



GLUTEN FREE "NEWS"

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Waterloo/Cedar Falls Celiac Support Group



FIRST ISSUE

APRIL 2009

PRESIDENTS NOTES:

Spring has sprung and summer is almost here, I for one can't wait for warmer weather.

Mark your calendar's, the 8th Annual Walk/Run for Celiac Disease is just around the corner. Saturday May 30, 2009, registration is at 10:30 a.m. and the walk is at 11:00 a.m. at George Wyth State Park, Waterloo, IA. Gluten Free cook-out following the walk. Hope to see there.

We had quite the crowd for the April meeting despite the fact that mother nature was in a nasty mood. We received many calls asking if there was going to be a meeting. For future meetings please note that we will always hold a meeting no matter the weather. Please use your own discretion on whether you feel safe traveling and attending on that day.

Denise



MARK YOUR CALENDARS!

UPCOMING CELIAC SUPPORT GROUP MEETINGS

Note: We must have 15 members in attendance to hold meetings. Please call Kristi Simmerman at 234-2104 if you are unable to attend

Date: Saturday May 30, 2009
8th Annual walk/run for Celiac

Time: 10:30 a.m. Registration
11:00 a.m. Walk

Place: George Wyth State Park
Waterloo, IA

Agenda: Walk- Lunch

If you are not receiving celiac information about meetings or items of interest for our group via e-mail and would like to... Please e-mail me and I will add you to my list. I will not give out your address and will not use it for anything that is not related to our group. My e-mail is k.launderville@mchsi.com

DISCLAIMER: All recommendations, product information, recipes and related data generated by the Waterloo/Cedar Falls Celiac Support Group in this newsletter are intended for the benefit of our members and readers. The text has not been submitted for approval to the CSA/USA medical board. Products mentioned or omitted do not constitute endorsement. Food manufactures' products are subject to formula change at any time. No liability is assumed by the Waterloo/Cedar Falls Celiac Support Group or any of its members.

2009 Iowa State Conference

Mark your calendars the Iowa state conference will be held in Ft. Dodge Iowa on Sept. 12, 2009. More information will be sent out later this summer

Waverly-New Hampton Area Celiac Group Cookbooks Let's Eat Gluten Free

The 2nd Edition of the Waverly-New Hampton Area Celiac Group Cookbooks Let's Eat Gluten Free are available! There are an additional 100 recipes!

The cookbooks are available at the following locations locally or feel free to call Betty Bast 319-352-4740/319-231-0107.

Hy-Vee Waverly, IA
Hy-Vee College Square Cedar Falls, IA
Hy-Vee University Ave Waterloo, IA
T-n-K Health Food store Waterloo, IA

Wal-Mart

Cedar Falls Wal-Mart now has a 8 ft Gluten Free section located in isle 8

Community Day at college Square

Our group will have a table at College Square Mall for Community Day on Saturday April 25 from 10 am to 3 pm. Spread the word and come out to see us.

~~Don't Forget~~

8th Annual walk/run for Celiac

Come out even if you can't walk. Helpers always needed through out the day. Also if anyone has any items they would like to donate to the baskets please let Kristi know. I will be working on them the end of this month.

Angel Food Ministries

For those of you not aware Angel Food Ministries, is a non-profit, non-denominational organization that offers food relief. They are affiliated with several churches throughout the United States and offer food boxes at a reduced cost. You do not have to be low income to enjoy this service, and they accept food stamps, cash, and credit cards. And you can now order online. They are offering a Allergen Free Box. From the list it looks like it is the Allergy Free



Food Company's frozen breaded meats.
<http://www.angelfoodministries.com/>

ALLERGEN-FREE BOX

Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!

Gluten-Free Summer Camps

It's never too early to dream about summertime... and summer camps for your kids.

Sending our kids to their first sleep-away camp is stressful enough. Add dietary concerns and that just may be enough to keep your kids in a local day camp again this year (which in my opinion is still a fine option — my almost 12 year-old son has yet to go to a sleep-away camp).

Luckily, there are an increasing number of camps available that cater to children on gluten-free diets.

The national celiac disease support groups all run or help sponsor summer camps:

The Gluten Intolerance Group is running two kid's camps this year-- GIG Kids Camp East at Camp Kanata, NC (June 21 to June 27, 2009) and 2009 GIG Kids Camp West at Camp Sealth, WA (July 28 to August 7, 2009). For more information visit www.gluten.net and click on "events" and then "kids camps."

The Celiac Disease Foundation helps sponsor Camp Celiac at Camp Arroyo in the San Francisco Bay area (July 26 to July 31, 2009). For more information visit www.celiaccamp.com.

The Celiac Sprue Association/Celiac Support Group for Children (CSA Chapter 72) runs Camp Celiac at Camp Aldersgate in North Scituate, Rhode Island (August 9 through August 14). For more information, visit www.csaceliacs.org.

Many of the R.O.C.K. (Raising Our Celiac Kids) groups also run summer camps:

The Twin Cities R.O.C.K (Raising Our Celiac Kids) group is holding their Gluten Free Fun Camp again this year at Camp Courage in Maple Lake, MN (August 4 to August 7, 2009). For more information, visit twincitiesrock.org.

The Dallas R.O.C.K. group is holding their Great Gluten

Escape Camp at Camp Gilmont in Gilmer, Texas (June 14 to June 19). For more information, visit www.dallasrock.org.

To locate a R.O.C.K. group in your area, visit www.celiac.com and scroll down. Contact the group and ask if they are sponsoring a camp. You also can Google "Raising Our Celiac Kids" for the websites of various other R.O.C.K. groups.

Do Vitamin Supplements Benefit Celiac Patients?

Celiac.com 03/10/2009 - A recent study confirms that B-vitamin supplements are helpful in raising vitamin B6, B12 and folate levels and in reducing homocysteine levels in people with celiac disease.

Celiac disease is a typical malabsorption syndrome, and is associated with higher rates of numerous deficiencies, including folate and vitamin B12. People with celiac disease face higher rates of Hyperhomocysteinemia than do healthy controls.

A team of Dutch researchers led by Dr. Muhammed Hadithi recently set out to evaluate the efficacy of daily supplements of vitamin B6, B12 and folate on homocysteine levels in patients with celiac disease. The study measured levels of vitamin B6, folate, vitamin B12, and fasting plasma homocysteine in 51 adults with celiac disease and 50 healthy control subjects of similar age and sex.

The results show that the celiac disease subjects who used vitamin supplements had higher blood levels of vitamin B6 (P = 0.003), folate (P < 0.001), and vitamin B12 (P = 0.012) than celiac patients who did not use supplements, or healthy controls (P = 0.035, P < 0.001, P = 0.007, for vitamin B6, folate, and vitamin B12, respectively).

Patients who use vitamin supplements also showed lower levels of plasma homocysteine than in patients who did not (P = 0.001) or healthy controls (P = 0.003). Vitamin B6 and folate were both associated with homocysteine levels, whereas vitamin B12 was not. Twenty-four (48%) of 50 controls and 23 (50%) of 46 of the celiac disease patients carried the MTHFR thermolabile variant T-allele (P = 0.89).

