

KC Gluten-Free Advocate

Spring is here!

Let's hope the winter weather has left with the season and spring is here to stay. We have an exciting agenda of speakers and topics for our upcoming KC CSA monthly meetings! Thanks to all those who responded with ideas and suggestions on future meeting topics; see the results of the Member Survey on page 7.

You'll notice there are several new businesses and current business sprouting with more gluten-free menu options. This is wonderful! As you become aware of any restaurants that pop up and change or add gluten-free menu items, please feel free to notify me so we can keep our list of "Gluten-Free Restaurants in the KC Area" updated. Any feedback of your experiences with these restaurants would also be greatly appreciated. Members are always looking for new and/or more options for gluten-free dining!

On a last note, we'll be having elections for Secretary and President in November. I would like to see a full slate of candidates. Contact me to nominate someone!

Please feel free to contact me or talk to me at the monthly meetings with any questions, concerns and/or comments you may have.

Here's to a season of wisdom, growth, renewal, and a stronger support group!

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UPCOMING EVENTS

- June 14, 2009 Debra Filla, our Vice President and owner of Inside Out, will speak on the Hunter-Gatherer diet—what our ancestors ate before the agricultural era. Food theme: Picnic. Bring your favorite picnic food and we'll have a GF indoor picnic and kick off the summer in style!
- July 12, 2009 Mary Schluckebier, CSA Executive Director, will speak on federal legislation to define "gluten-free" and how to cope with celiac sprue and associated diseases. Food theme: Red, White, and Blue. Bring your favorite dish bearing the 4th of July colors of red, white, and blue.
- Aug 9, 2009 Diadra Harnden, RD, LD and our co-chair for Cel-Kids, will share tips to help parents and grandparents deal with social situations such as school lunches, birthday parties, soccer treats, etc. Food theme: Back to School. Healthy snacks for kids of all ages and foods suited for packing lunches on-the-go.

Children are welcome, but must be supervised at all times.

All meetings from 2:00 to 4:00 p.m. on the second Sunday of each month.

Unless otherwise noted, meetings are at the St. Joseph Hospital Community Center, I-435 and State Line. Availability of speakers could change schedules.

Great New Feature at Our Monthly Meetings

You noticed on page 1 in “Upcoming Events” that food themes are suggested for each month. Themes make our snacks more fun and interesting. All members are invited to bring a homemade or purchased snack to fit each month’s theme, but as always, there is no obligation to do so. Thanks to everyone who has brought food and continues to bring. It adds a nice touch to our meetings and helps newly-diagnosed celiacs realize that there are good gluten-free foods. Please remember to bring 20-30 copies of recipes for the foods you prepare and to avoid bringing anything with peanuts.

How to Contact Celiac Support Groups at Your Travel Destinations

Want to find out about restaurants and grocery stores at your travel destinations? The CSA website (www.csaceliacs.org) lists names, telephone numbers, and email addresses of support group members elsewhere in Missouri and in each state. All of them will be happy to answer your questions.

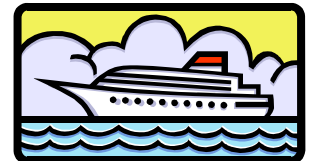
Silver Dollar City’s Gluten-Free Menu Items

Silver Dollar City accommodates the gluten-free diet with several selections. Choices include salads (without croutons), lettuce wrap sandwiches, BBQ brisket and pork, ham and beans, roast pork with cherry glaze, several side dishes, and breakfast items. Not all items are available at every restaurant. The website states: “Please notify food management staff if your allergy is severe or requires an isolated environment for cooking or preparation.” Some restaurants are buffets which may increase the opportunity for contamination, so speak with the management to determine your level of safety. For the complete GF food list, go to <http://bransonsilverdollarcity.com/food-restaurants/detail.aspx?AttractionID=1268>

Cruise Lines Accommodate the Gluten-Free Diet

Based on their internet comments, celiacs traveling on cruise lines have had pleasant gluten-free dining experiences. One traveler felt that the cruise lines accommodate the diet better than many restaurants. A celiac travel agent feels cruising is the easiest way for celiacs to travel with minimal concern.

