

TAMING OF THE SPRUE

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

September 2013

Please be advised that the opinions of the authors whom contribute their articles to our newsletter are not the opinions of the Denver Metro CSA Chapter 17.

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Sunday, October 13

The 2nd Annual Gluten Free Gallop 5K Walk in Washington Park at 9:30 AM

Help us raise awareness for gluten free living and raise money for gluten free causes. Sign up before September 15th to get the early registration price of \$25 (kids 6 & under are free). Get your friends and family to sign up with you and earn a gift card.

Teams of 10, 20, and 30 earn Beau Jo's gift cards worth \$10, \$25, and \$50 respectively. All participants get a T-shirt and goodies from our sponsors.

Register today at www.blacktie-colorado.com/rsvp and enter event code 2013Gallop.

Come bust your glutes for gluten free living!!!!

WE NEED VOLUNTEERS!

The following board positions are coming available soon:

**VP Memberships
Secretary
Cel-Teens Coordinator**

Please email newsletter@denverceliacs.org If you are interested in any of these roles.



DENVER CSA 2013 CALENDAR

September 24th
Neighborhood Nosh
BJ's Restaurant
Aurora

October TBD
Cel-Kids & Cel-Tweens
Annual Halloween Party
Location TBD

October 13th
Gluten Free Gallop
Washington Park
Denver

November 24th
Neighborhood Nosh
Colore Italian Restaurant
Englewood

December 4th
Cookie Exchange w/ guest speaker **SARA VOLLMER**
The First Plymouth Congressional Church - Englewood



Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age-group who are also living with celiac disease and/or dermatitis herpetiformis.

Being a part of CSA's Cel-Kids Network allows kids to meet others who know how they feel. Along with get-togethers, they learn important things about staying healthy and living confidently every day. It's nice to know that they are not alone in the world!

JULY UPDATE: FAMILY SPAGHETTI DINNER

We would like to thank all the families that attended our Family Spaghetti Dinner in July at the Lyster House. The goal of our dinner was to have the kids and families in a comfortable setting where they could play and interact. We had dinner, the kids played games and participated in a small scavenger hunt.

We would also like to give a special thanks to Kathy Stinson of **The Last Crumb Bakery** for the goodies provided to our dinner and the donation of some of their products to each family that attended.



UPCOMING EVENTS

Gluten Free Gallop

October 13th 2013 - 9:30 am
Washington Park
(See page 1 for details)

Annual Halloween Party

Details coming soon!
Please keep an eye out for your evite.

The Annual Cookie Exchange

December 4th @7:00 pm
Guest Speaker: SARA VOLLMER
(See page ____ for details.)

We always love new ideas and any parent input so if you have something to share please let us know. Also make sure you have let us know that you want to continue on our email and evite list.
Celkids@denverceliacs.org

COMMUNITY ANNOUNCEMENTS

LAST CHANCE TO PURCHASE THE 2011 GLUTEN FREE PRODUCT & RESTAURANT GUIDE

The Gluten Free Product Guide will make your grocery shopping, cooking, snacking and eating out much easier. It should also help eliminate some of the risks to your health caused by “mystery” ingredients. The 2011 issue will be the last for Denver CSA; we will not be publishing a 2013 issue.

To order your copy please visit
[http://denverceliacs.org/include/Gluten-Free
Product List Order Form.pdf](http://denverceliacs.org/include/Gluten-Free%20Product%20List%20Order%20Form.pdf) to download the order form.

RESTAURANTS & EATERIES:

ST BON'S CAFÉ

Now offering Dairy Free Options
And Breakfast Paninis!
Corner of University and Highlands Ranch Blvd.

GLUTEN FREE BISTRO

Now available Rosauers Supermarkets and Whole Foods in the Northwest and Southwest regions of the United States. Products landed in stores July 2013.

UDI'S

New Soft Baked Cookies & Ancient Grain Crisps have been added to the Udi's line up. Products can be found in the gluten-free aisle at Walmart.



PILSBURY GOES GLUTEN FREE

July 2013, Pilsbury launched it's first-ever ready to bake gluten free cookie, pizza dough and pie/pastry dough.

How to find gluten free medication locally?

We have a serious request from one of our readers that Patty Nachazel (CNE), author of the “Ask the Nutritionist”, write an article about finding gluten free medication locally.

