



GLUTEN FREE "NEWS"

Published by the
Waterloo/Cedar Falls Celiac Support Group



THIRD ISSUE

SEPTEMBER 2009

PRESIDENTS NOTES:

Summer is over and winter is on the way. For our next meeting please bring your favorite fall/winter comfort food to share, don't forget the recipe. We will be electing officers and discussing the holiday potluck.

COMING SOON!!! Our very own website. www.wcfceliac.com. We will have more details at our October meeting.

In October we will also be discussing the costs associated with the printing and mailing of the newsletters. If you have access to e-mail please think about having your newsletters e-mailed in the future instead of regular mail. Bring your ideas concerning this to the meeting.

See you in October...

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:** Sunday Oct.. 04, 2009
Regular Meeting
- Time:** 2:00 p.m.
- Place:** Covenant Medical Center - -
Meeting Rooms 1 & 2
- Theme:** Winter Comfort Foods- Bring your
favorite Winter Dish
- Agenda:** Recap State meeting.
Discussing Holiday Potluck.
Election of Officers

If you have anything you would like to have included in this newsletter Please e-mail me
My e-mail is dlaunderville@hotmail.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.

Dawn Recker one of our members has been diagnosed with inoperable lung cancer. Kay (Dawn's mother) who is also a member of our group said that Dawn would love to hear from us so please feel free to drop Dawn a note or give Kay and Dawn a call during this difficult time. We wish them the best.

Dawn Recker
116 W. Schrock Rd
Waterloo, IA 50701
319-296-2220

2010 Annual GIG Conference

Dates and location of 2010 Annual Conference are set:

The 2010 Annual Education Conference and Exhibits will be at the Marriott Airport Hotel, in Minneapolis MN, on June 3-5th. Leaders Training will be June 3rd, and the main conference June 4-5th. Hotel information is on the GIG website. Hotel reservations are open, with room rates under \$100/night! Make your plans to join us in Minneapolis in 2010.

Famous Daves
Diane Ebert

I have found the following web site for Famous Daves. You will have to check with individual Famous Daves to see if they have any training in making food/GF meals for people with Gluten Intolerance, ask to read labels,,etc.

<http://www.famousdaves.com/menu/ingredient-information>

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



Hickory Park Restaurant Diane Ebert

Hickory Park Restaurant in Ames, IA has Gluten Intolerant Menus for meals and Dessert!

<http://www.hickoryparkames.com/menus>

BIAGGI'S Diane Ebert

I called and this is for dinner only but does include the Gluten Free menu. (this is for all Biaggis)



Valid for dinner only (after 4pm) every Tuesday in September.

My Verona Risteorante Italiano Diane Ebert

www.my-verona.com

Just stopped in to inquire about the restaurant and to see if they could make something GF or had a GF menu, and THEY DO! They are located in the old Dutchers Paint Building next to Simpsons Furniture in Downtown Cedar Falls.

Tracy is the gentleman I contacted when I walked in to talk to someone. When you make a reservation, let them know your needs. They are new, so working towards a GF menu on line and work towards GF pasta, etc.

Olive Garden Diane Ebert

Check this out!

[http://www.olivegarden.com/menus/garden_fare/nutrition_alternatives.asp?](http://www.olivegarden.com/menus/garden_fare/nutrition_alternatives.asp)

They have a listing of Gluten Free items

Coors Field - Denver, CO

Coors Field opens gluten free stand at fans' requests, executive chef diagnosed with celiac disease

A new gluten-free food concession stand is opening on July 23, 2009 at Coors Field in Denver. It is thought to be the first of its kind in baseball. The stand was created in response to fan requests.

HuHot Diane Ebert

The HuHot in Cedar Falls, IA at College Square has a GF Menu, for the sauces that are GF, and the rice noodles they use.

http://www.huhot.com/html/allergy_aware.html

Product Reviews

Check out the Product reviews in these sites!

<http://glutenfreepost.com/?cat=28>

<http://www.godairyfree.org/Table/Product-Reviews/Baking-Mixes/>



Kix Cereal
Deb Miller

Kix cereal is now gluten-free, but you won't find "Gluten-Free" plastered on the front of the box. General Mills says that their Kix, Berry Berry Kix, and Honey Kix are safe for celiacs, but they issue the following two warnings.

First, read the labels on the boxes because old product may still be on the store shelves.

