



# GLUTEN FREE "NEWS"

Published by the  
Waterloo/Cedar Falls Celiac Support Group



SECOND ISSUE

JUNE 2010

## PRESIDENTS NOTES:

What a great way to kick off the summer "The 9th Annual International Walk for Celiac Disease". The morning rain stopped just in time for us to set up and didn't start again until we were done.

We had a great turn out, a great meal and lots of fun.

We would like to thank everyone who helped make the walk possible. Putting together a walk takes lots of work and could not have been done without everyone's help.

Denise and I will be adding some photo's from our walk and the state meeting information to the web site. So be sure you are checking out the web site in the next couple of months.

Our web site is [www.wcfceliac.com](http://www.wcfceliac.com) If you have any information you would like us to put on the web site please send it to me at : [ksimmerman@mchsi.com](mailto:ksimmerman@mchsi.com) .

I hope everyone has a fun and safe summer. I am looking forward to seeing everyone at our August meeting, bring your favorite summer/picnic dish.

The State meeting this year is Saturday Oct 2, 2010. The Cedar Rapids group is putting together a great conference so be sure to mark your calendar. They are looking for help that day so if you are going and can help out please contact Theresa at [tatbrandon@gmail.com](mailto:tatbrandon@gmail.com)

Kristi Simmerman



## 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 Aug. 01, 2010  
Regular Meeting

**Time:** 2:00 p.m.

**Place:** Covenant Medical Center  
Meeting rooms 1&2

**Theme:** Favorite Picnic Dish

---

**Date:** Saturday Oct. 02, 2010  
Iowa State Meeting

**Registration:** Look for information coming later  
this summer

**Place:** Cedar Rapids

---

If you have any information for the newsletter please send it me. I would be more than happy to include it in the next edition. My e-mail is [dlaunderville@hotmail.com](mailto:dlaunderville@hotmail.com)

---

CLAIRFICATION: The name below the items in this newsletter is the person who sent it to me. That way if you have questions you can contact them or ask them at the next meeting. Sometimes several people send me the same thing I use the name of the person from the e-mail I read while I was working on that part of the newsletter

---

October 2, 2010  
annual Iowa Celiac Conference  
Scottish-Rite Temple Cedar Rapids, Iowa  
7:30 a.m.—4:00 p.m.

Mark your calendars, pack your bags and plan on heading to Cedar Rapids, October 2, 2010 for the annual Iowa Celiac Conference. We have a full educational day planned for you; and I do mean full! We will start with registration at 7:30 a.m.; followed by visiting with vendors and samplings many gluten-free products.

There will be many goodie-bags and hand-outs available. We will draw for door prizes throughout the day. You may donate to Celiac Research and you might be one of the lucky ones to take home a quilt(s) or a designer silver necklace donated by Ames Silversmithing, inc. aka Gary and Karen Youngberg. Karen chaired the Ames Celiac group for a number of years, and was instrumental in bringing Celiac testing to Mary Greeley Medical Center, Ames. They test for CD for a reasonable fee without a doctors order.

We have a children's' program: Age 4-12, for those with Celiac

Our speakers will be talking about Chronic diseases in families. We will learn about the 10 super foods for nutrition. How about exercise in our daily lives. Assessing and managing CD. We will have a baking demon-stration; Are you using the correct flour mixtures for your recipe? And our keynote speaker for the day will be Dr. Peter Green, Director of the Celiac Disease Center at Columbia University in New York.

**What's on the lunch menu?** Smoked Pork Roast Beef Baked Potatoes/with toppings Cole Slaw Green Beans Corn Fruit Salad Mixed Green Salad/Dressing Coffee Tea Lemonade Stacy is preparing a special meal for the kids Chicken Tenders Fries Corn or Green Beans Homemade Applesauce Milk or drink of choice

And don't forget the DESSERT table. Donated by all who will be attending. Please include ingredient list and bring your recipe with your name attached.  
[www.iowaceliacs.org](http://www.iowaceliacs.org)

---



**Is Gluten Intolerance Making You Sick?**  
*by Jo Whyte*  
**in Health / Diseases and Conditions**

Gluten is known as the major cause of Celiac Disease, but is less well known as an aggravator of several other allergies and diseases. You may not think of gluten as being the cause of your symptoms because only those of Coeliac's Disease are well known. The gluten-free diet "band wagon" may seem like the latest fad, but with the large majority of cases where gluten is a factor in illness remaining undiagnosed, it may well be doing more good than realized.