Our reader, whom submitted the request, has been informed by area pharmacies and grocery store pharmacies that pharmacies buy in large quantities and that there is no way to guarantee them as gluten free. Some special pharmacies out of state will guarantee their medication, but doing mail order won't always work for a patient who needs medication immediately.

Patty is putting out this request to our readers to encourage everyone to contact her with any information and/or resources that you may have on this issue. She will combine your input with her research for her next “Ask the Nutritionist” article in the November 2013 issue.

EMAIL PATTY AT: patty.nachazel@me.com

Introduction to Celiac Disease and the Gluten Free Diet

This 3 ½ hour class discusses what is Celiac Disease, “safe” foods, “unsafe” foods, reading food labels, how to stock your kitchen, eating out, coping with everyday challenges and more. Presented by Diane Moyer, M.S., R.D.

Individual nutrition counseling also available, specializing in Celiac Disease, Gluten-Related Disorders and other food intolerances. For more info, call 720-560-3734.



July's Neighborhood Nosh @ Beaujo's

The last Neighborhood Nosh was held in Arvada at Beau Jo's Pizza at 53rd and Wadsworth. Twelve people enjoyed the happy hour menu with reduced price wines and gluten free beer and gluten free garlic cheese bread. It was also Wheat Free Wednesday, where any purchase of a gluten free sandwich or pizza included a trip to the salad bar. The food was great, but the companionship was even better. It is so nice to meet up and chat with people who share the same challenges.



Educational Presentations Available Celiac Disease/Gluten-Related Disorders

The Denver Metro Chapter of the Celiac Sprue Association offers presentations about Celiac Disease & Gluten-Related Disorders and the gluten-free diet. Presentations can be tailored to any audience: health care providers, community groups, students, food-service facilities and others.

For further information, contact Diane Moyer, M.S., R.D.,
(Chair, Medical Education Committee,
Denver CSA)
at dietitian@denverceliacs.org or
720-560-3734.

Join Us for Neighborhood Nosh!

Would you like to spend more time with gluten free friends? Would you like to improve your restaurant experience? Come and share a meal and your restaurant experiences with someone who understands you! Reservations are required as space is limited. Each person is responsible for his or her own tab.

September 24th from 6-8pm

BJ's Restaurant
14442 E. Cedar Avenue
Aurora, CO 80012
www.bjsrestaurants.com

RSVP to Maria at nosh@denverceliacs.org

November 19th from 6:30-8:30pm

Colore Italian Restaurant & Pizzeria
2700 S. Broadway (Yale & S. Broadway)
Englewood, CO
www.coloreitalian.com

RSVP to Laura at nosh@denverceliacs.org

Be sure to RSVP as we are limiting the size of our group to ensure better interaction. Also, please let us know what time you plan to be there (either at the start time or a bit later). Thanks!

Note: Restaurants are selected based upon gluten free availability and previous dining experience. Please use your own best judgment when ordering from any restaurant.

HOW TO REACH THE GLUTEN FREE COLORADO MARKET

The Denver CSA Chapter 17 has a number of events in which you/your business can participate as a vendor or sponsor...or both! Coming soon is the Gluten Free Gallop 5K Walk.

glutenfreegallop@denverceliacs.org

Advertising is always available in our monthly newsletter, which is mailed and emailed to our members six times a year.

newsletter@denverceliacs.org

For more information about the Denver CSA Chapter 17 please visit our website at www.denverceliacs.org.

The 7th Annual Incredible, Edible Gluten – Free Food Fair™ was a huge success!!

The event was held at the Denver Mart on August 18th and we had over 3,500 people attend this event. We had 114 wonderful gluten free vendors that gave out information on their companies, samples of their yummy gluten free products and had many wonderful items for sale. It was hard to pick with all of the amazing gluten free products at the show this year, but we hope that you came away with some new favorites!!

We would like to thank all of our amazing volunteers that helped out that day, this wouldn't have been possible without you. We would also like to thank all of our vendors and give a very special thank you to all of our wonderful sponsors!

