note that complete test results are available only to subscribers.

## DISCOVER A GLUTEN & ALLERGEN FRIENDLY DISNEY WORLD



There is a new gluten and allergen friendly app for your iPhone. Find safe meal options at 130-plus table service restaurants, quick service restaurants, food stands and food courts at Walt Disney World. Also, discover specific gluten free & allergen friendly menu items and pre-packaged snacks available from over 35 manufacturers. Now you can enjoy your Walt Disney World vacation and eat foods free of dairy, egg, fish, gluten, peanuts, shellfish, soy, tree nuts and wheat. Visit the App Store at <http://itunes.apple.com/us/app/gf-disney-gluten-allergen/id441243916?mt=8&ls=1> for more information.



## Did You Know...?

The National Foundation for Celiac Awareness (NFCA) has teamed up with Quality Assurance International (QAI) to create a new gluten-free certification seal to help U.S. consumers sift through the sea of unsubstantiated claims and logos. The logo is identifiable as a black and white circle with a checkmark in the middle, and states "This Product is Certified Gluten-Free." This seal will replace the NFCA GREAT Business Association's seal.

The new label will serve as a rigorous, science-based stamp of approval for gluten-free foods. In order for food products to qualify to bear the seal, manufacturers will be subject to stringent product reviews, undergo onsite inspections, perform routine testing to ensure compliance with 10 parts per million (ppm) gluten or less, and undergo random product testing.

Currently in the U.S., the Gluten-Free Certification Organization (GFCO) provides a seal for products that have less than 10 ppm gluten and the Celiac Sprue Association (CSA) provides a seal for products containing less than 5 ppm gluten. Until QAI's seal launch, these two organizations were the only independent, third-party gluten-free verifiers in the world.

Quality Assurance International is the same group behind the green and white USDA Organic seal and along with its parent company, NSF International, has been auditing and certifying foods for 66 years.



## SPEAKING GLUTEN FREELY – NEW GLUTEN-FREE PRODUCTS

- **Against the Grain** - Cinnamon Raisin Bagels and Country Rolls which are like a heavier sandwich bun; both are GF and DF (dairy free).
- **Amande** Almond Milk Yogurt Cups - made by Cascade Fresh are DF, GF and SF (soy free); fruit juice sweetened.
- **Amy's Kitchen** - Shortbread cookies come in 3 flavors almond, classic, and chocolate chip.
- **Bakery on Main** - GF Granola bars now have a softer texture, improved flavor and added quinoa, chia & amaranth for extra nutrition.
- **Boulder Granola** is a local company using certified GF oats and offers one flavor – Original. Other granolas are made with regular oats, so this product is not made in a dedicated facility. Boulder Granola has worked with the National CSA and incorporated their guidelines into their GF production area.
- **Earth's Best Baby Foods** - frozen Kidz fish GF nuggets.
- **Ener G Foods** - Biscotti and Sunflower Seed cookies. Special orders may be required at most stores due to space limitations.
- **Kettle Cuisine** - Frozen 3 Bean Chili is GFCO certified.
- **Nancy's** - Cultured cottage cheese has a separate fruit pack on top which you mix together.
- **Organicville Foods** – Pints of organic ice cream in various flavors.
- **Solterra Foods** – 3 bakery mixes; Happy Body Brownie, Key Lime and French Vanilla Mini Chips, 2 bake-in-Bag Pizzas, and 4 flavors of GF Gnocchi.
- **Two Degrees** - Nutrition bars in Apple Pecan, Cherry Almond and Chocolate Peanut are GF and DF. The company donates a nutrition pack to third world children for every bar purchased
- **Udi's** - Millet Chia bread and Omega Salba bread.
- **Kellogg's** - 12 oz. boxes of GF Rice Krispies are now available at King Soopers, Walmart and Albertsons.
- **Whole Foods' 365** - New frozen vegetable medleys include plain vegetables with no sauce or seasoning in steamable pouches. **HOWEVER, on the back of the box it now states "Processed on Equipment That Also Processes Wheat"**.

\*A very special thank you to Debbie Knapp of Vitamin Cottage and our contributing members for providing the invaluable information above to our members.