**The Role Of Gluten In Disease**

A protein ingredient in several grains, most notable wheat, gluten can cause inflammation. This type of allergy can cause acne, sneezing, or even anaphylactic shock.

When a person's immune system reacts to an irritant, such as gluten, symptoms manifest in many ways. Problems can also occur with the skin, digestive system or other parts of the body.

Coeliac's Disease-a serious hypersensitivity, it damages the villi of the small intestine causing impaired absorption of the nutrients from food.

Dermatitis and eczema-it isn't as well known that gluten can cause dermatitis in some people. Itchy red rashes on the hands, scalp or legs can be caused by an allergic reaction to gluten. Dermatitis Herpetiformum is one form which mainly affects the skin, causing raised itchy blisters on the knees, elbows or buttocks.

Menstrual problems-women who suffer from bloating, headaches, fluid retention or tender breasts may have an increase in symptoms after eating wheat-based foods. This type of food allergy is not as obvious as these symptoms are considered "normal" for PMS sufferers, and may worsen with age, perhaps as sensitivity increases or internal damage builds up.

Crohn's Disease-gluten may aggravate and worsen the symptoms of Crohn's Disease. This debilitating condition is an inflammatory bowel disease. It largely affects the ileum, which connects the small and large intestine, but may occur in any part of the gastro-intestinal tract. Its cause is still unknown, though there is a genetic predisposition to it, if a close relative has the disease, and those of Jewish or European descent have a higher risk of contracting their disease. Symptoms include diarrhea, fatigue, weight loss, bloating, and stomach cramps. Damage then builds up over time, often requiring surgery to remove diseased portions of the bowel.

Ulcerative Colitis-is a similar auto-immune disease to Crohn's Disease, but only affects the large intestine

and rectum, whereby ulcers form in the lining. Symptoms are very similar. Gluten can cause a worsening of these symptoms.

---

**Impaired Solute Transporters and Aquaporins May Trigger Malabsorption in Celiac Disease**

By Jefferson Adams

Published 05/12/2010

Celiac.com 05/12/2010 -

Diarrhea, weight loss and malabsorption represent the major clinical presentation of celiac disease, but the exact mechanisms of these symptoms are not fully understood.

A team of researchers recently set out to determine whether celiac disease impairs the function of solute transporters and aquaporins. The research team included U. Laforenza, E. Miceli, G. Gastaldi, M. F. Scaffino, U. Ventura, J. M. Fontana, M. N. Orsenigo, and G. R. Corazza.

The team looked for possible alteration in the expression and localization of water channels, known as aquaporins, and certain solute transporters in duodenal mucosa of celiac disease patients.

To do this, the team evaluated duodenal biopsies from untreated celiacs, treated celiacs, healthy controls and disease controls. The team used semi-quantitative RT-PCR and real time RT-PCR to determine the expression of some aquaporins and transporters mRNA in the duodenal biopsies. They relied on immunohistochemistry to evaluate the localization of aquaporin 3, 7 and 10, and of Na<sup>+</sup>/glucose cotransporter, H<sup>+</sup>/oligopeptide transporter and Na<sup>+</sup>/H<sup>+</sup> exchanger.

They found that the duodenal biopsies of healthy controls, treated celiac patients and disease controls expressed aquaporin 3, 7, 10, 11, Na<sup>+</sup>/glucose cotransporter, H<sup>+</sup>/oligopeptide transporter and Na<sup>+</sup>/H<sup>+</sup> exchanger, cystic fibrosis transmembrane conductance regulator and Na-K-2Cl cotransporter mRNAs.

Transcript expression was largely absent in the duodenal biopsies of untreated celiac disease patients, except for cystic fibrosis transmembrane conductance regulator and Na-K-2Cl cotransporter.