The research team concludes that Homocysteine levels are dependent on Marsh classification and the regular use of B-vitamin supplements reduces of homocysteine levels in patients with celiac disease. The study confirms earlier studies suggesting that both the presence and severity of



celiac disease determined homocysteine levels.

The regular use of supplemental B vitamins resulted in higher levels of serum vitamin B6, folate, vitamin B12 and lower levels of plasma homocysteine in patients with celiac disease. Moreover, supplemental B vitamins seem to offer protection against the effects of villous atrophy on homocysteine levels, independent of the genetic susceptibility status as determined by carriage of the C677T polymorphism of 5,10 methylenetetrahydrofolate reductase.

Complications of Untreated Celiac Disease

Why People With Celiac Disease Should Not Eat Gluten

The National Institutes of Health warns of the following complications of celiac disease in patients who do not follow the gluten-free diet. These problems can usually be blamed for the symptoms of celiac disease that are present when the patient is first diagnosed. In many cases, these complications can improve or go away completely if a gluten-free diet is strictly followed.

1. Malnutrition

Even when patients are eating lots of healthy foods, they can become malnourished because the nutrients in the food are not being absorbed. Instead, the vitamins and nutrients are excreted in the stool. Malnutrition in untreated celiacs can cause weight loss, anemia, and vitamin deficiencies that may result in fatigue, stunted growth, neurological problems, and low bone density.

2. Decreased Calcium Levels and Bone Density

Calcium and vitamin D are lost in the stool instead of being absorbed into the body, leading to rickets in children, a type of kidney stone called an oxalate stone, as well as osteomalacia (softening of the bones), osteopenia, and osteoporosis. Interestingly, bone diseases can occur in people with milder forms of celiac disease who do not appear to have malabsorption. Bone density can actually improve once the gluten-free diet is started.

3. Lactose Intolerance

The enzyme lactase, which helps us digest the lactose in dairy products, is produced in the cells that line the surface of the villi in the small intestine. When the villi shrink and flatten in celiac patients who are eating gluten, lactase can

no longer be produced and the patient develops lactose intolerance. Many celiac patients on the gluten-free diet find that once their intestines have healed, lactase production resumes, and they are able to tolerate lactose-containing products.

4. Cancer

According to most studies, long-standing untreated celiac disease leads to an increased risk of gastrointestinal cancer, such as lymphoma. Even with this increased risk,

however, these cancers are rare in celiac patients. Some evidence suggests that in celiac patients who follow a strict gluten-free diet, the risk is no greater than in any other healthy person.

5. Neurological and Psychiatric Complications

Celiac disease has also been associated with depression, anxiety, neuropathy, balance disorders, seizures, and severe headaches.

6. Miscarriage and Congenital Malformation of an Unborn Baby

Pregnant women who don't realize they have celiac disease (or who know they have it but don't follow a gluten-free diet) have nutrient absorption problems that can lead to miscarriage or congenital malformations, such as neural tube defects.

7. Short Stature

In children, undiagnosed celiac disease can lead to short stature. During childhood, it's crucial that children get the right nutrition to help them grow and develop. If they have unrecognized celiac disease and are eating gluten, the damage to their intestines will prevent nutrients in their food from being absorbed. Fortunately, if celiac disease is diagnosed in time, a gluten-free diet can sometimes help a child catch-up to a normal height.

25 Random Things about Celiac Disease

1. Affects 1 in 133 Americans** (approximately 3 million)- 97% are undiagnosed*
2. It takes an average of 4 years for a person with symptoms to get a celiac diagnosis*
3. Gluten is a protein most-commonly found in wheat, barley, rye and some oats
4. There is no medicinal cure for celiac disease; a gluten-free diet is the only cure.
5. Tons of money will be wasted trying gluten-free food you or the celiac in your family don't like - but you'll also probably find some foods you do like
6. Sometimes dental teeth cleaning/polishing paste has gluten in it!
7. Taking a hamburger patty off a regular bun does not "decontaminate" the meat of gluten
8. There is no answer to "How sensitive is she?" when it comes to gluten reactions. It's all bad.
9. Approximately 36,600 women may never learn that celiac disease is the cause of their infertility*
10. You can be constipated and have diarrhea at the same time
11. Gluten-free baking takes a lot of trial and error
12. Rochester, MN School District has a gluten-free lunch menu that serves 20+ students each day
13. A toaster used for regular bread will contaminate gluten-free bread
14. Just because something is labeled "wheat-free" does



not guarantee it is "gluten-free"

15. Celiacs must always have snacks with them, because gluten-free food can be hard to find

16. Oil that fries breaded items, will contaminate gluten-free foods fried in the same oil

17. Gluten-free foods cost at least 3 times more than its gluten-filled counterpart***

18. In Europe, the government subsidizes the cost of gluten-free food***

19. Gluten is toxic to a celiac's gut, wiping out the villi or "fingers" in the small intestine which grabs nutrients from our food. Without the villi celiacs are malnourished

20. Osteoporosis, migraines, sinus issues, cancer, liver disease are all health problems that can happen because of undiagnosed celiac disease**

21. Eating gluten-free doesn't have to be difficult. Basic diet: meat, potatoes, vegetables and fruit!

22. Tons of people "Tweet" about celiac disease and the gluten-free diet on Twitter

23. Most gluten-free baked goods must be frozen or they will go bad in 2-3 days on the counter

24. Going on a gluten-free diet before being tested for celiac disease will likely cause a negative outcome on either the blood test or the biopsy of the small intestine.

25. Most mainstream rice and corn cereals aren't gluten-free because manufacturers add barley malt to them

*Source: [University of Chicago Celiac Disease Center Fact Sheet](#)

**Source: [University of Maryland Baltimore's Center for Celiac Research](#)

***Source: [University of Virginia Health System](#)

Celiac Researcher Honored

In November, 2008, at the Royal Agricultural Winter Fair in Toronto, Canada, oat breeder Vernon Burrows was one of six recipients of the Canadian Agri-Food Awards of Excellence for his work in adapting "pure" oats for those with celiac disease.

Is Celiac Disease America's Most Under-diagnosed Health Problem?

Celiac.com 03/04/2009 - Millions of people currently suffer from a potentially deadly condition that can have little or no symptoms, but is easily diagnosed and treated. The condition is called celiac disease, and it is caused by an adverse autoimmune reaction to gliadin (found in wheat gluten), secalin (found in rye gluten), or horedin (found in barley gluten). Because of the broad range of symptoms that celiac disease can present, and the fact that many

people will have no symptoms at all, it can often be very difficult for those who do have it to get properly screened for the disease.

According to Dr. Alessio Fasano, medical director of the Center for Celiac Research, 2.5 million to 3 million people in the USA have celiac disease—it is twice as common as Crohn's disease, ulceric colitis and cystic fibrosis combined—yet, to date, no more than 150,000 of them have been diagnosed. This means that a full 2.35 to 2.85 million people in the USA have not been diagnosed and treated.

The symptoms of the disease can range from no symptoms at all, to mild weakness, bone pain, aphthous stomatitis (canker sores), chronic diarrhea, abdominal bloating, and progressive weight loss. If people with celiac disease continue to eat gluten, studies show that their risk of gastrointestinal cancer increases by a factor of 40 to 100 times over the general population. Further, gastrointestinal carcinoma or lymphoma develops in up to 15 percent of patients with untreated or refractory celiac disease. It is thus essential that the disease be quickly diagnosed and treated.