The cruise lines’ restaurant managers, chefs, and servers are well-trained and attentive. They meet daily with celiac travelers to carefully review menu selections for the next day. When choosing a cruise line, you’ll have an easier time if you go with a line that offers assigned-seat dining, such as Carnival or Celebrity. On these ships, you can develop a relationship with your waiter and he or she will learn what you can and can’t eat and help you choose what to order. However, that doesn’t mean you shouldn’t pick another line which offers multiple onboard eateries. You’ll just have to explain your situation each night to your new waiter.



Gluten-free desserts include crème brulee, chocolate mousse, sherbet, ice cream, and fruit. Some cruise lines will take special orders for desserts, but that often requires 30 days’ advance notice.

When making travel reservations, celiacs should mention that they must have a gluten-free diet and, shortly after boarding the ship, they should meet with the restaurant manager and/or the executive chef. It is recommended that travel reservations be made at least 90 days in advance to ensure best accommodation of your gluten-free diet.

If your children also have celiac disease, or other food restrictions, be sure to tell the counselors at the onboard kids’ clubs--especially if your child might be eating snacks or going to dinner as part of the daily youth programming.

Cruise lines receiving praise for their accommodation of the gluten-free diet include Carnival, Celebrity, Cruise West, Holland America, Norwegian, and Princess. There are probably others, so if traveling with a different company, inquire about their gluten-free service.

Gluten-Free Food Fair at Leawood Hy-Vee on May 2

Taste before you buy! At this food fair you will have an opportunity to sample various gluten-free foods from vendors and from the store. Abby Heidari, the store dietitian, will be available to answer questions. And...you could win door prizes! When: Saturday, May 2, 11:00 a.m. to 2:00 p.m. Location: 12200 State Line Road, Leawood, KS. Phone: 913-345-9477.

Spring Gluten-Free Food Event at Ridgeview Hy-Vee on May 9

On Saturday, May 9, Ridgeview Hy-Vee (18101 West 119th Street, Olathe, KS) will be hosting a gluten-free food event in the upstairs clubroom from 11:00 a.m. - noon. For \$5, you will receive two slices of Ridgeview Hy-Vee's gluten-free meat lover's or cheese pizza, a Pamela's gluten-free cupcake, and a beverage of choice. Additional slices of gluten-free pizza are \$1 each. In honor of Mother's Day, all mothers eat FREE! Please reserve your spot and your mother's spot in advance by calling 913-393-4150 or sign up in the Ridgeview Hy-Vee HealthMarket as seating is limited.

How to Seek Reimbursement for Expenses

When you incur expenses on behalf of our support group and desire reimbursement, please promptly submit receipts to the treasurer, George Smiley. On the top of each receipt, please write "CSA Chapter 4" and sign your name on the bottom. This is required by CSA Headquarters in Omaha. At year-end, receipts must be submitted to George prior to December 31. This is necessary to meet a deadline for submitting a treasurer's report to the CSA Headquarters early in January.

HOTLINE REPORT

by Helen Richards

Seventeen new contacts were made to our group this past quarter. In addition, hotline calls for information, encouragement, and support were received. No question is too small!

Hotline Phone:
913-393-2400

\$\$\$ Treasurer's Report \$\$\$

by George Smiley

Beginning balance as of 1-4-09	\$5,674.60
Income	\$ 688.49
Expenses	<u>\$ 871.58</u>
Ending balance as of 4-22-09	\$5,491.51

Thanks to your generous donations, our Chapter has operated for over 20 years without requiring membership dues. An accomplishment to be proud of!

Chairpersons of Standing Committees:

Cel-Kids	Jessica Farris <i>Tweens and Older</i> Diadra Harnden <i>Up to Tweens Age</i>
Hospitality	Rose Farris Sheri Garner Ann & George Smiley
Newsletter Distribution	Mike & Jennifer Robert

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Recipe: Best Ever Meatloaf

Verify gluten-free status of products before applying to your situation. Always read labels at the time of purchase because product formulations can change—a once gluten-free item may not always be gluten-free.