Platinum sponsors:

King Soopers, Udi's Gluten Free Foods, and Glutino

Gold Sponsors:

Rudi's Gluten Free Bakery

Silver Sponsors:

Schar USA, Beau Jo's Colorado Style Pizza, Jonny Carino's, and Breads From Anna

Bronze Sponsors:

Savory Palate, Canino's Sausage, Nu Life Market, 303 Chiropractic, St. Bon's Cafe, Garbanzo's Mediterranean Grill, Zevia and Omission



ZERO CALORIES. NO ARTIFICIAL SWEETENERS

- **GLUTEN FREE**
- **VEGAN**
- **KOSHER**



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glutino!
always gluten free

the possibilities
are endless

Crunch into a bagel chip! Bite into a warm chocolate chip cookie! Gluten free pasta anyone? Morning, noon, night, or munch time — whatever you crave, Glutino delivers — including our delicious new line of entirely exceptional gluten free snacks. Live fully! And explore the possibilities with Glutino.



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Ask the Dietitian

FDA finalizes Gluten-Free Labeling Regulations

Submitted by Diane Moyer, M.S., R.D.N.

Last issue I intended to write an article summarizing all of the previous topics I had discussed in this newsletter. Unfortunately, there was not enough space to run it in its entirety. If you would like a copy of the full text of that article, along with the complete list of the more than two dozen topics I have discussed, with the dates of the newsletters in which they appeared, e-mail me at Dietitian@denverceliacs.org or DHMoyer720@yahoo.com.

This month I would like to summarize the FDA's long-awaited ruling on gluten-free labeling, and answer some questions about it. What this ruling does is to provide a legal definition for the term "gluten-free" on a food label, so that consumers will feel more confident with the safety of foods with this label. Under these regulations, in order for a food to be labeled "gluten-free", it will have to meet one or more of the following criteria:

1. The food must be inherently gluten-free, such as fruits, vegetables, etc.
2. The food may not contain any of the gluten-containing grains, which are defined as wheat, barley, rye, spelt or their cross-breeds (kamut, triticale, etc.)
3. If there is any unavoidable presence of gluten in the food (as in contamination during manufacture), the food must contain less than 20ppm (parts per million) of gluten.
4. The food may not contain any ingredient derived from a gluten-containing grain, if it has not been processed to remove the gluten, even if the food tests to less than 20ppm, i.e. wheat flour is not permitted in any amount.
5. The food may contain an ingredient derived from a gluten-containing grain, if the ingredient has been processed to remove the gluten AND the final product contains less than 20ppm. Wheat starch is one ingredient that would be OK to include under this section, as long as the final food ends up containing less than 20ppm of gluten. (This could lead to the confusing situation of a food being labeled "gluten-free", and, at the same time, stating "Contains Wheat", which it is required to do under the food allergen labeling law.)

These regulations will apply to all foods regulated by the FDA, and will also apply to dietary supplements. Foods regulated by the USDA (generally meats, poultry, eggs, etc) and most alcoholic beverages (regulated by TTB – the Alcohol & Tobacco Trade Bureau) are not covered by this ruling, although both agencies are working with the FDA on similar legal definitions. These regulations also will not apply to medications, either prescription or over-the-counter, although the FDA has started work in this area. They do not apply to cosmetics or other personal care products, and are only for foods intended for human consumption. (Sorry, Fido & Fluffy)

Putting the term "gluten-free" on a label will be totally voluntary on the part of the manufacturer. There is no requirement for any manufacturer to do so; however, if a food producer chooses to put this term on the label, they are required to adhere to the above guidelines. Foods without this label will not necessarily be any less safe.

The remainder of this article will discuss other permitted label claims, what 20ppm means and the FDA's rationale for this limit, testing, their thoughts about oats, and compliance issues. For a copy of the full text of this article, e-mail Dietitian@denverceliacs.org or DHMoyer720@yahoo.com



When:
Location:
Purpose:

Sunday, October 13, 2013 at 9:30 AM

Washington Park, Denver, CO

Raise awareness of gluten free living, and raise money for worthy causes. We will donate 50% of the proceeds to research and 50% to purchase gluten free food for local organizations. Research proceeds will be directed to Dr. Fasano's leading edge research efforts at the Center for Celiac Research; food donations will go to the local food banks, as well as the Denver Children's Home.

What:

5k (3.1 miles) fun run/walk for the whole family. For those who would like a shorter experience, there will also be a 1.5K (about 1 mile) course.

Cost:

\$25 if you register before September 15th, \$30 after September 15th or on race day. Children 6 and under are free.