Second, the boxes will not be labeled "Gluten-Free" because it is not made in a dedicated facility.

Top ten kitchen gadgets for the gluten-free cook

July 10, 10:49 PM · Gluten-Free Food Examiner · Jen Cafferty

All gluten-free cooks should have a few a great kitchen gadgets to brighten their culinary lives. Here is a list of the items in my kitchen that I can't live without.

1. Mandoline - I use it to slice almost everything. Fennel, carrots, radishes, garlic, pears, you name it, I slice it!
2. Food Dehydrator - This week we dehydrated pears, apples, strawberries, nectarines, beets and sweet potatoes.
3. Microplane Grater - I use my grater for citrus zest, parmesan cheese and garlic.
4. Washable Cutting Boards - My boards ALWAYS go in the dishwasher.
5. Comfortable and sharp paring and chef's knives. You don't need expensive knife, just ones that fit your hand well and that are sharp and can be sharpened regularly.
6. Measuring cups and spoons. I hate to measure anything. I am a cook that just throws

ingredients together. But, when baking, I must measure. I love my measuring cups and spoons that are metal and that I can wash easily in the dishwasher.

7. Parchment Paper. This is miracle paper that can be used over and over when baking. You can line your baking pans or put it on a cookie sheet. A true miracle!

8. Good tongs. My tongs are invaluable. I use them to stir things, to lift things, as an extra oven mitt when I don't have one handy. I love my tongs!

9. A gas grill. When you need to cook in a hurry, there is nothing better than a gas grill. It heats up fast and is easy to clean. You don't have a lot of messy dishes and everything always tastes great.

10. Waffle maker. There is something decadent about making really good gluten-free waffles on the weekend. Try Pamela's Products Pancake Mix on the Villaware Flower Waffle Iron for a great treat

The Canadian Celiac Association [CCA] has recently investigated a variety of blue cheese on the market and found that very few are made using bread mold, and when they are, the test results completed by Health Canada found no detectable levels of gluten in the final product. The new CCA Acceptability of Food and Food Ingredients for the Gluten-Free Diet pocket dictionary lists blue cheese as allowed on a gluten-free diet.

Shelley Case, B. Sc., RD
Case Nutrition Consulting, www.glutenfreediet.ca
Author: Gluten Free Diet: A Comprehensive Resource Guide
Medical Advisory Board: Celiac Disease Foundation, Gluten Intolerance Group, Canadian Celiac Association
Advisory Board: Living Without Magazine
EMail: info@glutenfreediet.ca



Check out this web site for a lot of Gluten Free Recipes—sent in by Deb Miller

<http://allisonsgfkitchen.wordpress.com/>

Diane Ebert

Are Dagoba's products gluten free?
Yes and our facility does not handle any products made with gluten.

per www.dagobachocolate.com

Enjoy! These I have found at some HyVee Health Market Stores.



OK - health food it ain't. But [General Mills](#) gets props for introducing yet another cereal that has no gluten ingredients. (Get with the program already, Kellogg's.) The newest entry to the lineup is Sprinkles Cookie Crisp, with "the great taste of vanilla cookies and milk," as the package proclaims. The ingredients are as follows:

Whole grain corn, sugar, corn meal, brown sugar, corn cereal, salt, canola and/or rice bran oil, corn syrup, tricalcium phosphate, trisodium phosphate, natural and artificial flavor, Yellow 6, Blue 1, Red 40 and other color added. BHT added to preserve freshness.

A General Mills customer service representative said that the new cereal is being introduced nationwide and will soon be listed on the company's website. As with the company's [Kix](#)

[cereals](#), Sprinkles Cookie Crisp is not specially labeled gluten free. However, the label does not state that the cereal is produced in a facility where gluten-containing foods are manufactured or on shared equipment.

Listserv-Diane Ebert

The company that produces Children's Tylenol have changed their flavors and have not tested the new improved versions to see if they are GF. Originally the grape flavor was GF and now the new improved grape splash is the only available grape on the market. They said they have not tested it and only test when they feel it is necessary due to consumer requests. So, if this is a product you might use at some point I urge you to call 1-877-895-3665 to request testing be conclusive!

From Diane Ebert

The College Square Hy-Vee will have a GF Chinese Meal for you if you ask for Lili. She doesn't work on Wed or Sundays, but call ahead and tell her what you would like. Also, if she isn't available Adam Perterson and Adam Spath and Jeff also have been trained.