The last decade has seen an explosion in the understanding and awareness of celiac disease and in higher standards and increased availability of gluten-free foods.

To help us better appreciate the dramatic changes and developments that have taken place, Celiac.com has put together a list of historical landmarks in the understanding and treatment of celiac disease. A glance at the time line will show that it really has taken centuries just to recognize and diagnose celiac disease, with the greatest strides being made in the last fifty years, and especially in the last decade.

A Celiac Disease / Gluten-Free Diet Time Line:

100 A.D.—The first written account of celiac symptoms in western medicine occurs when the Greek Physician, Aretaeus the Cappadocean, known as Galen, describes the characteristic stool, noting that the disease was more common in women than men and that children can also be affected.

1669—The Dutch physician Vincent Ketelaer publishes a book that contains an account of a diarrheal illness in which he notes feces so voluminous that, "several basins or pots scarcely hold these accumulations."

1737—John Bricknell writes of patients who suffer from what he terms the "white flux." Both Ketelaer and Bricknell were likely describing celiac disease, though that name would not be attached to it for another century and a half.

1887—Dr. Samuel Gee ushers in the modern era of celiac disease, when he drew attention to the disorder in a lecture

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delivered at the Hospital for Sick Children, Great Ormond Street, London.

1888—Dr. Gee publishes his classic paper, "On the Coeliac Affection," in which he describes aspects of the celiac disease with great accuracy and suggests that, "if the patient can be cured at all, it must be by means of diet." He experimented with various diets and noted that children who were fed a quart of the best Dutch mussels daily, thrived splendidly, but relapsed when the season for mussels ended.

1889—R.A. Gibbons, MD., M.R.C.P. publishes The Celiac Affection in Children in the Edinburgh Medical Journal.

1908—British Physician Christian Herter becomes the first to discover that celiac disease can cause stunted growth, especially among children in their middle years.

1921—British Physician John Howland devises the healthy, three-stage diet for celiac patients known as the milk/protein diet.

1932—Danish physician Thorwald Thaysen provides the first clinical explanation of celiac disease in adults, though he lacks detailed knowledge on intestinal pathology for a full understanding of the disease.

1936—Dutch pediatrician Willem Karel Dicke isolates cereal grains as the factor in aggravating the symptoms of celiac disease, especially in children, and begins treating children with the gluten-free diet. Afterwards his Ph.D. thesis was published and he was laughed out of the NYC Gastroenterology meeting in 1950 and vowed not to return to the USA.

1954—Experimenting with surgical biopsy material, Doctor J. W. Paulley makes the first discovery of the intestinal lesions caused by celiac disease in patients.

1955—Margo Shiner invents the tiny biopsy tube that is still used today for confirming the presence of celiac disease in the small intestines. The important celiac disease discoveries of Paulley and Shiner meant that, from the mid 1950s onwards, doctors had a means by which to reliably diagnose the disease. Their discoveries gave rise to an explosion in the understanding of celiac disease that continues to this day.

1965—Dermatologists recognize that people suffering from the itchy skin rash, dermatitis herpetiformis, have an abnormal jejunal biopsy just like those with celiac disease and that the rash usually subsides with the observance of a gluten-free diet.

1970—In the early 1970s, researchers identify genetic markers for celiac disease. Even though the gene or genes that cause celiac disease have not been identified, researchers remain hopeful that they will succeed in doing so, and thereby give rise to a new generation of celiac treatments that do not require a gluten-free diet.

1980s—Fiber optic technology enables doctors to take small bowel biopsies using fiber-optic endoscopes, while the development of reliable screening blood tests greatly increases the number of celiac diagnosis.

1981—The Codex Alimentarius Commission establishes the earliest standards for gluten-free food. Under this original standard, foods labeled "gluten-free" must be made from naturally gluten-free grains, such as corn or rice or from gluten grains (wheat, barley, rye) that had been rendered gluten free through processing. At the time, there was no way to test for the presence of gluten, so tests gauged the levels of gluten by measuring nitrogen levels, an imprecise method.

~1985—It is discovered that gliadin initiate damage to the absorptive epithelium of the small intestine to produce symptoms of celiac disease in susceptible individuals.

1990s—Early in the decade, doctors thought celiac disease to be rare and affect just 40,000 or so Americans. Over the last decade or so, the number of Americans diagnosed with celiac disease has nearly tripled, to 110,000, but that's just the start. The National Institutes of Health now estimates that about 1% of the population, or about 3 million people suffer from celiac disease, and that only about 3% of existing cases have been diagnosed. A full 97% of celiac cases remain undiagnosed. That's about 2.9 million people who remain undiagnosed and in danger. More and more of those who are diagnosed are reporting no symptoms.

1995—In San Francisco, California, Scott Adams launches the Web site that evolves into Celiac.com, the first website on the Internet dedicated solely to celiac disease. The site quickly evolves into one of the most authoritative, informative, and comprehensive sources for celiac disease and gluten-free diet information. The celiac.com forum is one of the most popular places on the web for people with celiac disease to get answers and share information.

1998—Codex Alimentarius revises its standards for foods labeled 'gluten-free' to be made from naturally gluten-free ingredients and contain 20 parts gluten per million, or less, while foods processed to be reduce gluten, such as wheat starch, can have no more than 200 parts per million gluten.

1998—The Gluten-Free Mall (www.GlutenFreeMall.com) launches its "Special Diet Superstore!" to provide home delivery of top quality foods and other products that are free of wheat, rye and barley gluten, soy, dairy, eggs, corn, and other common allergens. The Gluten-Free Mall now sells thousands of gluten-free products including breads, cookies, cakes, pizzas, mixes, full meals, frozen foods, cosmetics, gluten-free guides, books, and more.

1997 to 2007, the number of people under-18 diagnosed with food or digestive allergies rises nearly 20%, and nearly 3 million people young people now suffer from food allergies. About 12 million Americans suffer from a food allergy, according to the American Academy of Allergy, Asthma and Immunology, with nearly 90% of all food allergies arising from reactions to just eight foods: Cow's milk, eggs, peanuts, tree nuts, shellfish, soy and wheat. Since 2004, food retailers have added nearly 2500 new gluten free products to their shelves.



2000—Scientists at the University of Maryland discover Zonulin, which is a protein that participates in tight junctions between cells of the wall of the digestive tract.

2003—Alessio Fasano, MD, publishes his seminal study in the Archives of Internal Medicine that indicates that 1 in 133 people in the USA have celiac disease.

2007—Studies show a high instance of arthritis and osteoporosis in people with celiac disease, and other studies show a high prevalence of celiac disease among people with type-1 diabetes.

2008—A team of researchers works to develop a simple saliva test after concluding that it is possible to accurately measure salivary tTG-Abs; both at initial diagnosis for celiac disease, and also while patients are following a gluten-free diet.

2008—Rates of celiac disease are shown to be 2.5 times higher among elderly people than among the general population.

2009—Canada debuts the home celiac disease test kit as part of its national health care plan.