Immunohistochemistry of healthy control subjects



showed a labeling in the apical membrane of surface epithelial cells of duodenum. Immuno labeling was heavily reduced or absent in untreated celiac patients, but normal patients who had followed a gluten free diet for at least 1 year.

The results of the study show that people with celiac disease have defects in their primary pathways for water and solute absorption that may play a role in the onset of malabsorption symptoms.

---

### **In Adults With Celiac Disease, Intestinal Damage Doesn't Always Heal** by Will Boggs, M.D.

When celiac disease is diagnosed in adulthood, mucosal damage might never completely resolve, even on a gluten-free diet, according to a February 9th online report in The American Journal of Gastroenterology. "Celiac disease is a serious inflammatory condition that does not always heal," senior Dr. Joseph A. Murray from Mayo Clinic College of Medicine, Rochester, Minne-sota told Reuters Health by email. Dr. Murray and his colleagues analyzed mucosal recovery and all-cause mortality in 241 adults who had diagnostic and follow-up biopsies. All of the diag-nostic biopsies showed some degree of intestinal villous atrophy, and nearly half the patients had total villous atrophy. The median age at diagnosis was 47 years, and all had been following - or attempting to follow -- a gluten-free diet since learning of their celiac disease. Out of 165 patients with first follow-up biopsies within 2 years of diagnosis, only 58 (35%) had mucosal recovery. Thirty-eight additional patients (23%) eventually did have mucosal healing, as confirmed by later biopsies. For the entire cohort, the actuarial rate of intestinal healing at 2 years was 34%. At 5 years, 66% of patients had mucosal recovery. The median time to con-firmed recovery was approximately 3.8 years. Most patients (82%) had at least some clinical response to the gluten-free diet, but clinical response was not related to mucosal recovery on the first follow-up biopsy. Among the 192 patients with a complete or partial clinical response, 119 (62%) had persistent mucosal damage. (A serologic response to the diet was associated with mu-cosal recovery, however.) For 236 patients, the researchers had reports from dietitians regarding gluten-free compliance. Rates of good, moderate, and poor compliance were 75%, 20% and 4%, respectively, in patients with intestinal recovery, compared to 61%,

21% and 18%, respectively, in those with persistent damage. Seventeen patients died during the first 10 years of follow-up. Eleven had at least one follow-up biopsy, and all but one still had mucosal damage in the last biopsy before death. Cancer was the most common cause of death in these patients. The mortality rate was 87% lower with confirmed mucosal recovery versus persistent mucosal damage, although the relationship fell short of statistical significance (P=0.06). "Systematic follow-up with intestinal biopsies may be advisable in patients diagnosed with celiac disease as adults," the investigators conclude. Dr. Murray recommended intestinal biopsy "after 1 year of gluten-free diet" and, for patients with persistent mucosal damage even on the diet, "close surveillance, follow-up with diet review, and, if symptoms are present, look for re-fractory change."

---

### **Celiac disease: Five Simple Questions Show if Kids Need a Gluten-free Diet** Pediatrics, March 2010

Just five simple questions can help you determine if your child needs a gluten-free diet, according to the a recent Danish study that aims to improve celiac disease diagnosis in children. Celiac disease is a disorder in which people suffer intestinal Of or relating to or inside the intestines.); intestinal damage when they eat foods made with wheat, rye, or barley. Over the last five or six decades, rates of celiac disease have increased 400%. Worse still, at least half of kids with celiac disease never get diagnosed. That means they will continue to eat foods made with wheat, rye, or barley; and that they will suffer persistent symptoms such as diarrhea, abdominal pain, and behavior problems, along with intestinal damage, that are perfectly avoidable with a gluten-free diet. A simple blood test can tell doctors which kids most likely have celiac disease. But doing a blood test on every child is simply not practical. Would it be better to test just the kids who show one or more symptoms common to celiac disease? To answer that question, doctor Peter Toftedal, MD, of Denmark's Odense University Hospital, created a simple, five item questionnaire to help parents provide information on recurrent abdominal pain, chronic diarrhea, constipation, and lack of height and weight gain: Has your child ever suffered from abdominal pain more than twice during the last three months? Has your child ever had diarrhea lasting more than two weeks? Does your child have a tendency to firm and hard