Peppers Grill and Sports Pub in Cedar Falls, Ia

Will be featuring a Gluten Free Menu in the very near future! I met with Amy Miller and went over the ingredients in different entrees and there will be a wide spectrum of entries and appetizers to a Sundae and Root beer float! There are some ingredient questions for some items, and they make all the entrees fresh at the time of the order! If you decide to go in and try it before the GF menu is released, please ask for Amy or a manager as they are fully aware of the Gluten Free cooking practices and will be working with all employees for training!



Endangered Species Chocolate

Diane Ebert

<http://www.chocolatebar.com/ingredients.asp>

Endangered Species Chocolate products are certified Gluten-Free® by the Gluten-Free Certification Organization (GFCO). This important certification allows us to feel confident in recommending our chocolates to customers with Celiac Disease. Please look for the Certified Gluten-Free® symbol alongside product descriptions on our web store. Please visit GFCO.org to view our company listing I have found these at some of the HyVee Health Markets.

From the Gluten-free Newsletterette
by Connie Sarros

Did You Know...

Celiac Disease is the world's most common genetic autoimmune disease.

Researchers believe that more than 2 million people in the United States have celiac disease but many of these people don't know it.

Preventing Celiac Disease???

The August, 2009, issue of *Scientific America* has an article by Dr. Alessio Fasano (from the University of Maryland Center for Celiac Disease) entitled *Surprises from Celiac Disease*.

Dr. Fasano is conducting a new study to try to find a connection between celiac disease and the onset of other autoimmune diseases. He says, "Celiac disease provides an enormously valuable model for understanding autoimmune disorders because it is the only example where the addition or removal of a simple environmental component, gluten, can turn the disease process on and off."

In this study, he hopes to find a correlation between delaying the introduction of gluten into a baby's diet and the onset of celiac disease in infants.

LET'S EAT GLUTEN FREE

The **3rd printing** of the LET'S EAT GLUTEN FREE cookbook from the New Hampton and Waverly Area Celiac Groups is available!

These will be available at the State Meeting in Ft Dodge as well.

If you would like to order/purchase a cookbook, feel free to contact Betty Bast, 319-352-4740 Cell: 319-231-0107 or by email: rbbast@webiowaplus.net . The cookbooks are \$15.00 with \$3.00 shipping.

Celiac disease may strike elderly, too

Last Updated: 2009-07-24 16:25:05 -0400
(Reuters Health)

NEW YORK (Reuters Health) - Celiac disease doesn't only affect the young, new research from Finland confirms, but can strike a person for the first time in later life.

In people with celiac disease, eating gluten—a protein found in many types of grain—causes the immune system to launch an attack on the small intestine. This can eventually damage the organ and lead to poor absorption of nutrients, especially fat. But people with celiac disease who cut gluten out of their diet can avoid symptoms and complications.

It's now possible to use blood tests to determine whether or not a person has celiac disease, which affects over 1% of Western populations, Dr. Anitta Vilppula of Päijät-Häme Central Hospital in Lahti and her colleagues note. In the United States, celiac disease is four times more common now than it was in the 1950s. (See Reuters Health eLine report, July 10, 2009.) While people may think of the condition as a problem for children and young adults, they add, Vilppula and her team recently identified cases of celiac disease in elderly people. In some individuals, the condition had not been detected. In the current study, the researchers investigated whether some older people had actually



developed celiac disease later in their lives, or the disease had simply gone undetected. They looked at 2,815 people over 55 who had undergone blood tests for celiac disease in 2002, 2,216 of whom were screened again in 2005. The researchers also did biopsies of patients' small intestines to confirm the blood test findings. In 2002, 2.13% of the study participants had biopsy-confirmed celiac disease, while 2.34% did in 2005. There were five new cases among people whose blood tests had initially been negative for the disease, and only two of these individuals had symptoms. That led the researchers to conclude that the elderly could develop the disease late in life.

Past research has shown that undetected celiac disease can lead to significant health problems in older people, the researchers note; in one study including 35 people 60 and older, 15 had been seeing their doctor for 28 years, on average, with symptoms without being diagnosed.

Doctors should be aware of the possibility that their older patients may have or develop celiac disease, Vilppula and colleagues say, and they should use blood tests to confirm the diagnosis—even though a negative test doesn't mean a person won't develop the condition later on.