2009—The company Nexpep is currently preparing for a clinical trial program for a peptide-based therapeutic vaccine, and intends to commence a Phase 1 in the first half of 2009. According to Nexpep, the peptide-based therapeutic vaccine is designed to treat the main problem T-cell epitopes of gluten, and has the potential to treat at about 80% of people with celiac disease and the appropriate genetic background.

2009—Sometime this year the USFDA is expected to adopt long awaited regulations for the use of the term "gluten-free" on USA food labels. The new regulation would require foods with "gluten-free" on their labels to contain less than 20 parts per million of gliadin. Several pharmaceutical companies are currently working on treatments for celiac disease, such as Alvine Pharmaceuticals (enzyme therapy), and Alba Therapeutics is developing a zonulin receptor antagonist called AT-1001, which is currently in phase 2 clinical trials.

2012—All food made in the E.U. with 'gluten-free' on its label must contain less than 20 parts per million of gliadin, in accordance with the Codex Alimentarius standards.

Ten Facts About Celiac Disease Genetic Testing

Celiac.com 04/24/2008 - Genetic tests for celiac disease and gluten sensitivity are readily available. Testing can be performed on either blood and mouth swab samples. If the testing is performed by certain laboratories not only will you have quite an accurate prediction of your risk of Celiac disease but also you may have information about the statistical probability that your children will inherit the risk, your likelihood of more severe Celiac disease, whether one or both of your parents had the risk gene, and for some laboratories you may determine your risk of gluten

sensitivity without Celiac disease.

The absence of any portion of the high-risk genetic patterns DQ2 and DQ8 nearly excludes the possibility of celiac disease with an approximate accuracy of 99.9%. However, there is a big caveat about relying on "negative celiac genetic testing". To definitively declare you have negative celiac genetic tests requires that the laboratory test for and report the presence or absence of the entire HLA DQ genetic pattern, including both alpha and beta subunits. The DQ genetic patterns DQ2 and DQ8 have two subunits but some laboratories only test for the beta subunit. This DQ typing is complicated and difficult to understand even by physicians and scientists. I have written an updated detailed review that appears in the Spring 2008 issue of Scott-Free newsletter published by celiac.com.

Data collected by Dr. Ken Fine of Enterolab has supported the well-known fact that the absence of DQ2 and DQ8 does not exclude the risk of being gluten intolerance or sensitive though it now generally believed that one or both of those genetic white blood cell patterns are required to develop the autoimmune disorder known as Celiac disease or Celiac Sprue. However, there is a new study that reports that being negative for DQ2 and DQ8 does not completely exclude the possibility of celiac disease, especially in men. Previous studies have well documented blood test negative Celiac Sprue, also more common in elderly men with long-standing severe disease. Since DQ2 or DQ8 is almost universally present with the specific blood tests tissue transglutaminase and anti-endomysial antibodies are present it is not surprising that individuals without DQ2 or DQ8 that are negative for these two blood tests are being reported that meet criteria for Celiac disease.

These new studies are also providing further information that the genetics of Celiac is gender specific. If you are a man, your risk of celiac disease may be higher than a woman if you don't have the classic genetic patterns. Again, in this situation your blood tests may be negative. If you are a woman, the risk for Celiac disease is generally higher than a man, especially if you have received the at risk gene from your father instead of your mother.

Celiac is arguably the most common autoimmune disease. It is very common. It is easily treated. It affects 1/100 people worldwide. However, most people with celiac disease (~90%) are unaware, undiagnosed or misdiagnosed. Most adults finally diagnosed with celiac disease have suffered at least 10-11 years and have seen more than 3 or more doctors. Genetic testing is not only available but can be extremely helpful in determining your risk of developing Celiac disease, how severe it may be and the risk of your family members. Don't be one of those whose diagnosis is missed or needlessly delayed for over



a decade. Get tested! Learn about the genetic tests for Celiac disease and if necessary educate your doctor about this testing.

Here are ten facts you should know and remember about Celiac genetic testing.

1. Genetic testing can help determine your risk as well as your children's risk.
2. Celiac genetic tests can be done on blood or a mouth swab sample but your doctor may be unaware of the tests, not know how to order them, or know how to interpret the results.
3. Genetic testing is not affected by diet. You can be eating gluten or on a gluten free diet. Blood tests for celiac disease antibodies, however, need to be done while eating gluten. They can become negative within a few weeks of restricting gluten so if you are going to get the diagnostic antibody blood tests don't begin a gluten free or restricted diet before being tested.
4. Some insurance companies do not for the Celiac genetic test and almost all who do require pre-authorization first. The following diagnostic codes are helpful when requesting insurance coverage: 579.0 (Celiac disease); V18.59 (family history of GI disease); and/or V84.89 (genetic susceptibility to disease).
5. Some laboratories do not perform the all of the necessary components of the test to completely exclude the possible genetic risk of Celiac disease and most don't test for or report the other gluten sensitive DQ patterns. Before you accept that have a negative test you need to know if your test included both the alpha and beta subunits of HLA DQ or did they just perform the beta typing.
6. In some rare individuals, especially some men, a negative genetic test may not exclude the possibility of celiac disease anymore than a negative blood test. Men more commonly have negative genetic tests and blood tests, especially older men with long-standing severe disease.
7. Both the DQ type, and number of copies you have, matter when determining not only your risk but also the possible severity of celiac disease. Two copies of DQ2 carries more risk than one copy of DQ8 or only partial DQ2. Even a single copy of DQ2 alpha subunit ("half DQ2 positive") carries risk for celiac disease but most of the commonly used laboratories for Celiac genetics do not test for or report the presence of this component of the celiac genes.
8. The absence of at risk genes DQ2 and/or DQ8 does not exclude the possibility of being gluten intolerant or sensitive. You may respond to a gluten free diet even if you don't have DQ2 or DQ8 or true autoimmune Celiac disease.

9. You can get genetic testing without a doctor's order and the tests can be done without having blood drawn or insurance authorization if you are willing to pay between \$150-400 (www.kimballgenetics.com and www.enterolab.com).
10. Laboratories in the U.S. that are known to offer complete alpha and beta subunit genetic testing include Kimball Genetics, Prometheus, and LabCorp. Bonfils, Quest and Enterolab only test for the beta subunit portions and therefore their test can miss part of a minor alpha subunit that carries a risk of Celiac disease. A negative DQ2 and DQ8 report from these labs may not necessarily be truly negative for the risk of Celiac disease.

References and Resources:

HLA-DQ and Susceptibility to Celiac Disease: Evidence for Gender Differences and Parent-of-Origin Effects. Megiorni F et al. Am Journal Gastroenterol. 2008;103:997-1003.
Celiac Genetics. Dr. Scot Lewey. Scott-Free, Spring 2008.