2 eggs	Dash pepper
¾ cup milk	1 and ½ pounds lean ground beef
2/3 cup finely crushed GF crisp rice cereal	1 cup GF ketchup (Heinz)
½ cup chopped onion	½ cup packed GF brown sugar (C&H)
1 teaspoon salt	1 teaspoon GF Worcestershire sauce
½ teaspoon rubbed sage (McCormick)	(Lea & Perrin's)

In a large bowl, beat eggs. Add milk, crushed rice cereal, onion, salt, sage, and pepper. Add beef and mix well. Place into an 8½-inch by 4½-inch ungreased loaf pan. Combine ketchup, brown sugar, and Worcestershire sauce and spread ¾ cup over meat loaf. Reserve remaining sauce for use when meatloaf is served.

Bake at 350° for 60-65 minutes or until no pink remains. Skim off excess fat. Let stand 10 minutes before slicing. Serve with remaining sauce, warmed. Makes 6 to 8 servings.

CSA Initiates a Physician Education Program

In January, 2009, the Celiac Sprue Association initiated the most ambitious physician education program ever undertaken in the United States. The CSA-PEP (*CSA Celiac Disease and Gluten Sensitivity Physician Education Program*) will provide over 70,000 doctors and medical students the information and tools they need to quickly and successfully diagnose and treat their patients. This working partnership between CSA and physicians will improve the way our doctors identify and manage our individual health issues.

Please be generous. For a gift of \$70 or more you can receive a CSA-PEP packet for your doctor. All donations to CSA-USA are fully tax deductible. Be sure to check with your employer about donation matching programs. Then contact CSA to get involved with programs like **CSA-PEP** and fundraising activities: call toll-free 1-877-CSA-4-CSA (1-877-272-4272) or email celiacs@csaceliacs.org

About the Celiac Sprue Association



Celiac Sprue Association is the largest and the most active celiac organization in the United States. Its member volunteers are working hard behind the scenes and on the front lines to improve the lives of all celiacs. CSA lobbies Congress, funds research, tests gluten-free food claims, works with the medical community, and publishes *The CSA Gluten-Free Product Listing* so we can enjoy our food without worry. And do you know? CSA provides the only national toll-free celiac support line responding to over 1,200 calls a month! Your annual financial contribution and volunteerism makes all this possible. You can become a member today by calling toll-free 1-877-272-4272 or online at www.csaceliacs.org. Memberships are \$33 for new members and \$25 for renewing members. Remember: we are Celiacs Helping Celiacs.

Do TUMS contain gluten?

From the TUMS website: “Although we do not use gluten as a filler in TUMS, there may be trace amounts of gluten in TUMS Smoothies Assorted Fruit and Berry Fusion flavors via ingredients that are supplied by outside vendors. Other products of TUMS do not contain gluten. Review the “inactive ingredients” section on the bottle label to see if the variety you have selected contains gluten.” Website: http://www.tums.com/faq_tums.aspx

Useful Information for Celiacs' Hospital Stays

A useful four-page information guide for hospital staffs can be found in the back of *The CSA Gluten-Free Product Listing* which can be purchased for \$30 from CSA headquarters in Omaha (www.csaceliacs.org or 1-877-272-4272). This guide provides suggestions for working with a hospital staff to ensure their help in keeping you gluten-free during your hospital stay.



In summary, you should prepare an information packet now to have it ready in the event of an emergency. Make several copies to be handed to the nursing staff, the dietitian, the kitchen staff, and the pharmacy. List the reactions you have to gluten, foods you can and cannot eat, and your current medications, pointing out that they are gluten-free. List local food stores where gluten-free products can be purchased for you. Describe the need to watch for hidden gluten in foods and medications. Advise that, when in doubt, call the manufacturers before giving you foods and medications. Explain the need to avoid contamination in preparing foods and medicines. Pack a backup supply of gluten-free food and snacks to keep in your room. Have a family member or friend available who can advise regarding your gluten-free requirements in case you are unable to speak for yourself.

