

TAMING OF THE SPRUE

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September 2011

SAVE THE DATES

IN THIS ISSUE

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

October Meeting

Date: Thursday, October 6, 2011

Time: 7:00 p.m. – 9:30 p.m.

Location: Swedish Medical Center, Spruce Rooms
501 E. Hampden Ave., Englewood, CO 80113



Our chapter welcomes Dr. Ian Hollaman of the Red Tail Wellness Center in Boulder. He is a board-certified chiropractor and licensed as a primary healthcare physician in the state of Colorado. He will speak about new testing and complications from Celiac Disease and Gluten Sensitivity, and how people can regain their wellness after being diagnosed with either condition. In addition, Dr. Hollaman will discuss some links between thyroid disease and gluten intolerance. The Red Tail Wellness Center was one of our vendors at the Incredible, Edible Gluten-Free Food Fair™ and this booth was so busy the entire day. Don't miss out on this informative presentation – especially if you are newly diagnosed.

National Celiac Awareness Month Special Event

Date: Saturday, October 15th, 2011

Time: 11:00 a.m.

Location: Beau Jo's Colorado Style Pizza
2710 S. Colorado Blvd., Denver, CO 80222



No Oats at Meetings

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

We have scheduled a very special event on **Saturday, October 15th** for our members to celebrate National Celiac Awareness Month! As many of you know, the Denver Metro Chapter of CSA sponsored an internship for Andrew Dodson with Dr. Alessio Fasano at the Center for Celiac Research in Baltimore, Maryland this summer. During Andrew's 7 week internship, he worked alongside Dr. Fasano, dividing his time between the research laboratory and the clinical laboratory. Andrew has agreed to return to Denver from the University of Michigan to share the details of his experience with us at this event. Come prepared with questions for Andrew about what it was like to work with a leading doctor in the celiac community! We'll also enjoy some great gluten-free pizza and soft drinks at Beau Jo's. Admission is \$5 per person to attend this event (cash or check only, no credit cards), and CSA will cover the rest of the costs (alcoholic beverages not included). Seating is limited to 100 people, so please RSVP early if you plan to attend. You may RSVP on our website at www.denverceliacs.org, e-mail Katie Uhlenbrock at vpprograms@denverceliacs.org, or at our October 6th meeting at the Swedish Medical Center. Please join us for this special celebration!!!

December Meeting & Annual Cookie Exchange

Date: Thursday, December 1, 2011

Time: 7:00 p.m.

Location: The First Plymouth Congregational Church,
Plymouth Hall
3501 S. Colorado Blvd., Englewood, CO 80113

Join in the fun at our Annual Cookie Exchange and learn from Nutritionist, Maria Gordon at the same time! Mark your calendar now for this event!

What we've all been waiting for...

The new 2011 Gluten-Free Food
Product and Restaurant Guide is
now available!

Find out how to order your copy on
Page 10!

*The 2009 edition is no longer available.

INCREDIBLE Edible GF Food Fair™ RECAP & PHOTOS

The 5th Annual Incredible, Edible Gluten-Free Food Fair™ was a huge success!! Over 2600 people attended this event, which was held at the Denver Merchandise Mart on Sunday, August 21st. Ninety three wonderful gluten-free vendors shared information about their companies, offered samples of their yummy gluten-free products, and had many great items for sale that day. It was so nice to be able to taste new gluten-free products and choose your favorites before buying them. We sincerely thank all of our vendors, and extend a very special thank you to all of our generous sponsors:

Platinum Sponsors: King Soopers, Rudi's Gluten Free Bakery

Gold Sponsors: Beau Jo's Colorado Style Pizza, Udi's Gluten Free Foods

Silver Sponsors: Carol Fenster, Schar USA

Bronze Sponsors: Body In Balance Chiropractic, Canyon Bakehouse, Domata Living Flour, Integrated Health Systems, Pamela's Products, Simply Shari's, TH Foods.

We also wish to thank all of our volunteers for their help that day – this event couldn't have been possible without them!



CELEBRITIES EMBRACE THE GF LIFESTYLE!