PRODUCT INFORMATION

E-mail to Hy-Vee dietitian from General Mills

Thank you for contacting General Mills regarding gluten in Chex cereal. General Mills is reformulating the following Big G Cereals to gluten free status:

Corn Chex
Honey Nut Chex
Strawberry Chex
Chocolate Chex,
Cinnamon Chex

As was the case with Gluten Free Rice Chex, the barley malt ingredient was removed and replaced with another ingredient. Production has begun, so you may start seeing the gluten free formulas on store shelves now. All 5 products should be widely available across the U.S. by June 1, 2009. As with all reformulated products, both products may be on store shelves at the same time so consumers are encouraged to read labels/packaging carefully. Please carefully examine the product packaging to ensure that the cereal inside the box is in fact the new, gluten free product. Look for "NOW GLUTEN FREE" or "GLUTEN FREE" on the front/side/back panels.

Other Chex products will not be gluten free. This includes: Wheat and Multi-Bran Chex Cereals, Chex Seasoning Mixes, Chex Snack Mixes, and Chex Snack Bars.



It is our goal to help our consumers determine whether or not they can include our products in their diet even when they are not labeled Gluten Free. To accurately accomplish this, we believe it is best to refer to the specific ingredients listed on each product package; and for this reason, we do not offer a gluten-free product list.

However, we do understand that ingredients can be confusing. We want you to be assured that if the ingredient label does not list wheat, barley, rye, oats or gluten containing ingredients sourced from these grains, then the product would be gluten-free. Sources of gluten are listed on the label even if the source of gluten is part of another ingredient (such as flavoring or spice). Because ingredients may vary from one package to another due to product reformulation, you should use the product's ingredient label to provide you with current and accurate information.

We hope this information is helpful.

Sincerely,

Amy Peters
General Mills Consumer Services

General Mills-Kristi

General Mills will have the following Betty Crocker Gluten Free Mixes available:

Chocolate Chip cookies, Brownies, Yellow and Chocolate Cake mixes!

These are due out around June 1 2009.

Ken's Steakhouse

Ken's has many Gluten Free products. Check out their Web site: www.Kenfoods.com

Sweet Baby Rays Barbeque Sauce

All Sweet Baby Rays Barbeque Sauces are Gluten Free

Carol's Culinary Cues - February, 2009

Flours, Dry Ingredients

- Run a whisk through the flour in the canister to aerate it.
- Lightly spoon the flour into the measuring cup and level off

with a knife. Don't shake or press the flour down into the measuring cup. Don't use the measuring cup to dip directly into the canister. You can get 20% more flour that way and that could affect the baking outcome.

-The only time you press dry ingredients into the measuring cup is with brown sugar, if the recipe says "packed."

Liquid Ingredients

-Set the measuring cup on a level surface (preferably at eye level), rather than holding it in your hand. Pour the liquid into the cup, stopping right at the measuring line. If you're measuring small amounts of liquid ingredients, use a measuring spoon and hold it over a bowl to catch any drips. Pour the liquid to the top edge of the spoon.

Shortening and Other Solids

-Pack room-temperature shortening into measuring cup or spoon and level off the top with a knife. Don't melt the shortening unless the recipe says so since that could affect the texture.

-If measuring sticky stuff like peanut butter or molasses, coat the inside of the measuring cup with cooking spray first.

Other Ingredients

-Measure bread crumbs, ground nuts, or coconut by spooning them lightly into the measuring cup and level off with a knife. Don't pack or press down.

Pinches and Dashes

A pinch is less than 1/8 teaspoon; a dash is 2 to 3 drops of liquid or less than 1/8 teaspoon.

Johnny Rays

Johnny Rays in Grundy Center. Now has Gluten Free pizza.. Also are working on Pasta and hamburger buns. Check it out next time your in the area

EGG REPLACER -SUBSTITUTE

For muffins containing 1 cup fruit puree (banana, apple, pear, pineapple, but NOT peach):
1/2 cup (less 1 Tbsp) cold water mixed with 1 packet gelatin.
1/2 cup (less 1 Tbsp) boiling water mixed with 2 Tbsp flax.
Let sit for 10 minutes Combine the two mixtures and use half for each egg.

Flax Seed Meal

"Gluten Free News" ~ ~ ~ Waterloo Cedar Falls Celiac Support Group



Mix 1 T. flax seed meal + 3 T. warm water, let sit for 10 minutes.

Baking Powder, Water and Oil

Mix 1-1/2 T. oil + 1-1/2 T. warm water + 1 teas. baking powder, whisk until foamy (it won't foam as much as Ener-G's egg replacer)

Arrowroot, Soy, lecithin –

Whisk together 1/4 cup warm water, 2 Tablespoons arrowroot, 1 Tablespoon soy flour, 1/4 teaspoon lecithin liquid or granules. May affect the flavor of the baked goods.

Soft silken Tofu by Mori-Nu -- 1/4 cup per egg - blend until smooth before adding. Makes moist baked goods with heavier texture.

Pureed fruits/vegetables (suggests using apples, apricots, prunes, pears, corn, carrots, mashed potatoes. also baby foods work well with no fillers) -- 3 Tablespoons to replace each egg and increase liquid in the recipe by 1 Tablespoon. May detract from flavor of baked goods.

Unflavored gelatin powders - animal based or plant based (agar) -- 1 envelope per cup boiling water. Substitute 3 Tablespoons per egg.

See the following website for additional information.

<<http://www.eatingwithfoodallergies.com/eggsubstitutes.html>>
www.eatingwithfoodallergies.com/eggsubstitutes.html

Norwegian Cruise Line (from Deb Miller)

Norwegian Cruise HAS GLUTEN FREE EVERYTHING.... waffles, muffins, buns!! "fresh" scrambled eggs as the others come from a box that are thickened with modified food starch.... It makes me feel the world is becoming a happy safe gluten free place for us all!!

Kellogg (Rich Congdon)

Thank you for contacting us to request information about our products that do not contain gluten.

Unfortunately, at this time, we do not offer any grain-based cereals or waffle products that are formulated for a gluten

free diet. However, a few of our other products do not contain gluten. These include Kellogg'sR Fruit Flavored Snacks, Kellogg'sR YogosT, Kellogg'sR EggoR Syrup, and Kellogg'sT Special K2OT Protein Water.

Depending on gluten sensitivity, Kellogg'sR Rice KrispiesR, Kellogg's Corn FlakesR, Kellogg's Frosted FlakesR, Kellogg'sR Cocoa KrispiesR, CrispixR and Kellogg'sR Corn PopsR might be suitable for persons on a gluten restricted diet. Rice Krispies, Corn Flakes, Frosted Flakes, Crispix, andCocoa Krispies have a small amount of malt flavoring, made from barley. Corn Pops have a very small amount of wheat starch added. Check with your personal physician to determine if these products are appropriate for you. Again, thank you for contacting us. We appreciate your patronage of our products and hope that this provides you with the information you need to make food choices appropriate for you and your family. Sincerely,

Brittany Wheeler
Consumer Affairs Department
TLXBXW01/OPS
013852919A
Kellogg North America
PO Box CMB
Battle Creek, MI 49016-1986

Smirnoff (Rich Congdon)

Thank you for taking time to contact Smirnoff. Your feedback is important to us. In regard to your inquiry, please note that all our Smirnoff, Smirnoff Twist, Smirnoff Black and Smirnoff Ice Flavors are gluten free EXCEPT Smirnoff Ice light. We value loyal consumers such as yourself and we appreciate your enthusiasm. If there is anything else we could help you with now or in the future, please do not hesitate to contact us. Once again, thank you for contacting Smirnoff.