When being admitted to the hospital, ask to speak to the dietitian as soon as possible to make sure your dietary needs are known quickly. For example, if you are put on a clear liquid diet, be sure the broths are gluten-free, because some are not. To be safe, ask for an envelope of Herb-Ox brand broth powder and a cup of hot water to make your own. Don't automatically assume the foods you are served are gluten-free—be brave enough to inquire each time you are served. Mistakes occur fairly frequently.

Be sure that “**Celiac disease/Gluten-free**” is listed boldly and visibly on your chart and near your bed. Ask for an allergy bracelet to wear during your hospital stay.

Bone Density Screening for Newly-Diagnosed Children

“Doctors are recommending screening for bone density in children with newly diagnosed celiac disease.

“A team of researchers recently set out to evaluate children with celiac disease for bone deficits in spine (SP) and whole body (WB) bone mineral content (BMC) at time of diagnosis, and to evaluate whether such deficits are associated with deviations in growth and body composition.

“The research team concluded that screening for low bone mineral content may benefit children who are newly diagnosed with celiac disease, as those with low body mass index and those with advanced histological damage (Marsh grade IIIc) face an elevated risk of osteopenia.” The research was conducted by the Department of Pediatrics, Division of Gastroenterology and Nutrition, Children's Hospital of Philadelphia, University of Pennsylvania School of Medicine. For the complete article dated 2-20-09, visit the www.celiac.com website.

Celiac Kids Share Fun and Ideas

If you are a celiac kid, you don't need to feel like you're the only one or that no one else understands. You can join one of two Cel-Kids groups and, with people just like you, have fun, share ideas, and enjoy safe foods and snacks.

For more information, younger kids (Tweens and below) can contact Diadra Harnden at 913-424-8772 or email dharndenrd@aol.com

If you prefer an older group, Tweens through high school and college, contact Jessica Farris at 816-353-7560 or email jfcelkids@gmail.com

Four New Gluten-Free Cookbooks

Aunt Becky's Gluten-Free Cookbook, by Becky Pierson who spoke at our March meeting, offers quick, easy, economical, and healthful gluten-free recipes along with tips for solving cooking problems and for achieving better results. To order your copy, call Becky at 479-981-9956 or email at auntbeckysbread@cox.net. Cost is \$10 plus \$2 shipping.

Gluten Free Every Day Cookbook: More Than 100 Easy and Delicious Recipes from the Gluten-Free Chef, by Robert M. Landolphi, a gluten-free chef and graduate of the Johnson & Wales University culinary school. The dishes in the book are quick and easy and the book includes methods for encrusting and dusting along with other tips. You can find the book at major bookstores and online retailers. For example, on Amazon.com, the price is \$11.55 plus shipping.

Gluten-Free Cookies, by Jeanne Basye, offers 87 recipes evaluated for taste, texture, and appearance by hundreds of people. The book also includes a flour formula, frostings and fillings, nut butters, flavored sugars, tips for easier baking, solutions to common gluten-free cookie problems, and more. Half of the books were donated to national celiac disease support groups. The remainder are being sold by Jeanne and all net proceeds are donated to benefit celiac disease and awareness. The cookbook is recommended by the editor/publisher of *Gluten-Free Living* magazine. To order, send a check for \$24.95 (includes shipping) with your name, address, phone number, and email address (if any) to The Gluten-Free Cookie Lady, 4015 N. 78th Street, #108, Scottsdale, AZ 85251.