**\*\*Please remember to read labels - even on products that you are familiar with! Products may not remain gluten-free and ingredients statements and manufacturer disclaimers can change at any time.\*\***

**Deby's Gluten Free** is offering a case price of \$20 for 4 loaves of any breads, mix and match. Also, buy any item and receive \$2 off a loaf of the bread of your choice (In-store offer only valid at Deby's Gluten Free).



# DENVER FOOD TRUCKS OFFER GLUTEN-FREE FOODS!

Food trucks seem to be the latest craze in Denver, but they can be intimidating to those living the gluten-free lifestyle. One of our members, Siobhan Blanckaert, decided not to let this stand in her way and contacted the Denver Food Truck organization regarding the availability of GF menu offerings. Shelly Drumm replied with the following information:

There are definitely GF options. The two vendors below are probably safest for those with CD or severe gluten intolerance. Both company's trucks are 100% GF and menu items are prepared from certified GF ingredients.

- Quireo Arepas – Arepas, the daily bread of Venezuela, is made of white corn meal, water and salt. The dough is formed into a patty, grilled, baked, split and stuffed with a variety of meats, cheeses, and vegetables.
- Pinche Tacos – This vendor puts a modern twist on "comida de la calle"-Mexican street food -by specializing in street tacos, better known as pinche tacos. This company uses local products while staying true to authentic regional recipes.

Other popular food trucks are operated by the following vendors, but the potential for cross-contamination with gluten is much greater at the commissaries and/or restaurants where foods are prepared and with other foods sold on the trucks or carts. Shelly stated that some vendors are very informed about gluten issues, however, many are unaware about the prevalence of gluten in food ingredients. She suggests that some vendor's GF claims be questioned, especially by those with CD and gluten intolerance.

- Biker Jim – Offers brats, sausage, hot dogs and cheesecake. Check the menu for GF offerings.
- Joe's Sloppy J's – Traditional sloppy joes and GF Frito Pie
- MaxLunch - Claims that all of their soups are GF. Also serves sandwiches and salads that contain gluten.
- Fat Sully's Pizza Pie – Offers GF and traditional pizza.
- The Biscuit Bus - Southern style sandwiches and side dishes. Sweet Potato Fries are cooked in the same fryer used to fry breaded chicken. Grits are prepared gluten free, but are ground in a facility that also processes wheat flour.
- Basic Kneads Pizza - Offers GF pizza but is prepared in an oven also used to bake traditional pizza.
- Rocky Mountain Chile Bowl - Build your own bowl with a wide selection of beans, veggies, cheese, meats and egg. Chili contains gluten.
- Crock Spot – Build a bowl with meats slow roasted to perfection in good old fashioned crock pots, served over your choice of grain, and topped with a sauce of your choice. GF grain options are available. Ask about the ingredients used in sauces.

Every Tuesday and Thursday, the Civic Center Conservancy hosts a great event called Civic Center Eats where about 20 vendors serve up some great grub in the heart of the city at Civic Center Park. You can also find these vendors and others on the streets of Denver daily selling their culinary delights. Visit [www.denfoodtrucks.com](http://www.denfoodtrucks.com) and [www.denverstreetfood.com](http://www.denverstreetfood.com) for more information about event dates, vendor schedules, and truck stops.

## DINING OUT



**Lillabee Bakery** in Boulder offers baking mixes that are all free of wheat, gluten, dairy, soy, oats and nuts. All of their ingredients are certified GMO-free and gluten free by their manufacturers. All mixes are also randomly tested for gluten. [www.lillabeebaking.com](http://www.lillabeebaking.com).



**Sweet Action Ice Cream** in downtown Denver offers vegan choices as well as gluten-free cones in this sparkling clean haven of exotic flavors. Funky combos are their specialty, with ideas like Strawberry Balsamic, Sour Cream and Chives, and Salted Butterscotch finding a way into the creamy rotation. [www.sweetactionicecream.com](http://www.sweetactionicecream.com).



**Limón** on E.17<sup>th</sup> Ave. in Denver specializes in Latin American Cuisine. They clearly mark the many gluten-free options on their regular menu. [www.limondenver.com](http://www.limondenver.com).