stools Undigested foods, bacteria, mucus, and dead cells that pass through the rectum as bowel movements. '); stools? Does your child gain enough weight? Does your child gain enough height? Toftedal's study team conducted a trial of the questionnaire in Denmark's County of Funen. They mailed it to the parents of 9,880 8- and 9-year-olds. Prior to mailing the questionnaire, just 13 children in Funen were known to have celiac disease. A total of 7,029 parents returned the completed questionnaire, with 2,835 reporting at least one symptom. The research team invited these children for a celiac blood screen. A total of 1,720 children submitted to screening, with 24 showing positive antibodies High molecular weight proteins which are produced by specialized B cells in the lymph nodes after stimulation by an antigen which act specifically against the antigen in an immune response. They typically consist of four sub-units that include two heavy and two light chains. Also known as immunoglobulin. '); antibodies common with celiac disease. Additional testing confirmed 14 case of celiac disease among the children of Funen, meaning that only half of the kids with celiac disease had been diagnosed. When you factor in the additional 1,115 parents who did not report for screening, the result might be slightly higher. Toftedal and colleagues conclude that a number of "preclinical and low-grade symptomatic pa-tients with celiac disease may be identified by their responses to a mailed questionnaire."

## What Does Health Care Reform Mean for People with Celiac?

*legislation includes benefits for individuals with the disease*

This past week our country witnessed history in the making when President Obama signed the healthcare reform bill. As a population whose lives have been altered since being diagnosed with celiac disease, this new law will dramatically change one particular aspect of celiacs lives – individuals with the disease will no longer risk being denied health insurance because of a pre-existing condition.

While many other elements of this legislation will undoubtedly affect individuals on varying levels, children with celiac disease and their families will begin benefiting as quickly as this year. Older individuals with celiac disease will officially be-come protected in 2014 when insurers will be unable to

refuse to sell or re-new policies because of a health status March 2010

## Contamination of Naturally Gluten-Free Grains posted at Diet.com

**by TriciaThompsonMS/RD @ 5:00am ET on June 1, 2010**

My colleagues (Anne Lee, Schar, USA and Thomas Grace, Bia Diagnostics) and I recently published findings from a pilot study on grain contamination in the June issue of the Journal of the American Dietetic Association (Thompson T, Lee AR, Grace T. *Gluten Contamination of Grains, Seeds, and Flours in the United States: A Pilot Study*. J Am Diet Assoc. 2010;110:937-940). What follows is a summary of study findings.

Bottom line: Seven of 22 (32%) samples tested contained mean gluten levels above 20 ppm with amounts ranging from 25 to 2,925 ppm.

Why we conducted this study: In the FDA's proposed rule for labeling of food as gluten free, single ingredient foods, such as corn, rice, and millet are considered inherently gluten free. These grains will be considered misbranded if they carry a gluten-free label that does not also state that all foods of that same type are gluten free (e.g. "all millet is gluten free" or "millet, a gluten-free food").

Oats are the only grain that will not be considered misbranded if they carry a gluten-free label and do not also state that all foods of the same type are gluten free. In fact, because research suggests that commercially available oats may be contaminated with wheat, barley, and rye, labeled gluten-free oats will be considered misbranded if the label implies that all oats are gluten free.

Unfortunately, oats may not be the only naturally gluten-free grain contaminated with gluten.

What we tested: Twenty-two naturally gluten-free grains, seeds, and flours NOT labeled gluten-free were tested in duplicate using the Ridascreen Gliadin sandwich R5 ELISA with cocktail extraction. Seven of the 22 products contained a voluntary allergen advisory statement for wheat; 15 did not. Products included white rice and flour, brown rice, corn meal, polenta, buckwheat and buckwheat flour, amaranth seed and flour, flax seed, millet grain and flour,

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



sorghum flour, and soy flour.