Gluten-Free Baking Classics for the Bread Machine, by Annalise Roberts, a teacher of gluten-free cooking classes and author of *Gluten-Free Baking Classics*. This cookbook contains recipes ranging from old fashioned favorites such as sandwich breads, Irish Soda bread, oatmeal bread, multi-grain bread, holiday classics such as challah and babka, and cinnamon bread. There are recipes for vegan breads or modern favorites like jalapeño cheddar, onion dill, and sundried tomato roasted garlic bread. After testing her recipes with home bakers around the country, Roberts has created a delicious selection of recipes that capture the flavor of breads made traditionally with wheat. By teaming with bread machine manufacturer Zojirushi, Roberts has created specific instructions and techniques on how to buy, mix, and measure gluten-free flours to make the best gluten-free breads. She offers useful tips to use your bread machine, along with helpful variations on her recipes. **Members of the Kansas City support group are eligible for a 40% discount**, reducing the retail price from \$14.95 to \$8.97, plus \$3.50 shipping. To order with credit card, call Agate Publishing at 800-326-4430, extension 3, or send email to johnson@agatepublishing.com. **In either case, state that you are a member of the Celiac Sprue Association support group, Chapter 4, in Kansas City.**

Make Reservations Now to Dine at Fortune Wok on Metcalf

Looking for a fun and tasty afternoon? Join our group at **Fortune Wok, 14537 Metcalf, on Sunday, May 17, at 2:00 p.m.** for delicious gluten-free Chinese food and great conversation. The menu includes chicken wings, chicken corn soup, chicken lettuce wraps, sesame chicken, sweet and sour beef, and pork chow fun. The cost is \$16.50, including tax and tip. For children age 10 and under, the cost is \$8.25. Drinks will be an additional charge. **To make your reservation, please send a check made out to "Fortune Wok" to Dean Cling, 1911 W. 139th Street, Leawood, KS 66224, postmarked no later than May 10.** Along with your check, please indicate the number of people in your party in the \$16.59 and the \$8.25 price groups. Dean's telephone number is 913-851-0514 and his email address is dcling007@earthlink.net. We look forward to seeing you at Fortune Wok.

Order Gluten-Free Pizza from Ridgeview Hy-Vee in Olathe

Call Ridgeview Hy-Vee in Olathe at 913-393-4150 to pre-order gluten-free 12-inch pizzas for pickup (only on Wednesdays). Prices: \$15.99 for pepperoni or cheese; \$16.49 for ham and pineapple; \$16.99 for meat lovers or veggie. Place your order on Monday or Tuesday for Wednesday pickup between 4:00 p.m. and 7:00 p.m.

Par-Baked Gluten-Free Pizza Crust Available

Partially-baked gluten-free pizza crusts by French Meadow Bakery are now available. Add your favorite toppings and bake. Six 10½-inch crusts cost \$16.50. Available at many store locations in the following companies: Price Chopper, Wild Oats, Whole Foods, Consentino's Sun Fresh Markets, Ball's Hen House, and Hy-Vee-Shawnee.

Results of Member Survey

In the February issue of this newsletter, members were invited to indicate topics they would like to see in future meetings of our support group. Thanks to all members who participated in the survey. Your interests will be a useful guide for planning meetings.

Here are the responses, sorted according to the number of votes received:

What information or programs would you like in the future? (Check as many as you wish)

- 18 Presentations by doctors and other health care professionals
- 16 The latest in celiac research
- 14 How to cook gluten-free (*recipes, tips, converting conventional recipes, etc.*)
- 14 Information on other autoimmune diseases associated with celiac sprue
- 12 Continue Thanksgiving Dinner? Yes X No ___
- 12 Continue December holiday party? Yes X No ___
- 9 Day in the life of a Celiac (*a typical day in the life of other members*)
- 8 Reviews of books pertaining to celiac sprue (e.g. "Celiac Disease: the Hidden Epidemic")
- 7 Information on how to dine out gluten-free (*questions to ask, safe restaurants, etc.*)
- 7 How to improve my health as it relates to gluten intolerance
- 6 Updates on new gluten-free food products available
- 5 How to improve chances of a gluten-free hospital stay
- 5 Arranging for our group to dine at local restaurants offering gluten-free menu items
- 4 Meetings focusing on recipe sharing and tasting for a specific theme
Check theme preferences: (all were checked) breads, cookies, muffins, cakes, pies, desserts, pastas, breakfasts. Other suggestions: Pancakes
- 4 Information regarding gluten-free prescription and over-the-counter medications
- 4 New member orientation to the gluten-free lifestyle
- 3 Meetings devoted to question and answer sessions

Other ideas/suggestions. Please include information for possible speakers, including topic ideas and/or contact information for speakers.