**Gourmet Goodies Café** in Littleton is an Italian style café complete with an extensive gelato selection. They offer a variety of gluten-free items, but do not have a GF specific menu. [www.gourmetgoodiescafe.com](http://www.gourmetgoodiescafe.com).



**Ocean Prime** in Larimer Square has a full gluten-free menu with several options from appetizers to dessert. [www.oceanprimedenver.com](http://www.oceanprimedenver.com).



**Linger** in the Highlands opened this month. Just as he did with Root Down, Chef/Owner Justin Cucci, has created a menu truly inspired by the allergy friendly diet. Over half of the menu is or can be made gluten-free, vegan, or nut-free. This information is clearly stated on the regular menu. [www.lingerdenver.com](http://www.lingerdenver.com).



**Moot House Restaurant & Pub** located in Fort Collins now has an up-scale "Gluten-Friendly" dinner menu. There are several appetizer, salad, sandwich, and entrée choices to entertain your taste buds. [www.themoothouse.com](http://www.themoothouse.com).



**Alley House Grille** in Pagosa Springs offers GF dinner items, and they also cater [www.alleyhousegrille.com](http://www.alleyhousegrille.com).



**Victoria's Parlor** also in Pagosa Springs serves GF items for breakfast and lunch [www.planetpagosa.com/victorias\\_parlor.htm](http://www.planetpagosa.com/victorias_parlor.htm).



**Amica's Pizza & Microbrewery** in Salida now has a GF menu! [www.amicassalida.wordpress.com/](http://www.amicassalida.wordpress.com/).

\*Please note that all restaurants have their own safety standards regarding the preparation of GF menu options. It is your responsibility to always double check with the restaurant to assure that the food you are served is in fact gluten free.\*\*

# Neighborhood Huddle Information

## Meet Your Neighborhood Celiac Resource Contact

Below are the resource contacts in eleven neighborhood areas in the Denver-Metro area as well as resource contacts throughout Colorado. If you have questions or are not sure which area corresponds with your neighborhood, please contact Steve Zeiden at (303) 520-4223 or email Steve at [vpmembership@denverceliacs.org](mailto:vpmembership@denverceliacs.org).

## Membership on the Move

Our chapter would like to welcome Kurt Fulwider to our Board of Directors as our new Webmaster! In addition to Kurt and the rest of our Board Members, our Huddle leaders are great resources for your gluten and gluten-free questions.

**\*Any member can attend any huddle/activity 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 Debbie Allen	(303) 757-3982 (303) 782-4841	<a href="mailto:lddet@msn.com">lddet@msn.com</a> <a href="mailto:deb@webdeb.com">deb@webdeb.com</a>
<b>NORTH</b> Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard		<a href="mailto:kdarci@yahoo.com">kdarci@yahoo.com</a>
<b>SOUTH</b> Centennial & Greenwood Village (W/I25), 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 Heidi Lyster	(303) 752-0958 (303) 503-6166	<a href="mailto:maria@brotherston.us">maria@brotherston.us</a> <a href="mailto:blueeyes-80110@yahoo.com">blueeyes-80110@yahoo.com</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	Jerrine Hicks	(303) 688-1327	<a href="mailto:hicksfamily86@gmail.com">hicksfamily86@gmail.com</a>
<b>SOUTHEAST</b> Centennial & Greenwood Village (E/I25), 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) 986-2808	<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:bill eyl@yahoo.com">bill eyl@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>
Greeley/High Plains (Chapter #147)	Monica Hupalo		<a href="mailto:hupalo@comcast.net">hupalo@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>
Steve Zeiden, <i>VP Membership</i>		(303) 520-4223		<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		
Kurt Fulwider, <i>Webmaster</i>		(303) 734-4657		<a href="mailto:webmaster@denverceliacs.org">webmaster@denverceliacs.org</a>

## WANTED

Kind, good cook to prepare GF meals for one elderly woman 2-3 times per week.

Call Betsy 303-935-5303 (Lakewood location, near Sheridan & Yale)



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!**

## WE'RE ON FACEBOOK!



The Denver-Metro Chapter of CSA is on Facebook! Since "Taming of the Sprue" is published on a bi-monthly basis, Facebook will allow our chapter members, families, and friends quicker access to news, events, and information.