The number of celebrities embracing the gluten-free lifestyle is on the rise! Some have been diagnosed with CD while others are intentionally choosing to eliminate gluten from their diets to improve the quality of their lives. Reasons for doing so range from weight loss, to improving energy levels, or simply to just feel better. Check out our growing list to find out if your favorite celeb is on the GF band-wagon!

Bill Clinton-Former President	Erin McKenna-Actress
Chelsea Clinton-Former First Daughter	Geri Halliwell-Spice Girl
Dana Vollmer- US Swimmer	Gwyneth Paltrow-Actress
Dennis Hallman-UFC Fighter	Heather Wurtele-Tri-athlete
Elisabeth Hasselbeck-Talk Show Host	James Stark- NFL Running Back
Emmy Rossum-Actress	Jennifer Esposito-Actress

Jenn Suhr-Team USA Pole Vault
Jenny McCarthy-Entertainer
Keith Olbermann-Anchor
Kyle Korver-Chicago Bulls
Lady Gaga (and all of her dancers)-Singer/Songwriter
Novak Djokovic-Tennis Champion

Rachel Weisz-Actress
Russell Crowe-Actor
Ryan Phillippe-Actor
Victoria Beckham-Spice Girl
Zooey Deschanel-Actress

DENVER CELIACS LEND A HELPING HAND

The city of Joplin, Missouri is still suffering from the effects of the devastating tornado that ripped through the southern portion of the state in May. This was one of the deadliest tornados on record in the country, which claimed over 150 lives and left hundreds more injured, homeless, and jobless. Of course, among those affected are people with Celiac Disease and those with other gluten-related dietary restrictions. Our Chapter did not hesitate to help those in need when Rita Greenstreet, CSA regional leader, reached out to other support groups asking for help for those in need of GF foods. Thanks to the generosity of our members and the successes of our recent fund raising activities, the Denver Metro Chapter of CSA donated hundreds of dollars in gift certificates to a local grocer in Joplin to help those in need of GF foods. Several other local Colorado GF food companies donated generous quantities of their food products as well to help those in need.



REQUEST A TEST OFFERS NEW CELIAC TESTING SERVICES

Request A Test, Ltd., a privately held business offering direct-to-consumer lab screenings, has just expanded its services to include a variety of testing options for Celiac Disease. "Given that celiac is so prevalent in our society and the symptoms can be so broad, we offer a variety of standard lab testing that help in the diagnosis of Celiac Disease," says Noelle Perez, President.

New services include:

- Celiac Disease Antibody Screen (Deamidated Gliadin Antibodies, Tissue Transglutaminase Antibodies, Gliadin)
- Celiac Disease Complete Panel (Deamidated Gliadin Antibodies, Tissue Transglutaminase Antibodies, Gliadin)
- Celiac Disease Panel (Endomysial Antibodies, Tissue Transglutaminase Antibodies, Total IgA)
- Gliadin Antibody Profile (Celiac Disease Antibodies)
- Gluten Allergy
- Tissue Transglutaminase (tTG, IgA)
- Tissue Transglutaminase (tTG, IgG)

People who exhibit any range of symptoms associated with celiac disease after eating gluten should be tested as soon as possible. Early detection can help prevent serious complications such as lymphoma and gastrointestinal cancer, the latter of which has an increased chance 40 to 100 times that of the normal population.

To inquire about this news release or receive more information regarding Request A Test's services, please call 1-888-732-2348 or visit their website at www.requestatest.com.

Ask the Dietitian

submitted by DIANE MOYER, MS. RD.

Q: Do I need to be concerned about using lotions or other personal care products that might contain gluten?