**Findings:** Thirteen of 22 (59%) products contained below the limit of quantification for gluten which is 5 ppm for the assay used. Of these 13 products, 3 contained a voluntary allergen advisory statement for wheat. Nine of 22 (41%) products contained more than the limit of quantification for gluten, with mean gluten levels ranging from 8.5 to 2,925. Of these nine products, four contained a voluntary allergen advisory for wheat.

**Conclusions:** Results of this study confirm that a certain percentage of inherently gluten-free grains, seeds, and flours are NOT gluten-free when they are purchased by consumers. Co-mingling of grain and seed can occur anywhere along the line from the field to the packaging plant.

Results also suggest that consumers can not rely on voluntary allergen advisory statements for wheat to make decisions about which products are more or less likely to be contaminated. Four of seven products containing greater than or equal to 20 ppm gluten did not contain an allergen statement for wheat while three of the products that contained below the limit of quantification for gluten did contain an allergen advisory statement.

While we can infer from this study that some degree of contamination exists in naturally gluten-free grains, seeds, and flours sampling was not large enough to make any assessment on the overall percentage of contaminated product.

Sampling also was not large enough to make any inferences on the specific grains, flours, and seeds more or less likely to be contaminated.

The following products contained above the limit of quantification for gluten:

Product/Mean ppm	White rice flour/8.5
Millet flour/305	Buckwheat flour/65
Millet flour/327	Sorghum flour/234
Millet grain/14	Soy flour/2,925
Millet grain/25	Soy flour/92

The following products tested below the limit of quantification for gluten: basmati rice; long grain brown rice; enriched corn meal; instant polenta; 1 sample of rice flour; hulled buckwheat; buckwheat groats; amaranth flour; flax seed; and amaranth seed.

For more information about this study, please contact

me at [triciathompson@glutenfreedietitian.com](mailto:triciathompson@glutenfreedietitian.com)

This study was funded in part by Schar USA, a manufacturer of prepared gluten-free foods

The study abstract is available on Pub Med <http://www.ncbi.nlm.nih.gov/pubmed/20497786>

Tricia Thompson, MS, RD is an internationally recognized expert in celiac disease and the gluten-free diet. A researcher, consultant, and writer, she is the author of *The Gluten-Free Nutrition Guide*, *The Complete Idiot's Guide to Gluten-Free Eating*, and *The American Dietetic Association's Easy Gluten-Free: Expert Nutrition Advice with More Than 100 Recipes*. For more information on celiac disease and the gluten-free diet, visit Tricia's website at [www.glutenfreedietitian.com](http://www.glutenfreedietitian.com)

### **PRESS RELEASE: The Gluten Free Audit**

Date: June 05, 2010

The Gluten Free Audit: Udi's Gluten Free Foods is now certified gluten free!

**DENVER** -- I'm Marjorie Eliason, the QA Supervisor at Udi's Gluten Free Foods. My job is to ensure that we produce safe, high quality gluten-free baked goods. I do this by making sure our facility is clean, that the possibility of contamination is kept to a minimum, and that no ingredients containing wheat, rye or barley make their way into production.

How do we make sure that no gluten is included in our ingredients? We approach that from several angles. All ingredients are researched prior to being introduced into production. We speak with our ingredient suppliers, obtain product specification information and guarantees, and we collect information on any allergens that are used in the manufacturing of our ingredients. This includes wheat and gluten. After all the research and pre-approval of our raw materials, I conduct gluten testing on every batch of incoming ingredients prior to their use. The tests we use are highly sensitive and can detect very small amounts of gluten, as little as 10 parts per million.

To ensure that our internal measures are working properly to keep all gluten out of our baked goods we recently made the decision to have a third party audit our procedures. Certification from the Gluten Free Certification Organization (GFCO) means that all our



ingredients and processes have been investigated by the GFCO and found to be complete and reliable for preventing gluten contamination. The GFCO is a non-profit organization whose purpose is expanding awareness and providing educational support for celiac disease and gluten intolerance. One of their functions is auditing facilities, like ours, who want to produce certified gluten free products.