What's Included:

All registrants will receive a race T-shirt, as well as goodies from our sponsors, and some additional race day fun and games.

Registration:

Please visit: www.blacktie-colorado.com/rsvp and enter event code 2013Gallop

Timetable for Race Day:

8:30 Registration opens
9:15 Pre-Walk Announcements and Rally
9:30 Walk/Run begins
10:00 Sponsor Village opens for prizes, goodies, gluten free food samples and fun for the whole family

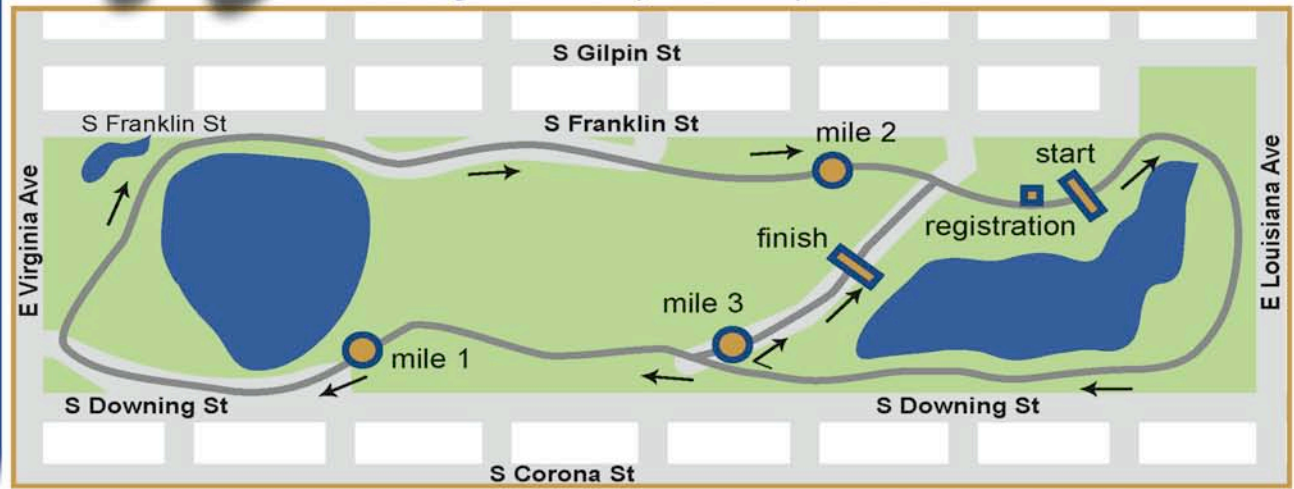
Sponsored by:





Race Map:

Washington Park, Denver, Colorado



About Celiac Disease

Celiac disease (CD) is a genetic disorder. In people with CD, eating certain types of protein, called gluten, sets off an autoimmune response that causes damage to the small intestine. This, in turn, causes the small intestine to lose its ability to absorb the nutrients found in food, leading to malnutrition and a variety of other complications. The offending protein, gluten, is found in wheat, barley, rye, and to a lesser extent, oats (WBRO). Related proteins are found in triticale, spelt, kamut.

- Approximately 1:133 (or three million) people in the US have Celiac Disease; unfortunately 97% are NOT yet diagnosed.
- Celiac Disease is the leading under diagnosed genetic disease in the nation.
- The risk of having celiac Disease is more than 10-times higher for relatives of a person with CD.
- It takes, on average, 11 years from the time people first report symptoms until they are diagnosed.
- There are over 200 recognizable symptoms. Symptoms vary from person to person, which is why it is so hard to diagnose. A person may have one, two or multiple symptoms. Some have no symptoms at all but internal damage still occurs.
- In 30% of people diagnosed with Celiac Disease, other autoimmune diseases tend to be present. Those living with Hashimoto's Thyroiditis, Lupus, Rheumatoid Arthritis, Type 1 Diabetes, Sjogren's Disease or Hepatitis should be screened for CD. Up to 10% of those with either Down, Williams or Turner Syndrome will also have Celiac Disease.
- While many children are underweight at the time of diagnosis, adults can be underweight, normal or obese.
- Blood tests are available to assist with diagnosis, but negative test results can be inaccurate, especially early in the disease process.
- Although the average age of diagnosis is 40, people can be diagnosed at any age – from toddlers to adults in their nineties.