Sincerely,
Jill A.

Smirnoff Consumer Representative
Please enjoy our fine wines, spirits and beers responsibly - refer to www.b4udrink.org
Check out www.thebar.com for fabulous drink recipes, party ideas and more



RECIPES

Crispy Black Bean Tacos with Feta and Cabbage Slaw

Diane Ebert

Adapted from Bon Appetit, February 2009

1 15-ounce can black beans, drained
1 teaspoon ground cumin
5 teaspoons olive oil, divided
2 tablespoons (or more) fresh lime juice
2 cups coleslaw mix or shredded cabbage
2 green onions, thinly sliced
1/3 cup chopped fresh cilantro
4 white or yellow corn tortillas
1/3 cup crumbled feta cheese
Hot sauce

Place beans and cumin in small bowl; partially mash. Season to taste with salt and pepper. Mix 2 teaspoons olive oil and lime juice in medium bowl; add coleslaw, green onions, and cilantro and toss to coat. Season slaw to taste with salt and pepper.

Heat 1 tablespoon olive oil in large nonstick or cast iron skillet over medium-high heat. Add tortillas in single layer. Spoon 1/4 of bean mixture onto half of each tortilla; cook 1 minute. Fold tacos in half. Cook until golden brown, about 1 minute per side. Fill tacos with feta and slaw. Pass hot sauce alongside, or if you're name is Alex, drown your taco in a puddle of it.

Gluten Free Salad

Deb Miller

1 cup tomatoes, chopped or sliced
1 cup cucumber (peeled), pared, chopped
1 tsp dill weed, dried
1 tbsp light mayonnaise

Using equal proportions of tomato and cucumber, chop everything up into small bits.

Sprinkle with dill, or any seasoning of your choice.

Add a spoonful of light mayo and stir until everything is well mixed. You can also use ranch dressing if you prefer.

Serve immediately, or after chilling. It generally lasts a few days in the refrigerator, so it can be made ahead of time.

Enjoy!

Someone else suggested using, ranch dressing, or miracle whip, or even fat free plain yogurt..Also some people added onion, some people put it on a gf wrap for a sandwich

CRISPY SUGAR COOKIES

Rhonda Roberts

From the Gluten Free Kitchen by Robyn Ryberg author

1 cup shortening
3/4 cup sugar
3/4 cup brown sugar
2 eggs
1 tsp vanilla
1 cup potato starch
1 3/4 cup corn starch
1 tsp baking soda
1 Tablespoon baking powder
4 tsp guar gum
1 tsp salt

Mix & bake.

DEVILED EGGS

Jennifer Mixdorf

12 eggs hard boiled
1/2 c veganise
1 tsp mustard
1 tsp lemon juice
Salt & Pepper

QUICK CARAMEL FROSTING:

1/2 cup butter
1 cup brown sugar
1/4 cup milk
1 3/4 - 2 cups powdered sugar

1 cup coconut

Mix butter and brown sugar, cook over low heat 2 minutes, stirring constantly. Add milk and continue stirring until mixture comes to a boil. Remove from heat and cool. Add powdered sugar until right consistency. Spread on cooled cake. Sprinkle with coconut.

Monster Bars

Mary Gray

1/2 cup margarine
1 cup white sugar
1 cup brown sugar
1 1/2 cups peanut butter
2 tsp baking soda
3 eggs

Mix all above well. Then add:



4 ½ cups GF oatmeal
¾ cup chocolate chips
¾ cup mini M& M's

For bars, spread in greased cake pan. Bake at 350° 17-20 minutes. Cool and cut

Pumpkin Pie For A Crowd
Bev Boesen

Serves: 16

Preheat oven to 350°, rack in middle position.

1 ½ cups flour
¾ cup butter (1 ½ sticks)
½ cup powdered sugar

4 eggs
1 ½ cups white sugar
½ tsp nutmeg
½ tsp cinnamon
1 tsp salt
3 ½ cups canned pumpkin (29 oz)
2 cans evaporated milk (24 oz)

Cut butter into flour and powdered sugar with food processor or by hand until mixture is consistency of cornmeal. Coat 9x13 pan with non stick cooking spray. Pour mixture into pan, spread evenly, and press down lightly with a spatula. Bake at 350° for 15 minutes. Let it cool while preparing filling. Beat the eggs in a large bowl, by hand or with a mixer. Mix in sugar, nutmeg, cinnamon, and salt. Add pumpkin and blend. Then add evaporated milk and mix thoroughly. Pour over baked crust. Put in oven and bake for another 60-70 minutes or until a knife inserted in center comes out clean. Chill overnight, cut into 16 squares, and serve with Cool Whip

Quiche Cups

10 oz. frozen spinach
3 eggs (or liquid substitute)
¾ cup mozzarella cheese
¼ cup carrots, chopped or diced
¼ cup yellow peppers, chopped or diced

Heat oven to 350 degrees. Line muffin tins with foil liners. Spray liners with cooking spray. Thaw spinach and squeeze out all excess liquid. Combine all ingredients in a medium bowl. Put equal amounts of veggie mixture into each liner.

Bake for 20 minutes or until knife inserted comes out clean. Cups can be frozen in snack size bags and reheated - remove from foil liner before freezing.

Number of Servings:6

Pumpkin Bars
Kristi Simmerman

Beat well:
2 C. sugar
1 C. oil
4 eggs
1 C. pumpkin (sm can)

Add 2 C. flour (Domata)
2 tsp. Baking Powder
2 tsp. Soda
1 tsp. cinnamon
1 C. chopped nuts (optional)

Mix together well and pour into a greased and floured jelly roll pan or cookie sheet with sides. (15 1/2 x 10 1/2 x 1 1/8 deep)

I use a 9 x 13 cake pan it makes thicker bars
Bake at 325 for 30 minutes

Frosting

2 - 3 oz pkgs cream cheese softened
¾ box powdered sugar
dash of salt
1 tsp. vanilla
1 stick oleo or margarine

Mix all together and spread on cooled bars.

Sauer Kraut Casserole
Mary Gray

1 large can Kraut
1 cup Brown sugar
1 pint stewed tomatoes
Combine above ingredients
Fry out as much bacon as you want add onions if you desire the add to the rest of the ingredients above.
Bake at 350 2 hours uncovered

Note: I cut up 1 pound of low sodium Farmland bacon and omitted the onions.
I used 14 1/2 oz DelMote Italian stewed tomatoes,
I drained 27 oz. Franks Kraut and reused a little
I covered the casserole while baking.



Sweet and Easy Fruit Salad Diane Ebert

Mix and refrigerate the following

- 1 - 15 oz. can cherry pie filling
- 1 - 15 oz. can crushed Pineapple Drained
- 1/2 - 3/4 c chopped walnuts
- 1 can sweetened condensed milk
- 1 8 to 16 oz cool whip

Cheese Spread Rhonda Roberts

- Left over cheeses (soft and hard combined)
- 2 cloves of garlic
- 1/2 c. wine (white), or 1/2 c. water with bouillon powder
- Ground pepper

* Brie, blue, cream, cheddar, American, Mozzarella, Parmesan, etc. can be used.