The best way to prepare for an audit is to look at our facility and documentation as if we were the auditor. We rechecked our production practices and organized our paperwork. Our auditor was helpful and informative. The job of an auditor is not merely to point out potential problems, but to offer suggestions and solutions as well. First, he reviewed our ingredients. Next, he read over our policies for preventing gluten contamination. He also examined our records for sanitation, ingredient selection and storage. He then made sure our processing on the floor matched what was stated in our policies. We toured the facility, tracing the flow of production from receiving, onto mixing and shaping, and finished at baking and packing. Our employees demonstrated every process to him. He made suggestions, and complimented us on our ingredient selection and our regulation.

Two days after the audit, GFCO sent us the good news that our gluten free products were now officially certified gluten free! Now that we have passed the audit and are official, the GFCO remains involved in production, overseeing any changes to ingredients or equipment, and continues to re-inspect our facility at least once a year.

For more information about the Gluten Free Certification Organization visit: <http://www.gfco.org>

---

## "PRODUCT INFORMATION"

Starbucks' New Frappuccino Light Syrups Contain Gluten. Starbucks recently launched "However You Want It" frappuccino drinks in their stores nationwide. One option you now have is to make your frappuccino "light." Unfortunately, the light syrup they will use to make your drink now contains gluten. According to this article on [Glutenfreeville.com](http://Glutenfreeville.com), it was difficult to obtain confirmation of this with Starbucks directly, but that the labels on the bottles of light syrup in the Starbucks stores themselves read "contains gluten" in

bold letters under the ingredients list. Be sure to avoid this specific drink choice during your next stop at Starbucks.

---

### **Betty Crocker Does It Again!**

The prevalence of celiac disease has had quite an impact on food companies. They hear the demand for more gluten-free products and they're responding.

Betty Crocker will soon have your grocer's shelves stocked with gluten-free Bisquick! But wait... there's more. In mid-July, you'll also be able to buy gluten-free Hamburger Helper in three different flavors ~ Chicken Fried Rice, Cheesy Hashbrowns, and Beef Fried Rice. The packages will be clearly labeled on the front "Gluten Free".

---

### **Isabelle's Best**

Here is an opportunity to get the same pizza that was carried at SAMS club,,,,only you have other options and you have to order on line. Enjoy.

We are excited to introduce you to ISABELLE'S BEST new web-site: [www.isabellesbest.com](http://www.isabellesbest.com) Isabelle's Best is the wonderful pizza that was test marketed in limited Sam's Club these recent past months. JHS Foods the parent company behind Isabelle's Best has expanded their product line to include in addition to their GF Pizza both GF Chicken Nuggets & GF Frozen Cookie Pucks. All of their current products are manufactured with *Domata Living Flour*, we support their efforts in bringing to you great Gluten Free Products. Visit their web-site, FREE SHIPPING ANYWHERE ALWAYS at: [www.isabellesbest.com](http://www.isabellesbest.com)

---

### **Quaker Rice Cakes Now Labeled Gluten-Free**

CHICAGO (February 9, 2010) – Finding tasty snacks can be challenging if you're looking for gluten-free foods. But now, Quaker's large Rice Cakes are specially labeled gluten-free. They are a deliciously crave-able and satisfying snack made from whole grains. Quaker cares about the health and safety of its consumers and is dedicated to providing great-tasting snack options with the most accurate product information as possible. The rice cake recipe hasn't

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



changed, but all of the gluten-free large Rice Cakes were tested to make sure they meet the proposed federal standard for gluten-free products, which is 20 parts per million (ppm) of gluten.

The delicious Quaker Rice Cakes labeled gluten-free include Apple Cinnamon, Butter Popcorn, Caramel Corn, Chocolate, Lightly Salted, Unsalted, and White Cheddar. Consumers with gluten intolerance are always strongly encouraged to look for the gluten-free label before purchasing any product and consult a health professional for any dietary questions.

### Perfect for On-the-Go Days

Quaker Rice Cakes make for convenient snacking, whether you're at work, school, outdoors, or even while traveling. Top your favorite gluten-free large Rice Cake with veggies, fruits, cheeses, and spreads and discover a whole new dimension in gluten-free snacking. They come in a re-sealable package that keeps them fresh and ready-to-eat. Find them in grocery stores nationwide for an average retail price of \$2.49.