A: This is a tricky question to answer. Gluten is not absorbed through the skin. A small number of people with Celiac Disease have reported skin reactions from products containing gluten, but most people with CD do not have such reactions. The major concern is with the possibility of the gluten entering the body. Lipsticks and chap stick-type products are obvious examples of personal care items to check for gluten-containing ingredients. I also recommend checking ingredients contained in body lotions and soaps. Many of these products actually **DO** contain ingredients such as oatmeal or wheat germ oil. As an example, if after using one of these products and you then pick up a piece of food and eat it, the gluten contained in the product could enter your body. Also, give consideration to make-ups and cosmetics, especially those that might get into the eyes. Substances can enter the body more quickly through the eyes than by eating them. For kids, I even recommend checking out ingredients contained in shampoos and sunscreens as these products often drip into the eyes. Frequently kissing someone who wears make-up may be another source for gluten to enter your body. For your benefit, you will want to ask that person to check out the ingredients contained in their make-up products.

The 2011 Edition of Denver Metro CSA Gluten-Free Product & Restaurant Guide lists many GF personal care products. If your product is not listed in the Guide, contact the manufacturer to verify that it is gluten free. Since personal care products are not subject to the same FDA labeling laws as food, gluten-containing ingredients may not be obvious on the label.

Please submit your questions to the Dietitian on our chapter's website at www.denverceliacs.org. Click on Contacts and then select dietitian@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 or DHMoyer720@yahoo.com.



ANDREW DODSON'S FINAL REPORT

As my internship at the Center for Celiac Research has come to an end, I've had the opportunity to reflect upon some of the things I've seen, done, and learned during this time. Foremost, this experience has enlightened me to the intricacies and precision required in conducting research. Everything has to be perfect. Being a just a tenth of a micro liter off in measurements can heavily skew results. It also demonstrated, to my chagrin, the tedium of research. Repeating menial tasks over and over again, then waiting 2, 3, or even 4 hours for experiments to incubate was something that I had hoped to avoid.

Overall, this was an incredible experience. Working alongside Dr. Fasano was truly amazing, and being able to draw from his knowledge and expertise was a once-in-a-lifetime opportunity. I learned so much about Celiac Disease and the human immune system in general. This internship has been so educational; I cannot even begin to impart everything I learned during this time.

After 7 weeks, the research that we conducted proved to be inconclusive. I'd be lying if I said I wasn't disappointed, but it provides a valuable lesson: research does not always provide you with the results you would like see. But the hope for bigger and better things is always present and it helps those involved to keep moving forward.

I would like to thank the members of Denver Metro CSA for making this opportunity a reality for me. I could not have taken advantage of this amazing internship without the financial support of this chapter, and I am truly grateful to all of those involved.

HANDLING THE GF DIET & OTHER FOOD ALLERGENS IN THE SCHOOL SETTING

Now that school is back in session in the Denver Metro area, we found it timely to communicate some valuable information shared by Chapter 43 of CSA in Lansing, MI to help you assure that your child's special dietary needs are properly addressed at their school.

At a support group meeting earlier this year, Chapter 43 of CSA assembled a panel of guests to discuss strategies to deal with food allergies and the gluten-free diet in public schools. The panel included Steavanna Roose, Food Allergy Support Team Lansing, Laura Miller-Purrenhage-a mom who has worked with her child's school staff, and Lianna Bennet, member and worker at Department of Education in the School Meal Program. The important information shared by their panelists is summarized below:

- Federal regulations require that the school lunch program provide viable food alternatives for students with documented disabilities that affect their diet. Make it a point to talk to your child's school lunch coordinator to arrange for these alternative meals.
 - Important: your child must have a medical diagnosis and have the appropriate paperwork completed in order to receive this accommodation. The school can provide you with this form.
- You may also create a 504 plan with your child's school. Many schools do not inform parents that this option is available, so it is your responsibility to advocate for your child. Again, this plan requires that you provide documentation of a medical diagnosis along with an explanation of how that condition can negatively affect your child's ability to learn if his or her diet is not strictly followed.
 - A 504 plan is custom made between parents, the school counselor, and often the school principal. By doing so, you can require the school to provide allergen free/gluten free art supplies for your child, make arrangements to have tables specially cleaned before your child eats a snack or lunch, and you can even arrange for your child to eat in a different place if you feel such an accommodation is necessary.
 - A major benefit to the 504 plan is that the school is legally obligated to follow it once all of the required signatures are obtained. All parties tend to pay close attention to the plan. Furthermore, parents have legal recourse if school employees do not follow the plan.
- To help these children not feel out of place, the panelists recommend participation in support groups (like CSA and other national groups in your geographic area) or using resources such as Dana Korn's Kids with Celiac Disease. Another approach is to encourage teachers to schedule special guest speakers on various food needs or issues. Their messages should convey that every child is unique and one element of that child's uniqueness is their food allergy or Celiac Disease.
- Ultimately, the panel's advice to parents is to advocate for your child. This includes:
 - Being aware of the federal regulations that protect and help your child.
 - Making sure that you obtain medical documentation of your child's needs.
 - Maintain an open dialogue with every adult that works with your child at school.
 - Consider speaking to your child's class about allergies (assuming the teachers will allow it) every new year. Keep in mind that for most teachers, dealing with special dietary needs is new to them. They need our constant interaction and support in order to consistently provide a safe environment for these children.