For more information about Celiac Disease please visit www.DenverCeliacs.org

NEW CEL-TWEENS GROUP



CEL-TWEENS allows kids in the age range from 10-12 to meet, share and have fun with other kiddos who are also living with celiac disease. At this age kids are starting to become more independent and making daily decisions about what foods they can eat. We want this group to be a place where they can be educated about staying healthy while having fun and understanding that they are not alone in this! The goal is to plan events to teach them about their gluten-free lifestyle, while allowing them to meet other kids their age and have fun.

Upcoming Activities:

Fall/Halloween Festival
Holiday Event
Possible Cooking Class

Please join our group at the Gluten Free Gallop on October 13th. We hope to have a big group of kids walking/running to raise awareness of and support for our gluten free lifestyles. For more information please go to www.denverceliacs.org.

To join our Cel-Tweens mailing list please email: celtweens@denverceliacs.org.

We look forward to meeting you at our upcoming events.

Hearts and Hands Assisted Senior Care Wheat Ridge, Colorado



Residential assisted living in a small family atmosphere. Special dietary menus available.

Accepting Medicaid and Private Pay.

720-271-1708

BLACK BEAN, SWISS CHARD OVER QUINOA

INGREDIENTS:

1 CUP	QUINOA
2 CUPS	VEGETABLE BROTH/WATER
1 TBSP	OLIVE OIL
1 CUP	ONION CHOPPED
2 LARGE	SHALLOTS DICED
2 CLOVES	GARLIC
1 LB.	SWISS CHARD, STERNS FINELY CHOPPED, LEAVES CUT INTO RIBBONS
½ CUP	RAW WALNUTS
1 CAN	15OZ KUNERS BLACK BEANS, RINSED AND DRAINED
20 COUNT	PITTED BLACK OLIVES, KALAMATA & HALVED MEZETTA
1/3 CUP	RAISINS
1 TBSP	HEMP SEEDS OR CHIA SEEDS

DIRECTIONS:

1. BRING BROTH TO A BOIL IN SAUCEPAN. ADD QUIONOA AND SIMMER ABOUT 15 MINUTES. TURN OFF HEAT, LET STAND.
2. HEAT OIL IN LARGE SKILLET OVER MEDIUM HEAT. ADD CHARD STERNS, ONION, SHALLOTS, AND GARLIC. SAUTE UNTIL SOFT.
3. ROAST WALNUTS IN OVEN OR SEPERATE PAN.
4. ADD BEANS, OLIVES, RAISINS, AND CHARD LEAVES TO SKILLET. LOWER HEAT TO MED LOW AND HEAT UNTIL LEAVES ARE TENDER.
5. ADD QUINOA, MIX AND TOP WITH ROASTED WALNUTS AND SEEDS IF DESIRED.

SUBMITTED BY CAROL KENDALL

King Soopers Health and Wellness Expo

Colorado Convention Center
Saturday October 5th, 2013 from 9am-5pm

Don't miss out on all of the great things this show has to offer:

**Gluten Free
Colorado Proud**

Dr. Oz

Dr. Travis Stork from the Dr's Show

Dr. Rouse

Dieticians

and much more!!!



Dental Enamel Defects Indicate Adult Celiac Disease

Celiac.com 08/23/2013 - Previous studies have noted the presence of dental enamel defects in people with celiac disease.

A team of researchers recently set out to study the prevalence of dental enamel defects in adults with celiac disease, and to determine if there is in fact a connection between the grade of teeth lesion and clinical parameters present at the time of diagnosis of celiac disease.

The research team included L.Trotta, F. Biagi, P.I. Bianchi, A. Marchese, C. Vattiato, D. Balduzzi, V. Collesano, and G.R. Corazza.

They are affiliated with the Coeliac Centre/First Department of Internal Medicine at the Fondazione IRCCS Policlinico San Matteo at the University of Pavia in Italy.

The team looked at 54 celiac disease patients who had undergone dental examination. The patients included 41 females and 13 males, with an average age of 37 ± 13 years, and with an average age of 31 ± 14 years at the time of diagnosis.

Symptoms leading to diagnosis were diarrhea/weight loss (32 pts.), anaemia (19 pts.), familiarity (3 pts.). None of the patients was diagnosed because of enamel defects.