### NOTE – From Listserv- Diane Ebert

Bob Red Mill's Buckwheat Cereal NOT gluten free  
I wanted to send this note out, as a client brought to my attention a change on labeling of one of our favorite products. If you look at the Bob Red Mill site, it says the Creamy Buckwheat Cereal is "No longer produced gluten free". I don't know the details of why this has changed, but I know some of you are so very sensitive to gluten, that even the smallest infraction can be problematic, so I wanted to pass this along.

### Campbell Soup – Deb miller

From: campbellsoup@casupport.com  
<campbellsoup@casupport.com>  
Subject: Ref #: 004610018A  
To: "djcubbie@yahoo.com" <djcubbie@yahoo.com>  
Date: Thursday, March 11, 2010, 1:02 PM  
Ms Deb Miller, we received your message and appreciate your taking the time to contact Campbell Soup Company. Campbell's primary concern is the safety of our consumers. Each of our soup recipes is hand crafted, which explains why some soups contain food starches and others do not. Many of our soups share manufacturing processes and equipment with

gluten containing ingredients and products. For this reason, Campbell's has decided not to label gluten-free on soups where we could not ensure compliance with our strict gluten-free standards.

We are happy to share our Gluten Free list with you. Please visit [www.campbellswithoutgluten.com](http://www.campbellswithoutgluten.com) where you can download the most current gluten free list. Thank you for visiting the Campbell Soup Company website.

Campbell Soup Company Web Team  
TXA/cl  
004610018A

### Barmuda Companies have Gluten Free Menu's - Rita Smith

Roux Orleans:

[http://www.barmuda.com/roux/low\\_menu.php](http://www.barmuda.com/roux/low_menu.php)

Bourbon Street CF:

[http://www.barmuda.com/bourbonstreet/cedar\\_falls/gluttonfree.php](http://www.barmuda.com/bourbonstreet/cedar_falls/gluttonfree.php)

Bourbon Street Grinnell:

<http://www.barmuda.com/bourbonstreet/grinnell/gluttonfree.php>

Ferrari's Lunch:

[http://www.barmuda.com/ferraris/gluten\\_freelunch.php](http://www.barmuda.com/ferraris/gluten_freelunch.php)

Ferrari's Dinner:

[http://www.barmuda.com/ferraris/gluten\\_freelunch.php](http://www.barmuda.com/ferraris/gluten_freelunch.php)

### My Verona Restaurant – Rita Smith

Rita

We do indeed have a gluten free menu. Your members need only ask the hostess when being seated to provide them one and I have attached one here for you to review. They are welcome to speak with our Chef, Jordan Barkow or his Sous Chef, Phillip Radev at any time to assure that their needs are met. Jordan is quite versed in this area and I am sure that he would be willing to speak to your group if you so desire - his e-mail address is [jbarkow@my-verona.com](mailto:jbarkow@my-verona.com).

Thank you  
Cindy



### Bill's Pizza & Smokehouse

201 1st Street West  
Independence IA 50644  
319-334-2455 work  
319-334-4934 fax  
319-334-0259 cell

Check them out they have a expanded Gluten Free Menu. Salads, Burgers, Pizza, Shrimp, Steak, Ribs and more!

---

## "RECIPES"

### SALTED CARAMEL CRUNCH BROWNIES

Rita Smith

14 ounce package caramels  
¼ cup milk  
9x9 inch pan brownies, baked and cooled in pan  
12-ounce package semi-sweet chocolate chips  
1 teaspoon shortening  
1 cup lightly salted peanuts  
1 cup gently broken peanuts

In a medium microwave-safe bowl, combine caramels and milk. Heat on high in 30-second bursts, stirring between, until melted and smooth. Pour the mixture over the brownies and spread to the edges. Set aside to cool.

When the caramel has cooled and firmed up a bit, make the next layer.

In a medium microwave-safe bowl, combine chocolate and shortening. Heat on high in 30-second bursts, stirring between, until melted and smooth. Add peanuts and pretzels, then stir gently.

Top the caramel with the chocolate mixture, spooning the mixture over the entire surface. Let cool and harden before cutting. Wrap tightly or store in an airtight container.