Total of 1/2 to 1 pound. Amounts are not important, but it needs some soft cheese as well as harder cheeses. (Cut off mold if you use brie.)

Use a food processor for the following steps;

1. Process garlic cloves until broken up (10 seconds or so)
 2. Cut up cheeses and mix with garlic in processor until well blended.
 3. Add 1/2 cup liquid and ground pepper
 4. Refrigerate and use as spread on crackers
- This keeps a long time and is different each time

Chicken soup stock recipes (Gluten-Free/Casein Free) Chicken Noodle/Rice Soup

- 1 Pouch FFF Chicken Soup Stock
- 4C. Water
- 2C. Rice or GF Noodles, Cooked (Cornito)
- 1/2 C. Carrots, Small Diced
- 1 C. Chicken Meat, Cooked and Diced (Optional)
- 1/2 C Green Onions, chopped (optional)
- 1/2 C Corn, Frozen Kernel (optional)

In a large soup pot, add FFF Chicken Stock Mix to water. Stir to dissolve and bring to a boil. Add Rice or Noodles, Carrots and other ingredients as desired. Reduce heat, stir and simmer 3-5 minutes.

Salted Nut Roll Bars Beverly Boesen

- 1 stick butter or margarine
- 1 - 14 oz. can Eagle Brand condensed milk
- 1 - 10 oz. pkg. Reese's peanut butter chips
- 2 C. miniature marshmallows
- 16 oz. cocktail peanuts

Melt butter, peanut butter chips and condensed milk together: cool slightly, then add marshmallows, but don't let melt. Butter a 9 x 13" cake pan and spread half of the peanuts in the bottom. Pour the mixture over and press remaining peanuts over top. Allow to cool and cut into pieces.

Candy Cookies

- 1/2 C. granulated sugar
- 1/2 C. packed brown sugar
- 1/3 C. margarine or butter, softened
- 1 tsp. vanilla
- 1 egg
- 1- 1/2 C. all-purposed flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 - 8 oz. pkg. chocolate coated candies
(my favorite is mini-size M & M's)

Preheat oven to 375. Mix sugars, margarine, shortening, vanilla, and egg. Stir in remaining ingredients. Drop dough by heaping teaspoonfuls, about 2" apart, on ungreased cookie sheet. Bake until light brown, 8 to 10 minutes (centers will be soft).

Cool slightly and remove from cookie sheet.
Makes about 3 dozen cookies

Swiss Walnut Cracker Snack Betty Gleason

- 1 - 8oz pkg cream cheese, softened
- 6 oz shredded Swiss cheese
- 1/2 cup sour cream
- 2 T. Dijon mustard
- 1/3 cup minced fresh parsley (optional)
- 1/4 cup chopped green onions

Beat cream cheese until smooth. Add the Swiss cheese, sour cream and mustard
Mix well
Stir in nuts, parsley and onion.
Refrigerate
Serve with crackers



Little Smokey Appetizers Bev Bossen

- 1 pkg. little smokies (lb)
- 1 lb. bacon
- 1 lb. brown sugar

Wrap 1/2 slice bacon around each little smoky.
Secure with toothpicks.
Put in crock pot. Pour brown sugar over top. Cook on low 4 hrs. or until done.

If using thick and wide bacon, cut in thirds instead of half.
You can also use less brown sugar if desired.

Meatballs and Smoked sausage Judy Honts

For Meatballs:
Heat favorite sauce to boil: I use Prego, Dei Fiatelli Tasty Tom, and Dei Fiatelli Pizza sauce. You can also use BBQ cranberry sauce or jelly mixed with chili sauce or Picanta sauce, your choice.

Separate ground meat into little pieces and throw into boiling sauce. Boil until meat is done. It can be eaten then over rice, spaghetti or whatever your favorite is.

I then put in crock pot with chunks of Hillshire Farm Hot links.

Better-Than-Ever Beef Enchiladas (Deb Miller)

Makes 4 servings, 2 enchiladas each.

- 1/2 lb. extra lean ground beef
- 1/2 cup chopped green peppers
- 1/2 cup chopped red peppers
- 2 cups TACO BELL® HOME ORIGINALS® Thick 'N Chunky Salsa, divided
- 1 cup KRAFT 2% Milk Shredded Sharp Cheddar Cheese, divided
- 2 Tbsp. KRAFT Light Zesty Italian Dressing
- 8 corn tortillas (6 inch)
- 2 Tbsp. chopped fresh cilantro

HEAT oven to 400°F. Brown meat with peppers in large nonstick skillet. Stir in 1 cup salsa; simmer 5 min., stirring occasionally. Remove from heat; stir in 1/2 cup cheese. SPREAD 1/4 cup of remaining salsa onto bottom of 13x9-inch baking dish. Brush dressing lightly over both sides of tortillas. Stack 4 tortillas; wrap in large sheet of waxed paper. Microwave on HIGH 20 to 30 sec. or just until

warmed. Immediately spoon 1/3 cup meat mixture down center of each warm tortilla; roll up. Place, seam-side down, over salsa in dish. Repeat with remaining tortillas and meat mixture; top with remaining salsa. Cover with foil. BAKE 20 min. or until heated through. Uncover; top with remaining cheese. Bake 2 to 3 min. or until cheese is melted. Top with cilantro.

CAKE BALLS (Rita Smith)

This recipe works well with gluten free cake mixes and frosting holds the cake balls together with no crumbs!!!

1 gluten free Chocolate cake mix: Bake according to directions on package in 9 x 13" cake pan.

Gluten free Chocolate frosting (Buttercream, store bought or your favorite recipe) enough to cover a 9x13" cake pan.

After baking cake, cool for approximately 10-15 minutes. Cake should still be warm, but not hot. Cut or break cake into bite size pieces, put in large mixing bowl. Add frosting and lightly mix. Do not over mix. Use just enough frosting to hold cake in the shape of a ball. Too much frosting and the balls will spread flat and not hold the shape of a ball.

Use small scoop (spray with Pam) or hands to form small balls of the cake/frosting mixture. Put on cookie sheet covered with wax paper. Freeze til firm.

Chocolate Coating:

Melt 1 package chocolate chips and 1/2 bar of paraffin wax in double boiler. Stir well. (I have used a very small – 4-6 cup crock pot and this works well and keeps chocolate warm for dipping). Dip frozen cake balls into chocolate, coat well and put back on cookie sheet. Freeze. Store in airtight container in Freezer.

Or use melted Almond Bark to coat cake balls.

Cake balls can be coated with powdered sugar or finely chopped nuts after rolling them into a ball prior to freezing them.

You can use any combination of cake mix and frosting you like.



Rice Chex Krispies (Deb Miller)

Ingredients:

- 1 stick butter
- 1 package (10 oz.) miniature marshmallows*
- 6 cups Rice Chex

Directions:

1. Melt the butter in a large skillet over medium low heat.
2. Add the marshmallows and stir frequently until they have melted.
3. Add the Rice Chex and stir until all of the Chex are thoroughly coated.
4. Spread the Rice Chex mixture into a greased 9 x 13 casserole dish and set aside to cool.
5. To serve, cut into squares or just let everybody grab a handful.