SOURCE: BMC Gastroenterology, online June 29, 2009.

From the Waterloo Courier.

If any of you missed the paper on Aug. 31, 2009 Here is our very own Nicole!



WATERLOO - Nicole Simmerman, 11, has her own side of the kitchen stocked with her own food and furnished with her own toaster. She doesn't have issues sharing with her family, she has celiac disease - an allergy to wheat gluten. "I'm very careful," she said.

Her caution has paid off so far - she hasn't had an attack in three to four years. For it to pay off, her parents have paid. Going gluten-free isn't cheap.

Nicole's macaroni and cheese is around \$5, compared to less than \$1 for a box that contains gluten.

Celiac disease affects one out of every 100 people. It damages the lining of the small intestine, makes it difficult for the body to digest and absorb nutrients. The only treatment for the disease is to eliminate gluten from the diet.

Subtracting gluten adds to the grocery bill.

"At the beginning it's what do I feed my child," said Kristi Simmerman, Nicole's mother. "Later it's how do I afford \$6 for a loaf of bread?"

Some foods that use replacement ingredients, such as xanthan gum, are higher-priced.

Xanthan gum blend flour goes for up to \$12 per pound compared to conventional flour that goes for less than \$2 per pound.

It's a useful but expensive staple, Kristi Simmerman said.

"You can actually, cup-to-cup, change a recipe," she said.

Many gluten-free foods are also produced by smaller health food companies that shun cost-cutting food production ingredients and techniques.

For people on a fixed income, avoiding foods that make them sick takes a higher percentage of what little they have coming in.

"I can't get all my food at once," Sally Ripplinger of Cedar Falls said.

Ripplinger is blind and on disability. While she is able to find most of what she needs in the health market of grocery stores, affording her monthly groceries is a struggle.

"My dollar doesn't go as far," she said.

Some large companies are helping bring the cost of gluten-free foods down. Betty Crocker has introduced gluten-free cake and brownie mixes. General Mills has come out with gluten-free



versions of its various Chex mix flavors. Rice Chex cereals also are gluten-free.

"There are more choices out there than just a year-and-a-half ago," said Mark Schnackenberg, KWWL meteorologist. Schnackenberg was diagnosed with celiac disease in March 2008. For Kristi Simmerman, that availability does have a downside.

"I wonder how those smaller businesses that have been with us from the beginning are going to be able to compete," she said.

Simmerman is president of the Waterloo/Cedar Falls Celiac Support Group. Her husband, Kenneth, is working on a web site that will list what gluten-free foods are available and where and which restaurants offer gluten-free menus.

September 13th National Celiac Disease Awareness Day

Awareness opportunities have no boundaries

Traditionally, October has been celebrated as Celiac Disease Awareness Month since 1987 in the US and Canada. In 2009 Canada began to provide special awareness activities in May. *Awareness opportunities have no boundaries and the CSA Governing Board encourages celebrating awareness activities' each and every month.*

Recipes

Apple Streusel

2 ¾ C Domata Flour
½ teaspoon Salt
1 egg yolk & milk to make 2/3 cup
1 cup plus 2 Tablespoon Shortening
1 teaspoon lemon juice

Mix and rollout as pie crust. Divide in half for top and bottom. Put on pizza pan.

Filling

6-8 peeled and sliced apples
1 ½ Tablespoons gluten free flour
½ teaspoon Cinnamon
1 Cup Sugar

Mix and place on bottom dough. Top with remaining dough. Bake at 350° till apples are done.

Beat one egg white till foamy and spread on top. Bake 5 minutes more. Drizzle thin powdered sugar frosting over top.

(I also use GF pie crust mix or any flavors instead of raw apple mixture.)

Broccoli Salad Jennifer Mixdorf

Combine the following in large bowl:

Broccoli flowerets
Celery - chopped
Red and Green grapes – cut in half
Almond slices (1 cup)
Craisins (1 cup)
Water Chestnuts
Bacon – fried and crumbled

Dressing:

1 Cup Mayo
1 Tablespoon Vinegar
½ cup Sugar



Cherry Fluff
Traci Massman

- 1 Can Cherry Pie Filling
- 1 Can Sweetened Condensed Milk
- 1 8-oz can Crushed Pineapple
- 1 small container Cool Whip

Add peanuts or mini marshmallows if desired.

Mix together and freeze. Thaw 1 hour before serving.