Reprinted with permission from Laura Miller-Purrenhage, Chapter 43 of CSA, Lansing, MI.

CAROL FENSTER & SHELLEY CASE, RD TEAM UP AS CO-AUTHORS

Award winning GF cook book author, Carol Fenster and internationally recognized dietitian, Shelley Case, RD have teamed up as co-authors of two publications intended to improve the nutritional content of the GF diet. The first publication, *Pulses in the Gluten-Free Diet*, was commissioned by the Canadian organization called Pulse Canada. The term “pulse” is commonly used in Europe and Canada, but pulses are typically referred to as beans in the U.S.

“Beans are almost the perfect food because they are jam-packed with vitamins, minerals, protein and fiber—and they are very low in fat. Plus, they are inexpensive” says Fenster. “People on a gluten-free diet need information on how to incorporate beans into their diets in easy, practical, and tasty ways. The booklet provides tips and recipes for a variety of savory and sweet dishes that make it easier to meet the government's recommended goal of one and one-half cups of beans per week,” adds Fenster.

Fenster and Case suggest adding beans to the diet in small amounts at first to allow time to adjust to increased fiber, then working up to at least one and one-half cups per week. They agree that “beans are an excellent way to meet the recommended goal of 25 to 35 grams of fiber per day,” but suggest drinking plenty of water to handle the increased fiber. This free booklet may be ordered or downloaded at www.pulsecanada.com.

The second publication, *Whole Grains in the Gluten-Free Diet*, informs people on a gluten-free diet which whole grains they can consume and how to prepare them. Gluten-free grains (also called cereals) are the seeds of plants and include brown rice, corn, Montana™ (Indiana ricegrass), millet, oats (pure, uncontaminated), sorghum, teff, and wild rice—as well as the pseudo-grains of amaranth, buckwheat and quinoa.

A grain is “whole” when it is consumed in a form that includes the bran (outer layer and primary source of fiber), germ (the part that sprouts into a new plant) and endosperm (the bulk of the seed). Oats are also classified as a whole grain, but be careful about trying them, as many people with Celiac Disease DO react to oats as well as wheat, barley and rye. If you do not react to oats, be sure to choose clearly-labeled “gluten-free oats” because regular oats are often cross-contaminated with gluten-containing grains in the growing fields and during the manufacturing process.

“The benefits of eating whole grains include lower risk of obesity, lower cholesterol levels and a reduced risk of heart disease, stroke, type-2 diabetes, and cancer so it is important that everyone eat the required 3-5 servings per day,” says Fenster. This guide shows how to choose and prepare gluten-free whole grains and also provides easy ideas to add whole grains to one’s diet in time-saving ways. This publication may be downloaded for free at www.carolfenstercooks.com.

Spotlight On... FDA REOPENS COMMENT PERIOD ON GF LABELING PROPOSAL

In early May, hundreds from the celiac community rallied in Washington, DC. at the first ever Gluten-Free-Labeling Summit. The goal was quite simple: get FDA's attention and show the agency that people who must follow a gluten-free diet must have clear, consistent labeling for gluten-free foods.