---

Vegetable Soup  
Deb Miller

3-4 lb arm roast or pot roast  
16 oz pkg frozen mixed veg.  
1 chopped onion  
3 med. potatoes  
8 carrots sliced  
28 oz can diced tomatoes

4 beef bouillon cubes  
salt and pepper  
tomato juice to cover  
Cook in 275 degree oven for approx. 6 hrs.  
I would think you could make this for the crock pot the night before and put in fridge over night then start crock pot in a.m.

---

Veggie Pizza  
Robin Secoy-Wilma Billhorn

1 flatbread mix (Chebe)  
Cauliflower, radishes, green onion, green/red peppers  
1 small container sour cream (Hy-Vee brand is gluten free / not dairy free)  
Italian dressing (Walden Farms)

In 8x11 pan, bake the flatbread mix according to the package directions.  
Chop all the veggies up and set aside  
Mix sour cream and Italian dressing (I just add dressing till I get the flavor I want)  
When the flatbread has cooled spread the sour cream mixture on. Then add the chopped veggies.

---

Chocolate Truffle Bowl Dessert  
Deb Umland-Wilma Billhorn

8 oz Cream Cheese (softened)  
1 Sm. pkg. Vanilla Instant Pudding  
1 Sm. pkg. Chocolate Instant Pudding  
3 C. Milk  
8 oz. Cool Whip  
2 C. Fresh Raspberries  
2 Chopped Heath Candy Bars  
1 Betty Crocker GF Chocolate Cake Mix

Prepare cake accordingly to directions on box. Cool and cut into bite size pieces. Beat pudding & milk until thick. Then beat in softened cream cheese until smooth. Fold in about half the container of Cool Whip. Layer into a Trifle Bowl or a large glass bowl as follows: half of the cake, half of the pudding, one heath bar, half of the fruit & then repeat. Decorate the top with some of the remaining Cool Whip. Chill overnight before serving.

---



Bagel Dip  
Denise Launderville

- 8 oz sour cream
- 1 1/2 c real mayonnaise
- 3 pkgs dried beef, chopped
- 1 tbsp dill weed
- 1 tbsp accent seasoning

Mix together. Dip with cut up Udi's bagels.

---

Blondie  
Chebe Bread Recipe from the website  
Denise Launderville

- 1 Package Chebe Mix (add 1/2 tsp. Cream of Tartar and 1 tsp. Baking Soda to Chebe Original Bread Mix)
- 1 1/2 sticks unsalted butter, softened
- 1 1/2 cups brown sugar
- 2 large eggs
- 1 1/2 teaspoons vanilla extract
- 2 cup chocolate chunks, divided

Preheat oven to 350° F. Grease a 9 by 13 baking pan. Add brown sugar to softened butter and mix until combined. Mix in the eggs and vanilla extract until combined. Add 1 package of Chebe All-Purpose Bread Mix and mix on low until just incorporated. Fold in 1 1/4 cups chocolate chunks and transfer the mixture to the prepared pan. Sprinkle the remaining 3/4 cups of chocolate chunks evenly on top of the mixture and press lightly with wax paper to set into the dough. Bake for 25 minutes. Remove to a wire rack and let cool completely. Cut into 2-inch squares. Makes 24 bars. Bake as Cookies Mix all of the chocolate chunks into the dough and bake on a cookie sheet for 20-22 minutes at 350°. Makes 2 dozen cookies.

Alternate Preparation

Feel free to modify the recipe by adding your favorite chopped nuts, toffee bits, or whatever you'd like. When replacing the chocolate chunks, the added ingredients should remain at about 2 cups.

---

## 9<sup>th</sup> Annual International Walk for Celiac Disease

Waterloo/Cedar Falls Celiac Support group hosted the 9<sup>th</sup> Annual Walk/Run for Celiac Disease on June 05, 2010. It was a great day! About 105 people were in attendance. So far we have raised approximately \$7,000.00 to donate to the University of Maryland Center for Celiac Research. We still have a few donations to come in and should have a grand total to report at the August meeting.



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



# Don't miss the Iowa State Conference October 02, 2010 in Cedar Rapids

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