At the time of evaluation, all of the patients were following a gluten-free diet.

The team classified enamel defects from grade 0 to 4 according to severity. They found dental enamel defects in 46 of the 54 patients (85.2%). They found grade 1 defects in 18 patients (33.3%), grade 2 defects in 16 patients (29.6%), grade 3 defects in 8 patients (14.8%), and grade 4 defects in 4 patients (7.4%).

They also observed that grades 3 and 4 were more common in patients diagnosed with classical rather than non-classical coeliac disease (10/32 vs. 2/20). However, this was not statistically significant.

From this study, the team concludes that enamel defects are common in adult celiac disease, and that the observation of enamel defects offers a way to diagnose celiac disease.

GLUTEN FREE FOR MEN???

Glutenfreeformen.com is a website created by Brendon O'Neill when he was diagnosed and couldn't find information relating to him and his interests as a guy! So he created his own...as a resource for men (and really women, too) adapting to the lifestyle. After all, if you're new to eating gluten free, what about your favorite beers? What about your passion for BBQ? Posts range from Q&A's with gluten free beer brewers to recipes for baby back ribs. The site includes interviews with gluten-free athletes, healthcare professional and men who "go on with their lives" despite gluten sensitivity. Check it out!

Brews Fight Over Gluten-free Beer Standards

Celiac.com 07/18/2013 - If you brew a bunch of beer using traditional wheat and barley, then add enzymes to break down gluten proteins so that the final product tests negative for gluten, is the beer actually gluten-free? Should it be labeled as gluten-free?

Many brew masters, and some with celiac disease say 'yes.' Others, including government regulators say 'no.'

That's the root of the big fight brewing between Oregon brew masters at Craft Brew Alliance and U.S. government regulators over what kinds of beer can and cannot be labeled gluten-free.

On the one hand, numerous brew masters are now brewing beer with traditional barley, and then using an enzymatic process to break down the gluten proteins so that the final product has no detectable levels of gluten. Some regulators, and some gluten-free beer drinkers accept this approach, some do not. The U.S. government does not, and federal alcohol regulators have barred Craft Brew from calling Omission "gluten-free" outside Oregon. Currently, Craft Brew Alliance can label their Omission beers as 'gluten-free' only in Oregon, Canada, and Denmark.

However, the regulators have said that the company can label their product as 'gluten-removed,' rather than gluten-free.'

U.S. regulators argue that labeling beers made with wheat and/or barley as 'gluten-free' is likely to mislead consumers. They also add concerns about the small fragments of gluten that do remain in the final product. There simply isn't enough evidence to show that these beers are safe for people with celiac disease in the same way that beers made from gluten-free ingredients are safe.

Recent tests by Canada's public health agency did show gluten fragments in beers from Spain and Belgium that use a gluten-removal process similar to the one used by Craft Brew for Omission beers. It's unclear whether the fragments are a health concern, Health Canada spokeswoman Blossom Leung said via email.

In fact, some gluten-free individuals have had reactions that they attribute to such beers, though others have not. Could this be a sensitivity to the broken-down fragments of gluten protein? That important question remains unanswered.

In the U.S., all sides are currently awaiting new rules by the FDA, which should provide labeling guidance for such cases.

Since 2007, the FDA has considered allowing foods with less than 20 parts per million of gluten to be labeled "gluten-free." But its final proposal, now under review by the OMB, would prohibit such labeling on foods where no valid test exists to determine safety.

Under such a rule, beers like Omission could not be labeled as 'gluten-free,' but could be labeled as 'gluten-removed.' Craft Beers calls that part of the prospective rule "unnecessarily rigid."

What do you think? Have you tried these kinds of beers? Do you support labeling them gluten-free, or should they be labeled 'gluten-removed?' Do we need to know more about possible adverse effects from these kinds of beers before we can say for sure?