Was the summit successful? Yes! On August 2nd, the FDA announced it was reopening the public comment period on its gluten-free labeling proposal mandated in a seven-year old allergen labeling law, The Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA). The law directed the FDA to establish a standard, and the agency in 2007 proposed that gluten-free food contain less than 20 parts per million (ppm) of gluten. Action was to be completed the following year, but progress on the regulation then stalled. In the notice reopening the comment period, FDA states that it continues to believe the proposed definition of “gluten-free” is the correct one. FDA's notice also describes current analytical methods that can reliably and consistently detect gluten at levels of 20 ppm or more in a variety of foods.

With this announcement, the FDA also made available, and seeks comments on, a report on the health effects of gluten in people with Celiac Disease. The report includes a safety assessment on levels of gluten sensitivity in people with the disease. The FDA is allowing time for additional comments to ensure that it has the best scientific, evidence-based information to establish the country's first ever standard for gluten-free products.

The agency is interested in hearing from the public and industry. The public comment period on the proposed rule officially opened on Aug. 3 and will remain open for 60 days, until October 3. To submit comments electronically, go to www.regulations.gov and choose “Submit a Comment” from the top task bar, enter the docket number FDA-2005-N-0404 in the “Keyword” space, and select “Search”.

After FDA reviews and considers the comments, the agency will issue a final rule that defines “gluten-free” for labeling food products, including dietary supplements. In discussing the agency's latest action, Michael Taylor, FDA's Deputy Commissioner for Food, indicated that the agency expects to announce the final gluten-free standard sometime in the third quarter of next year.

Things To Consider While Drafting Your Comments :

- What label definitions can assist you as a gluten-free consumer?
- Would utilization of a gluten-free (no detectable gluten) and a low-gluten (up to 20 ppm) label be beneficial for you?
- What role do the current certification labels and the various ppm testing levels play in your purchasing decisions?

Now is the time to speak out! Let the FDA know what you think about the GF Labeling Proposal!!! Be part of this historic legislation!

Did You Know...?

In 2007, FDA proposed to allow manufacturers to label a food “gluten-free” if the food does not contain *any* of the following:

- an ingredient that is any type of wheat, rye, barley, or crossbreeds of these grains
- an ingredient derived from these grains and that has not been processed to remove gluten
- an ingredient derived from these grains and that has been processed to remove gluten, if it results in the food containing 20 or more parts per million (ppm) gluten
- 20 ppm or more gluten

GLUTEN-FREE in 5 Minutes



Okay...so you say you don't have five minutes to spend slaving in the kitchen...how about two? Many of the recipes in *Gluten Free in Five Minutes: 100 Rapid Recipes for Breads, Rolls, Cakes, Muffins, and More* cook for a mere 120 seconds. Author Roben Ryberg will have you in and out of the kitchen in no time, yet producing cornbread, brownies, bagels, English Muffins, Red Velvet Cake, and Blueberry Muffins, which are just a few of the many gluten-free recipes she includes in *Gluten Free in Five Minutes*. Breakfast items include elegant dishes, such as Eggs Benedict and Eggs Florentine, as well as several types of English Muffin, bagels, French toast, and pancakes. Ryberg even provides directions for making microwave oven-poached eggs. There is a good variety of breads, rolls, cakes, cookies, brownies, and icings; Ryberg will even have you making your own gluten-free hotdog and hamburger rolls. Recipes for stuffed mushrooms, two styles of potato salad, and corn pudding are among the included side dishes. Can you resist recipes that take less than five minutes to prepare? *Gluten Free in Five Minutes* is a must-have cookbook for the gluten-free kitchen, especially when the most valuable resource is time.