"Like Us" on Facebook by typing "Denver Celiacs" in the search bar at the top of your Facebook Home Page!"

# GLUTEN-FREE FOOD PRODUCT GUIDE (AVAILABLE AUGUST, 2011)



## 2011 GLUTEN-FREE PRODUCTS LIST ORDER FORM

Please mail this form to: Don Smith, 3379 Mill Vista Rd., #4116, Highlands Ranch CO 80129 (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.

## Gluten Free, Goodness Loaded



Rudi's Gluten-Free Bakery bread is certified  but very worthy of your ♥. Each delicious slice has real fresh-bread taste to make the whole ☺ happy, bring a ☺ to your day and add ☀ to your life.

All-natural and organic ingredients.  
No artificial chemicals or preservatives.  
Tastes like real bread because it is real bread.



# 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 OR visit our website at [www.denverceliacs.org](http://www.denverceliacs.org) to renew online.**

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! \_\_\_\_\_

**FREE CHOICE FOODS®**  
 Gluten-Free Meals Made Simple  
 ✓ Gluten Free ✓ Dairy Free ✓ Soy Free ✓ Vegan

**Simplify living the gluten-free lifestyle with these unique nutritious main meal dishes!**

**Wild Rice Pilaf Mix with Roasted Pecans**  
 Made with Natural Ingredients  
 Complete Protein Source • High in Dietary Fiber  
 See Nutrition Information for Protein & Fiber Contents  
 NET WT. 6.6 oz. (188 g)

- Premium Quality Natural Ingredients
- Based on Whole Grains and Legumes
- No Preservatives, Additives, MSG
- No GMO's
- Quick and Easy - Ready in 30 Minutes or Less

Try All 12 varieties!

For a list of retail locations visit our website at [www.freechoicefoodsusa.com](http://www.freechoicefoodsusa.com)

**Udi's introduces MILLET-CHIA BREAD**  
 a powerhouse of nutrients

**GLUTEN FREE** **OMEGA 3/6/9** **FIBER**  
 375 mg\* 6 grams\*

- Millet and Chia are naturally gluten free
- Chia is packed with protein, anti-oxidants, and omega-3
- Millet is a heart-healthy grain that delivers a deliciously, crunchy texture
- 6 grams of fiber and 5 grams of protein per serving
- 12 grams of whole grain per serving

**udis' GLUTEN FREE FOODS**  
[www.udisglutenfree.com](http://www.udisglutenfree.com)

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

PRESORTED  
 FIRST CLASS  
 US POSTAGE  
**PAID**  
 Wheat Ridge, CO  
 Permit No. 37



**Legendary Pizza  
Since 1973**

**WE USE EXTREME CARE IN COOKING  
OUR GLUTEN FREE PRODUCTS**

- **Gluten Free Pizza Shells, Sandwich Hoagies, Chicken Nuggets and Parchment Paper are stored in a flour free environment\***
- **Sauces and toppings handled separately**
- **Gluten Free Products cooked & served on parchment paper**
- **Specific Gluten Free utensils**
- **Knowledgeable kitchen staff trained in safe procedures**



**ALSO SERVING  
GLUTEN FREE PIZZA  
CHICKEN NUGGETS  
SANDWICHES  
DAIRY FREE CHEESE**



\*Valid at participating locations only. Please present coupon with order. One coupon per table. Not valid with any other offers or discounts. Not valid with groups or parties. Please call ahead for take out. Expires 12/31/11.

**Participating Locations**

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

**www.beaujos.com**   

\* We do our best and take every possible care to serve our valued customers with gluten-free foods. Our gluten free pizza shells and sandwich hoagies are supplied by a gluten-free bakery. They arrive, are baked and delivered to your table. Our toppings have been thoroughly researched and confirmed gluten-free and every effort is made to keep these ingredients free of contamination. However, Beaujo's is not a gluten-free environment. We mix pizza dough throughout the day and at any given time, particles of flour are present in the kitchen and dining areas. Furthermore, we can not warranty that the foods we serve are actually gluten-free due to changes in brand or supplier and/or cross-contamination caused from human error. Neither Beaujo's nor The Menu, LLC assume any liability for the foods offered.