Chocolate Filled Strawberries
Rita Smith

Yields 24-36 strawberries

- 24-36 medium to large strawberries
- 1 cup semi-sweet chocolate morsels
- 2 tablespoons heavy whipping cream
- 4 ounces cream cheese at room temperature
- ¼ cup powdered sugar

Remove stems and part of inner parts of strawberries to form a small bowl. Cut a sliver off of bottom of each strawberry so that strawberry will stand on end; discard slivers

Place morsels and cream in small microwave safe bowl. Microwave on high power for 30 seconds; stir until creamy. If necessary, microwave at additional 10 second intervals, stirring just until morsels are melted. Let cool slightly.

Place cream cheese and powdered sugar in large mixer bowl. Beat until creamy; beat in chocolate mixture.

Place chocolate cream cheese mixture in large pastry bag with star tip or spoon into gallon-size heavy-duty plastic bag with a ¼ - inch wide opening cut at one corner. Pipe mixture into strawberry cups, filling cups completely and then mounding mixture on top of each strawberry. Refrigerate for at least 1 hour. For best flavor, consume within 24 hours.

Rocky Road Bar Cookies
(Smores) – Bev Boesen

- 24 gluten free graham crackers (S'moreables Graham Style Crackers)
- 2 cups miniature marshmallows (white, not colored)
- 6-ounce package semi-sweet chocolate chips (1 cup)
- 1 cup salted cashews
- ½ cup butter (1 stick, ¼ pound)
- ½ cup dark brown sugar, firmly packed
- 1 teaspoon vanilla extract

Preheat oven to 350° with rack in middle position.

Spray a 9 inch by 13 inch cake pan with Pam or other non-stick spray. (If you like buy a disposable foil pan, place it on a cookie sheet to support the bottom, and then you won't have to clean up.) Line the bottom of the pan with a layer of graham crackers. (It's OK to overlap a bit)

Sprinkle the graham crackers with Marshmallows.

Sprinkle the marshmallows with the chocolate chips.

Sprinkle the chocolate chips with the cashews.

In a small saucepan over low heat, combine the butter and brown sugar. Stir the mixture constantly until the sugar is dissolved.

Turn off the heat, move the saucepan to a cool burner, and stir in vanilla. Drizzle the contents of the sauce pan over the contents of the cake pan.

Bake at 350° for 10 to 12 minutes or until the marshmallows are golden on top. Cool in the pan on a wire rack.

When cool, cut into brownie-sized bars and serve.

If there are any leftovers, store them in the refrigerator in a covered container. They can



also be wrapped, sealed in a freezer bag and frozen for up to two months.

Yield: 2 ½ to 3 dozen.

Zucchini Bread

Rita Smith

2 1/2 cups grated zucchini (2 medium)
1 cup unsweetened applesauce
1/2 cup canola oil
3 eggs
1 teaspoon gluten-free vanilla
3 teaspoons cinnamon or Ruby Range Spice Blend
1 1/2 cups Sucanot or sugar
3 cups gluten-free flour mix
1 teaspoon baking soda
1/4 teaspoon baking powder
1/2 teaspoon salt
1/2 cup chopped nuts

Preheat oven to 350. Spray the bottom of 2 loaf pans.

In a large bowl mix zucchini, applesauce, oil, egg, vanilla and sugar.
Stir in all other ingredients. Pour into greased loaf pans and bake 50 - 60 minutes or until a tooth pick inserted comes out clean. Cool 15 minutes, remove from the pans and cool 1 hour.

Stuffed Acorn Squash

Rita Smith

2 acorn squash about 1-1/2 pounds each
1 lb bulk pork sausage
1/2 cup chopped onion
2 apples chopped
1/4 cup raisins
1/4 cup dried cranberries
1/4 teaspoon thyme
2 Tablespoons mesquite flour
1/2 cup chopped pecans
1/4 cup maple syrup

Cut the squash in half crosswise. Cut bottoms so they will stand in the pan. Place each half, cut side down, cover with foil and bake at 350 deg. until tender, 45 to 50 minutes.

In a skillet crumble and cook sausage until slightly pink. Drain off fat. Add onion, apples, raisins, cranberries, mesquite, and thyme.

Cook until apples are tender, 10 to 15 minutes, stirring often. Stir in pecans.

Uncover and turn squash cut side up. Fill each cavity of the sausage mixture. Drizzle with maple syrup and return to the oven. Bake about 15 minutes, until brown on top.