SPEAKING GLUTEN FREELY – NEW GLUTEN-FREE PRODUCTS

- Amy's-GF single-serve rice crust pizza. New flavors are Margherita and Roasted Veggie.
- Arrowhead Mills-has improved taste and texture of their GF baking mixes. Also a new Chocolate Cake mix is available.
- Bhakti Chai-ready-to-drink bottled iced chai come in 4 GF, vegan flavors.
- Bob's Oat Bars-made with certified GF oats come in 4 varieties.
- Food Should Taste Good-now offers a White Cheddar multigrain tortilla chip.
- Garden of Eatin'-now offers sprouted blue corn tortilla chips.
- Happy Baby Puffs snacks come in Strawberry and Sweet Baked Potato. Tested for < 20 ppm of gluten.
- House So-Yah Foods-Shiratake (tofu & konjac yam flour) noodle entrees are shelf stable, GF, lactose free, and vegetarian. 4 flavors are available and probably will be found in the dairy cooler.
- Imagine Foods-low sodium organic Chicken Broth in 16 oz. and 32 oz. cartons. Kosher.
- Pamela's Products-Whenever Snack Bars available in 4 flavors are GF, dairy free, contain certified GF oats.
- Rudi's-frozen GF pizza crusts.
- Schar (a GF line from Europe)-offers a variety of shelf-stable bread products with excellent texture.
- Snyders-GF pretzels come in a lunch bag snack size, 8 count multipack.
- Stonyfields-4 oz. 4-packs of organic Activia yogurts in Strawberry and Vanilla flavors. GF & Kosher.
- Two Moms in the Raw-product line is GF (except for a regular Blueberry Granola), Kosher, organic, raw & vegan. Includes 3 cereals, 5 Chia bars, 4 Granolas, 3 Nut bars, 2 Quinoa crackers, 3 Sea Crackers, Sun Butter Bread & a Truffle.
- Valley Produce-GF potato thins crackers.
- WOW Baking-cookies in boxes that are individually wrapped, mini cookies in tubs & refrigerated ready to bake cookie dough in tubs, and 2 cake mixes.
- The Organic Dish-delivers a wide variety of frozen GF dinners to your house 5 days a week. www.theorganicdish.com.

*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.****



SMART BALANCE ACQUIRES GLUTINO FOOD GROUP



On August 3rd, Smart Balance, Inc. struck a \$66.3 million gluten-free deal with the acquisition of Glutino Food Group. Smart Balance bought the company from Claridge, a Canadian investment firm. Glutino Food Group, which is based in Quebec, is a manufacturer of gluten-free foods sold under the Glutino and Gluten Free Pantry brands. Glutino's products include snack foods, frozen baked goods, frozen entrees and baking mixes, which are sold throughout North America. The company had annual sales of nearly \$54 million during its most recent fiscal year. Smart Balance said that the deal will help build its health products portfolio and respond to the growing demand for gluten-free products.

As a professional chef, gluten-free restaurant consultant, former restaurateur, caterer, server, bartender, food runner, baker and all-around restaurant savant, I can't tell you how many times I have overheard people with food allergies clumsily attempt to order a gluten-free meal.

This ordering process is often times difficult, lengthy, and sometimes even embarrassing. While certainly a value-added component for today's successful restaurants, one shouldn't assume that restaurant staff, including servers, have any idea about how to provide you with the strict gluten-free menu information that you need to make an informed decision about ordering. As a person with Celiac Disease myself, I know how much worry, anxiety and even physical pain can be caused by not getting your point across effectively and ending up ill at the end of your meal.

While I am personally on a mission to provide restaurants and their staff with the formal and comprehensive training they need to adequately serve this growing population, the fact is, most restaurants aren't prepared. In the meantime, I'd like to provide you with some fool-proof ordering tips designed to ease the often uncomfortable task of conveying your needs to a server:

Be Courteous: First and foremost, servers are people, too. If you are expecting special care, make sure you treat your wait staff with respect in return. As a former server, I can tell you that a smile and some consideration can be just as motivating as a big tip. Treat your servers with common courtesy and remember they have other tables to serve, too.

Be Informed: As a person with CD, you need to arm yourself with knowledge about what can harm your health. While you don't need to bore your server with the intricacies of what gluten does to your system, you do need to know that gluten lurks in unsuspecting places in a restaurant's underbelly. Sharpen your knowledge of frequent cross-contamination issues and avoid items on the menu that may sound gluten-free, but still might have been exposed to gluten, such as the deep-fryer. The more you know, the easier it will be to ask questions of your server.