COCONUT MACAROONS

INGREDIENTS:

**1 PACKAGE (7OZ)
SWEETENED FLAKED
COCONUT**

**1 TBSP GRANULATED
SUGAR or ½ TBSP
HONEY/AGAVE NECTAR**

**2 TBSP BROWN RICE
FLOUR or ALMOND FLOUR**

2 EGG WHITES

**½ TSP VANILLA or
ALMOND EXTRACT**

DIRECTIONS:

**PRE-HEAT OVEN TO 350F.
USE MIDDLE RACK OF THE
OVEN. LIGHTLY GREASE
COOKIE SHEET**

**IN A MEDIUM SIZED BOWL
COMBINE ALL
INGREDIENTS IN THE
ORDER LISTED. STIR WELL.**

**MIXTURE SHOULD LOOK
LIKE LOOSE MOISTENED
COCONUT.**

**DROP ROUNDED
TEASPOONFULS OF
DOUGH ONTO THE
PREPARED COOKIE SHEET.**

**BAKE COOKIES FOR 15 to
20 MINUTES UNTIL THE
EDGES ARE GOLDEN
BROWN.**

**LET COOL ON WIRE
RACKS.**

SAVE THE DATE!!

December 4th @ 7:00 pm
Annual Cookie Exchange w/
Guest Speaker: SARA VOLLMER
The First Plymouth Congregational Church
Plymouth Hall, 3501 S. Colorado Blvd,
Englewood, CO 80113

Across the country, people are raving about Sara and her comedic take on the day-to-day challenges of living a gluten-free lifestyle. Sara will be sharing her personal experiences with celiac disease through her lecture entitled: *I am a Delicate Flower*.



Join us for this amazing evening filled with fun, laughter and tons of holiday treats!

Contact VPprograms@denverceliacs.org for any questions.

Hostess Hasn't Ruled Out a Gluten-Free Twinkie

By Karl Utermohlen, InvestorPlace Writer

Back in July 15, Hostess announced that the return of the Twinkie could spawn a new variety of the product aimed at those with celiac disease—the gluten-free Twinkie.

The company has added that instead of changing the formula of the old products, it plans on keeping them intact and introducing more products to the Hostess family. In addition to the gluten-free Twinkie, Hostess has also considered creating other healthy products with added fiber and whole grains.

If Hostess decides to create the gluten-free Twinkie, the 1% of Americans who suffer from celiac disease would not be the only ones to snack on the new product—those who are health-conscious could also prefer gluten-free Hostess snacks over the company's more traditional products.

We've got you covered.



breakfast



midday snack



brunch



lunch



on-the-go



dinner



dessert



late night snack

EVERY MEAL. EVERY TIME. EVERYWHERE.

Midnight snack, post-workout meal, potluck casserole – any meal can be gluten free with Udi's Gluten Free Foods.
The #1 selling GF brand offers shoppers great tasting products that span all eating occasions.



Visit us on the web!
www.udisglutenfree.com

BLACK BEAN LUAU SALAD

INGREDIENTS:

**1 CAN (20 OZ) PINEAPPLE CHUNKS,
DRAINED**

**1 CAN (14-16 OZ) BLACK BEANS,
RINSED AND DRAINED**

1 ½ CUP COOKED RICE

**1 ½ CUP COOKED CHICKEN BREAST,
CUBED**

**1 MEDIUM RED or GREEN PEPPER,
CHOPPED**

½ CUP CELERY, CHOPPED

½ CUP GREEN ONIONS, CHOPPED

½ CUP GF RASPBERRY VINAIGRETTE

**COMBINE ALL INGREDIENTS IN ONE
BOWL. POUR DRESSING OVER THE
SALAD. TOSS TO COAT.**

SERVES 8

Celiac Sprue Association responds to the Food and Drug Administration Gluten- Free Labeling Rule

The final rule becomes effective 30 days after publication in the Federal Register. Manufacturers will have a year after the date of publication of the rule to bring package labels into compliance.

“It is a step in the right direction to have a definition and a level for gluten-free labeling,” stated Mary A. Schluckebier of Seward, CSA Executive Director of the Omaha based national organization. “The CSA membership has worked for almost a decade to see the long-awaited labeling regulations from the FDA,” stated Bill Locke, CSA national President from Midlothian, Virginia. “The CSA membership is happy to have a definition in place for gluten-free and will continue to work for individuals diagnosed with celiac disease.”

Longtime CSA volunteer and the Vice President of Governmental Affairs, Diane Eve Paley of New Jersey agreed with Schluckebier on CSA’s involvement for a gluten-free definition. “All of the members of CSA wanted a clear definition for the producers and industry. Ever since CSA organized in the Midwest almost four decades ago, there has been a plea for a definition of “gluten-free,” stated Paley. “We have lobbied Congress and worked with many US Senators and Congressmen, as well as leaders in the FDA to see this regulation enacted. We are indeed elated to see that government is listening and the people now have a consistent gluten-free definition!”