Gluten Free Apple Cake

Rita Smith

Wonderful 3 layer apple cake recipe made like a carrot cake. Its moist, airy and the height of a standard birthday cake.

2 cups sugar
1 cup vegetable oil
4 eggs
2 cups fresh chopped apples
2 cups gluten-free rice flour
1 tsp. Salt
1 tsp. Baking soda
1 tsp. Baking powder
2 tsp. Cinnamon
2 tsp. Ground cloves
Chopped pecans
1) Combine sugar, oil, beat well.
2) Add eggs, chopped apples and vanilla. Beat til smooth.
3) Add flour, salt, baking powder & baking soda, cinnamon & cloves
4) Pour into 3 greased & gluten-free floured pans.
5) Bake at 325 for 30 minutes or until firm in middle.
6) Cool 10 minutes in pan.
7) Top with cream cheese icing* mixed with



chopped pecans.
*cream cheese icing:
just mix cream cheese with honey or sugar to taste.

Apple Crisp
Rita Smith

4 cups peeled & sliced apples or enough for an 8X8 pan.

½ teaspoon salt
1 ½ t Cinnamon
¼ cup water

Fill pan with sliced apples. Sprinkle apples with salt and Cinnamon. Add the water.

Blend:
1/3 cup margarine
1 cup sugar
¾ cup gluten free flour

Put on top of apples.

Bake at 350 degrees for 45 minutes or until crumb mixture is lightly browned.

PUDDING BARS

Part I

¾ cup butter
¼ cup sugar
1/3 cup powder cocoa
1 tsp vanilla
1 egg slightly beaten
2 cups graham cracker crumbs
1 cup grated coconut (optional)
1/2 cup chopped nuts (optional)

Place butter, sugar, cocoa, and vanilla in top of a double boiler. Cook until blended. Add egg and cook 5 minutes longer, stirring constantly. Add graham cracker crumbs, coconut and nuts. Put in cake pan and let cool.

Part II

1/2 cup butter
3 TBSP milk
2 tsp vanilla
1 pkg vanilla instant pudding
2 cups powdered sugar

Cream butter until fluffy. Combine milk and instant pudding mix. Add to butter and blend well. Add powdered sugar gradually, beating until smooth. Spread over graham cracker crust. Let set until firm.

Part III

6-8 ounces chocolate chips or milk chocolate chips or Hershey's candy bar.
3 or 4 TBSP butter

Melt chocolate and butter. Spread over surface of pudding layer. Let cool. Cut into bars.

Fudge Krispies

One 11 ½ oz pkg (2 cups) Milk Chocolate Chips
½ cup butter
½ cup light corn syrup
2 teaspoons vanilla extract
1 cup powdered sugar
4 cups Rice Krispies

Combine chips, butter and corn syrup in medium sized saucepan. Stir over low heat until melted and smooth. Remove from heat. Stir in vanilla extract and sugar. Add Rice Krispies, mixing lightly until well coated. Spread evenly in 13 x 9 x 2-inch pan. Chill until firm. Cut into 1 ½-inch squares. Store in refrigerator.

Gluten Intolerance Group of NA
Red River Celiacs
P.O. Box 464
Fargo, ND 58107

Gluten Intolerance Education Conference

Sponsored by:
Red River Celiacs GIG

November 6 - 7, 2009

Holiday Inn
3803 13th Ave. S.
Fargo, ND 58103

FEATURING NATIONAL EXPERTS

Cynthia S. Rudert, MD F.A.C.P.

Gastroenterologist, Atlanta, GA
Medical Advisor, GIG of North America

Shelley Case, RD

Regina, SK, CAN
Gluten-Free Nutrition Expert & Author of
“Gluten Free Diet”

Channon Quinn

Auburn, WA
Director of Industry Programs
Gluten Intolerance Group of North America

Jules E. D. Shepard

Catonsville, Maryland
Author of “Nearly Normal Cooking for Gluten-Free
Eating” ~ Creator of Jules Gluten Free Flour mixes

CPEU's and Certificate of Attendance Available

Celiac disease is an inherited autoimmune disorder that affects the digestive process of the small intestine. When a person who has celiac disease consumes gluten, a protein found in wheat, rye and barley, the individual's immune system responds by attacking the small intestine and inhibiting the absorption of important nutrients into the body.