Be Direct: Not everyone should be expected to know your issues - they are your issues to handle. It is your responsibility to know your own limitations and to communicate them clearly. Many servers have never heard of gluten, let alone Celiac Disease. Tell your server *courteously* that you have an extreme reaction to wheat, rye, and barley, and that it is VERY important for you to be sure that you aren't going to be eating anything containing these ingredients. Scan the menu with your Celiac goggles - you know by now what you need to watch out for. Explain to your server that things other than bread contain wheat, rye, and barley and ask if all ingredients in each item are listed on the menu. If you fail to get a convincing answer, ask the server if you can talk to the manager or the chef. Then repeat the question. If the manager or chef seems puzzled as well, I'd consider ordering a salad with oil and vinegar to be safe. Ideally, I'd leave and go elsewhere.

Be Flexible: While the term "discriminating diner" is frequently used these days, as a person with CD, it's even harder to be discriminating about what you eat at a restaurant. The options are definitely improving as more restaurants are viewing those with CD as true foodies. However, there are still going to be times that you find yourself challenged by the menu. No gluten-free bread options? Ask about lettuce for wraps instead. French fries are cooked in a glutinous fryer basket? Opt for a baked potato. Let go of your pre-conceived notions about your next restaurant meal and just go with the flow. The more flexible you are, the more options you will have.

Be Prepared: Dining out as an individual with CD is often times a gamble. In order to increase your odds of dining success, frequent restaurants that do a good job of attracting you with delicious GF options. Provide feedback to those getting it right, and more importantly, to those that can improve on their GF menu offerings. Often times, chefs/restaurateurs embrace critique as long as it is positive and courteous.

Chef Liz Moskow is the founder of Gluten-Free Restaurant Consulting based in Boulder, CO. If you have questions regarding gluten-free dining or cooking, please contact Liz at gf@glutenfreerestaurantconsulting.com. In the meantime, check out Chef Liz's blog strangerthankitchen.com. All recipes are gluten-free.

Dining Out



California Pizza Kitchen has launched gluten free pizza crust, making 29 of their original pizzas available gluten free. CPK restaurants are now being instructed to use separate plates and utensils to handle the gluten-free pizzas and a separate foil boat to cook them www.cpk.com.



Subway quietly began testing gluten-free rolls and brownies in the Dallas market in **January**. Those items have since made their way onto menus in a handful of Portland, Ore., outlets, with company plans to get the entire 500-plus-unit market in trial within the next month www.subway.com.



The 5th Sun Café in Denver features gluten-free pork green chile and gluten-free red chile. Their chiles are made with a high protein gluten-free roux. Check them out on Facebook.



Coquette's Bistro & Bakery in Manitou Springs has a full gluten free menu and a gluten free kids meal www.coquettesbistroandbakery.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 Resource Contact Information

Neighborhood Resource Update

At the Incredible Edible Gluten-Free Food Fair™ last month, I received a few questions regarding our chapter's Neighborhood Resources, so I thought now would be a good time to update everyone on the status of this program.

Back in June, I reached out to the Neighborhood Resource leaders (formerly Huddle leaders) to ask them if our chapter should continue this program, and if so, what these leader positions should entail. By far, most replied that while they enjoy being neighborhood resource leaders, they view themselves as more of a local resource for people to contact with questions. Initially, the functions of the neighborhood leaders were to serve as local resources and to coordinate people from their area for meetings and gatherings. We realize that so many people are leading busy lives – more so now than when these positions were originally created. Some of our neighborhood resource leaders said they will still continue to hold their own meetings and events as time permits. We encourage you to contact your neighborhood resource leader (or any board member) with any questions or for other needed resources, especially if you're newly diagnosed.

If you're looking to meet other people living with Celiac disease or for more resources and events, I encourage you to attend our bi-monthly meetings/events. You might even want to consider volunteering at one of our events. We appreciate your membership in our chapter and look forward to continuing to serve you.