*make sure the marshmallows are gluten free

GLUTEN FREE SNACK MIX (Rita Smith)

- 6 Cups GF Rice Chex
- 2 Cups GF Pretzels
- 1 Can mixed nuts
- 1 pkg Hidden Valley Original Recipe dressing mix
- 1 tsp Lemon Pepper
- ½ t. Dill weed
- ½ t. garlic powder
- ¾ Cup Hot Oil (Olive oil is healthier)

Combine Lemon Pepper, Garlic Powder, Dill Weed, Hidden Valley Ranch dressing mix and hot oil. Mix well. Pour over Rice Chex, popcorn, nuts and pretzels. Stir or shake until well coated. Ready to Serve.

Veggie Lasagna Stir-Fry (Deb Miller)

- 1 cup spinach
- 1 cup broccoli, chopped
- 1/2 cup grape or cherry tomatoes, sliced
- 1/2 cup cottage cheese, 4% milkfat, large curd
- 1/2 cup pasta sauce

Spray a pan with low-calorie cooking spray and heat on the stove.

Cook broccoli, spinach and tomatoes, adding small amounts of water to create steam as needed.

Once broccoli is softened, add pasta sauce and cottage

cheese. Stir until cottage cheese is starting to melt. Serve! You can change up the vegetables, add onions and mushrooms, or use spices to vary this recipe.

Spaghetti Pizza Casserole Betty Gleason

- 1 7 oz pkg spaghetti
- 1 egg
- ¼ cup grated parmesan cheese
- 1 # ground beef, browned and drained
- 1-26 oz spaghetti sauce
- ½ tsp salt
- pepper to taste
- (Optional 1 tsp Italian seasoning, 1 tsp dried basil, mushrooms)
- 1 ½ cup (6 oz) shredded mozzarella cheese

Cook spaghetti, rinse with cold water, mix with egg & parmesan cheese, spread in 10X15 greased pan. Heat meat, spaghetti sauce and seasoning. Spoon over spaghetti. Top with cheese. Bake at 350 uncovered 20-30 minutes



Kristi Simmerman
Waterloo / Cedar Falls Celiac Support Group
1753 Robin Rd.
Waterloo, Iowa 50701

Dear Friend:

Approximately 1.4 million Americans, including 237,500 Midwesterners, are affected by Celiac Disease, an autoimmune related disease that destroys the lining of the small intestine when products containing gluten are ingested. Gluten is found in wheat, rye, barley and oats, essentially the American diet.

Adults and children who have been diagnosed and adhere to a gluten-free diet are feeling healthy. Unfortunately, partly due to lack of awareness, Celiac Disease is often undiagnosed or misdiagnosed.

Those who are not diagnosed are susceptible to serious illnesses such as osteoporosis, other autoimmune diseases, and even cancer. In addition, miscarriage is more prevalent in women with Celiac Disease, and affected children are more likely to develop dyslexia than are healthy children.

The Waterloo / Cedar Falls Celiac Support Group is participating in an event to help increase awareness and to continue research of Celiac Disease at the University of Maryland Center for Celiac Research. The 8th Annual International Walk for Celiac Disease Awareness and Research will be held on May 30, 2009: *Making Tracks for Celiacs*, and we are encouraging members of the community to show their support by collecting pledges and walking.

We are asking for donations for the day of the walk to use as give a ways and also in raffle baskets.

Your donation will help us make this walk a great success.

Please call (319) 234-2104 if you have any questions. Thank you for your consideration.

Sincerely,

Kristi Simmerman - Celiac Support Group President

INTERNATIONAL WALK FOR CELIAC DISEASE AWARENESS AND RESEARCH

Saturday May 30th, 2009

Registration: 10:30 AM
Walk begins: 11:00 AM

George Wyth State Park
3659 Wyth Rd. Waterloo IA. 50703
319-232-5505

WHY?

The Waterloo/ Cedar Falls Support Group is sponsoring this walk to raise awareness and funds for research programs being conducted at the Center for Celiac Research at the University of Maryland.

PREPARATION

Ask your family members, friends, neighbors, and colleagues to walk with you. If they are unable to walk, ask them to pledge a dollar amount and bring it with you to the walk. Feel free to make copies of this registration form and pledge sheets for you friends and family or you may e-mail Kristi at Simmerman@bigfoot.com to request more forms. Bring completed pledge sheets with you on the day of the walk with checks payable to Waterloo / Cedar Falls Celiac Support Group. **Money is due on the day of the walk.** If you are unable to walk, mail completed pledge sheets and checks to: Waterloo / Cedar Falls Celiac Support Group 1753 Robin Rd. Waterloo Iowa 50701.

DIRECTIONS

The Registration and Walk starting locations will be located at the Open shelter, locate in the rear of the park. Signs will be posted.

THE ROUTE

The walk route will be marked around the George Wyth Bike Trail. The walking distance is whatever the participant feels comfortable doing.

REGISTRATION

There is a Pre-registration fee of \$10.00 per participant payable by May 20, 2009. After this date, day of the walk registration is \$15.00. **Fill out the Pre-Registration form listed on this sheet.** Mail it to: Waterloo / Cedar Falls Celiac Support Group 1753 Robin Rd. Waterloo Iowa 50701. Along with your pre-registration check all pre-registered walkers will receive a T-shirt.

Questions

If there are any questions please feel free to contact:

Kristi Simmerman

simmerman@bigfoot.com
319-234-2104

AGAIN THIS YEAR

We will have a cook out after the walk
We will ask for a free will donation for lunch..

We will be selling chances to win wonderful Theme baskets. Such as:

Gluten Free Cooking, Let's eat, Summer time, and Kids summer fun. Just to name a few. All of the proceeds from the lunch and baskets will also go to Maryland for Research.

DISCLAIMER:

I, the undersigned, agree to indemnify and hold harmless the George Wyth State Park, Waterloo / Cedar Falls Celiac Support Group, and authorized volunteers from and against all claims, damages, losses and expenses, including attorney fees, arising out of the permitted activity or event, if such claims 1) is attributable to personal injury, bodily injury, disease or death, or injury to, or destruction of property, including the loss of use therefrom, and 2) is not caused by the negligent act, or omission, or willful misconduct of George Wyth State Park, or their employees acting within the scope of their employment. An adult must accompany all children under the age of 12. A parent or legal guardian must sign if applicant is under 18 years of age.

REGISTRATION

Authorized Signature: _____

Name: _____

Address: _____

Phone: _____

Email Address: _____

Shirt size: _____

**International Walk
For Celiac Disease**



Making Tracks for Celiacs

Waterloo Cedar Falls Celiac Support Group
1753 Robin Rd.
Waterloo, IA. 50701

**WATERLOO/CEDAR FALLS
CELIAC SUPPORT GROUP
PRESENTS**

**AN INTERNATIONAL
EVENT**

May 30, 2009

Registration: 10:30 AM

Walk begins: 11:00 AM

**George Wyth State Park
3659 Wyth Rd. Waterloo IA.
50703
319-232-5505**

Don't miss the 8th Annual Walk/Run for Celiac Disease

Waterloo/Cedar Falls
Celiac Support Group
108 Celeste St.
Hudson, IA 50643