CERA PRODUCTS INC.

Cera Products Inc. develops, manufactures and produces rice-based hydration drinks that aid in the regulation of absorption and digestion. All of their products are Gluten-free and all natural. They were developed along with Doctors at John's Hopkins University, and are Celiac Sprue approved. To learn more about Cera and their product line please visit:
www.ceraproductsinc.com



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Common Misunderstandings of Gluten-Free Alcoholic Beverages

Celiac.com 07/16/2013 - Gluten has a way of popping up in some very unexpected products. Peers (whether online or otherwise) are sometimes our best resource for information regarding these oft-overlooked gluten-containing products, but sometimes speculation gets passed along the grapevine as fact. This has led to some very believable, but ultimately questionable rumors. Alcohol in particular has some of the most persistent rumors regarding gluten content. This is likely because the processes involved with alcohol production are confusing and widely misunderstood. With this article, I hope to address and clear up a few of the most persistent gluten-free alcohol misunderstandings that you've certainly heard before.

Misunderstanding #1 of 5: “Not all wine is gluten-free: some vintners age their wine in barrels that are sealed with a wheat paste. This paste contaminates the wine, making it dangerous for consumption by celiac disease sufferers.”

This is a big one. Wine is naturally gluten-free, but the fact that some vintners use wheat paste to seal their barrels has led many to cut wine out of their diets as a precautionary measure. It's a plausible idea, as some vintners do in fact use wheat paste to seal their barrel heads. However, there are a few key points here that you should consider before cutting wine out of your diet entirely:

1. Because the Tobacco Tax and Trade Bureau currently disallows gluten-free labeling of alcoholic beverages if the producer used “storage materials that contained gluten,” any wine that is labeled gluten-free was aged using a barrel alternative and carries no risk of contamination.
2. Wines that aren't labeled gluten-free might still be aged using barrel alternatives. Roughly speaking, the more expensive (\$12+) Cabernet Sauvignons, Merlots, Zinfandels and red blends are more likely to be aged in oak barrels (and for a longer period of time).
3. The amount of wheat paste used to seal barrel heads is minimal. It is not the staves of the barrels that are sealed with a wheat flour paste, but the barrel heads. Furthermore, most wineries thoroughly pressure wash all barrels with boiling hot water before they are used. The last thing vintners want is a contaminated product.

In order to lay this contamination issue to rest, Tricia Thompson tested a single winery's Cabernet Sauvignon and Merlot, which she was told by the winery were their two wines that spent the most time in wheat-sealed oak barrels. She tested each wine four times: twice with the Sandwich R5 ELISA test, and twice with the competitive R5 ELISA test. The competitive R5 ELISA is the current standard for detecting hydrolyzed (broken down) gluten, while the sandwich R5 ELISA is the current standard for detecting non-hydrolyzed gluten (1). Combined, the tests can reliably test for any possible form of gluten contamination.

Conclusion: Wine that is aged in oak barrels contains less gluten than we are currently capable of testing for, whether hydrolyzed or not.

At this point, a lot of people will begin to shake their heads: “If wine is gluten-free, then why do I get sick when I drink _____ wine?” The likely answer is that you are reacting to something else! Many winemakers use egg whites as a clarifying agent. The amount of egg used is far more substantial than any wheat paste that might have leaked into the wine, so if you know eggs are a problem, this is likely what you are reacting to.

If you don't have a problem with eggs, you could also be reacting to sulfites. Many people have problems with them, and some winemakers use them as preservatives.

Sometimes, it's best to go out and get information directly from the winemaker. They can tell you more about their aging process, and shed light on what may or may not be making you sick.

In our next issues of Taming the Sprue we will publish Misunderstanding #2 - #5. If you'd like to find this information now you may find it at www.celiac.com.

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Below are the resource contacts in neighborhood areas in the Denver Metro area. If you have questions or are not sure which area corresponds with your neighborhood, please email vpmembership@denverceliacs.org. Welcome, Janelle Hahn! Janelle is our new Neighborhood Resource Contact for the Westminster/Commerce City/Brighton/Northglenn/Thornton members. Thanks for volunteering, Janelle!

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