-Steve Zeiden, VP Membership

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NORTHWEST Arvada, Wheat Ridge, Zips: 80021&80212	Melissa McLean Jory	(303) 868-7790	Melissa@glutenfreeforgood.com
SOUTH Highlands Ranch, Lone Tree, Castle Rock	Jerrine Hicks	(303) 688-1327	hicksfamily86@gmail.com
SOUTHEAST Centennial & Greenwood Village (E/I25), SE Aurora, Parker, Elizabeth	Becca Konen	(303) 693-3795	beccakonen@gmail.com
SOUTHWEST Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 933-1565 (303) 973-1279	jkvanlooz@comcast.net n-lindsey@comcast.net
WEST Golden, Evergreen, Morrison	Beverley Haney	(303) 986-2808	mrsbevins@q.com

Other Colorado Area Contacts

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Boulder County (CSA Chapter #138)	www.bouldercountyceliacs.org		bouldercountyceliacs@yahoo.com
Colorado Springs	Marie Pizzolatto Ginger Ludwig	(719) 572-0548 (719) 598-6748	celiacfamily@yahoo.com ginglud@aol.com
Ft. Collins	Judy Bushnell	(970) 493-9674	jabms@frii.com
Grand Junction	Kathye Holland	(970) 255-0511	
Greeley	Mary Grauerholz	(970) 352-6122	mcholz@aol.com
Lafayette/Louisville	Beth Macht	(303) 665-7558	elizabethwm@yahoo.com
Longmont	Tiffany Jakubowski	(303) 834-8685	
Loveland	Dave Shaw	(970) 669-4233	davshaw49@comcast.net
Greeley/High Plains (Chapter #147)	Monica Hupalo		hupalo@comcast.net

CHAPTER BOARD MEMBERS

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Kurt Fulwider, <i>Webmaster</i>		(303) 734-4657		webmaster@denverceliacs.org

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!



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.

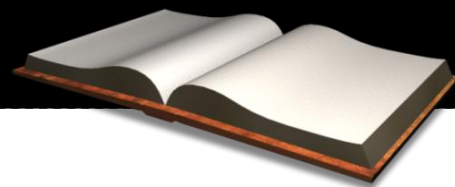
"Like Us" on Facebook by typing "Denver Celiacs" in the search bar at the top of your Facebook Home Page!"

Newsletter Editor(s) Needed Immediately!

Our current editors will be stepping down from this important position after the December, 2011 issue! Do you have a passion for writing and attention to grammatical detail? If so, consider sharing the latest news and issues affecting the GF community with our members through our chapter's bi-monthly newsletter! Add your own personal touch and creativity to enhance our newsletter. If you or someone you know may be interested, please contact:

newsletter@denverceliacs.org

GLUTEN-FREE Food Product Guide



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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 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) 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 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! _____



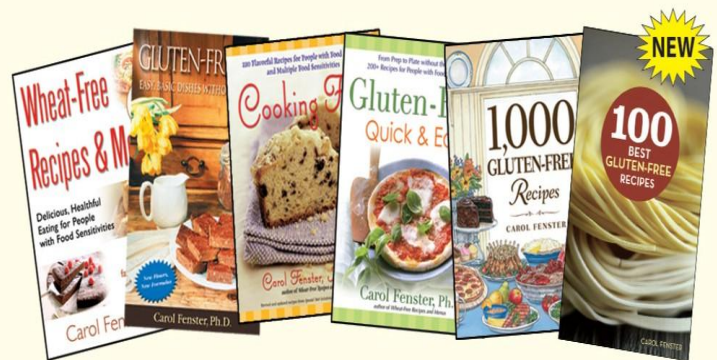
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* We do our best and take every possible care to serve our valued customers with gluten-free foods. Our gluten free pizza shells and sandwich hoagies are supplied by a gluten-free bakery. They arrive, are baked and delivered to your table. Our toppings have been thoroughly researched and confirmed gluten-free and every effort is made to keep these ingredients free of contamination. However, Beau Jo'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 Gluten Detectives at On The Menu, LLC assume any liability for the foods offered.