Undiagnosed celiac patients are at greater risk of contracting cancer, chronic neurological disorders, osteoporosis, anemia and other serious illnesses. It is important for the U.S. physicians to know the prevalence of celiac disease and to be able to recognize it in their patients. It is also important that the general public become more aware of celiac disease. Public awareness and prevalence research will go hand-in-hand to encourage a more educated population and create a more supportive environment for celiac patients in restaurants and public venues.

Who Should Attend?

This conference is for: People with celiac disease, gluten intolerance or gluten sensitivity and family members ~ People with wheat allergies/sensitivities ~ Health Care Providers in All fields ~ Dietitians ~ Day care providers ~ School nurses, teachers & counselors ~ Chefs & Food Service personnel ~ Anyone interested in learning the latest developments about Gluten Intolerance, Celiac Disease and related autoimmune disorders

Objectives

You will learn:

- The latest celiac stats and facts. Accurate medical testing ~ newest diagnostic methods
- To identify symptoms of celiac disease/gluten intolerance
- The need for health care providers to provide emotional support along with medical follow-up
- Nutritional needs and follow-up required after diagnosis
- Other autoimmune diseases associated with celiac disease
- Nutritional alternative grains, recipes and accurate resources
- Industry programs—Benefits of GIG
- Establishing a Gluten Free Kitchen

Conference Agenda

Friday, November 6, 2009

- 4:00 p.m. Registration/Vendors
- 5:30 p.m. Dinner Buffet
- 6:15 p.m. Welcome
- 6:30 p.m. **Cynthia Rudert, MD, F.A.C.P.**
CD—Your Questions Answered
- 7:15 p.m. **Jules Dowler Shepard**
8 Essentials for a GF Kitchen
- 8:00 p.m. **Shelley Case, RD**
The GF Diet: Back to Basics

Saturday, November 7, 2009

- 7:30 a.m. Registration/Vendors Open
- 8:50 a.m. Welcome
- 9:00 a.m. **Cynthia Rudert, MD, F.A.C.P.**
Managing The Patient with Celiac Disease
- 10:00 a.m. Questions & Answers
- 10:15 a.m. **Shelley Case**
The Gluten Free Diet—What's New & What's Not
- 11:30 a.m. Questions & Answers
- 11:45 p.m. Group 1 Buffet/Group 2 Vendor Time
- 12:30 p.m. Group 2 Buffet/Group 1 Vendor Time
- 1:30 p.m. **Jules Dowler Shepard**
Demystifying Gluten Free Bread Baking
- 2:30 p.m. Questions & Answers
- 2:45 p.m. **Channon Quinn**
It's Easy Living Gluten Free with GIG
- 3:45 p.m. Questions & Answers
- 4:00 p.m. Closing

Hotel Information:

Holiday Inn
3803 13th Ave. S.
Fargo, ND 58103
(701) 282-2700

A block of rooms has been set aside, call to make a reservation before 10/15—ask for Red River Celiacs
Conference Rate ~ \$104.95

For more information contact:

Stacey Juhnke ~ 701-237-4854 dsjuhnke@yahoo.com
Sara Vollmer ~ sjvollmer@hotmail.com
redriverceliacs@gluten.net www.redriverceliacs.org

REGISTRATION

Your registration fee includes admission to all sessions, conference materials, and access to exhibits. All meals served as part of the conference are gluten-free and included with registration. All other dietary needs must be addressed with the hotel staff individually.

REGISTRATION DEADLINE OCTOBER 15, 2009

Late Registration fee after October 15, 2009

Name _____

Phone (____) _____

E-Mail _____

Address _____

City _____ State _____ Zip _____

PLEASE Fill out a SEPARATE form for each attendee

CONFERENCE FEE	FRIDAY	SATURDAY	Fri. & Sat.
Register by 10/15/09	\$55	\$75	\$100
Late Reg. after 10/ 15/09	\$65	\$85	\$115
CPEU Certificate needed _____	Certificate of Attendance Needed _____		
Print name for Certificate:			
TOTAL Fee Paid			\$

**Mail Registration & Make Checks payable to:
Red River Celiacs-GIG, P.O. Box 464, Fargo, ND 58107**

*If you wish to apply for a scholarship to attend, please contact:
Stacey Juhnke at 701-237-4854 or dsjuhnke@yahoo.com*

National Celiac Disease

Awareness Day September 13th

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