Responses:
(alphabetically)

Kid topics
Knowledgeable pediatrician
Research regarding grains
Restaurant outing
Speakers from Celiac Sprue Association
Taste testing sessions
Themed foods
What nutrients are you missing in a gluten-free diet and what to do



Pizza Fusion in Leawood Offers Gluten-Free Pizza

Pizza Fusion offers tasty alternatives to individuals with food allergies, selective diets, and digestive intolerances. The crust, sauce, cheese, and most toppings are gluten-free except for barbecue sauce and sausage. Salads, gluten-free brownies, and gluten-free beer (from sorghum) are also available. Located at 4800 W. 135th Street in Leawood, KS (between Roe and Nall). Hours: 11:00 a.m. to 9:00 p.m. Sunday through Wednesday and 11:00 a.m. to 10:00 p.m. Thursday through Saturday. Phone: 913-685-0033.



Godfather's Pizza Now Serves Gluten-Free Pizza in Two KC Metro Locations

Godfather's Pizza now serves gluten-free pizza in two metro locations: Blue Springs, MO and Overland Park, KS. Godfather's gluten-free pizza is offered in a variety of choices such as: Classic Combo, All-Meat Combo, Beef, Sausage, Pepperoni and Cheese. These pizzas can be cooked to order or bought frozen for take home use. Godfather's Pizza is committed to providing their customers with a quality product. Their research and development team went to work to develop a great-tasting, quality pizza that is 100% free of gluten. Godfather's staff has completed a Gluten-Free Training Program to be educated on gluten-free procedures and to help avoid cross-contamination. For more information please contact glutenfree@godfathers.com for questions of concerns about our gluten-free pizza.

General Mills Gluten-Free Products Increasing

The following products will be in national distribution beginning June 1st:

- BC Gluten Free Yellow Cake Mix
- BC Gluten Free Devil's Food Cake Mix
- BC Gluten Free Chocolate Chunk Brownies
- BC Gluten Free Chocolate Chip Cookie Mix
- Rice Chex cereal
- Strawberry Chex cereal
- Honey Chex cereal
- Chocolate Chex cereal
- Cinnamon Chex cereal

General Mills says this: "We offer other products that are not labeled gluten free and do not contain gluten. Always examine our ingredient listing and the product will be gluten free if the ingredient label does not list wheat, oats, barley, rye or derivatives of these grains; like malt, organic malt, semolina, durum, tritcale and spelt. We never hide gluten under other ingredients; like Natural Flavors or Spices. We are committed to creating the highest quality products for our consumers."

Starbucks Is Test Marketing Gluten-Free Foods

Starbucks is offering gluten-free products, such as cookies and muffins, in some test markets. Many Starbucks coffee flavors are already gluten-free. Because the gluten-free food and beverage market is growing approximately 25 % annually, Starbucks feels it is smart to get established ahead of their competitors.

Celiac Support Group in Blue Springs, Missouri

For celiacs living east of Kansas City, there is a celiac support group in Blue Springs that meets from 7:00 p.m. to 8:30 p.m. on the third Thursday of each month at the Timothy Lutheran Church. All celiacs, family members, and interested parties are welcome. Enjoy making new friends and sharing gluten-free treats, recipes, information about the gluten-free lifestyle, and where to find gluten-free products in Blue Springs. For more information, contact group leader Roxanne Kerwood at 816-229-8447 or by email at kerwoodrox@att.net.

Timothy Lutheran Church is at 425 NW R.D. Mize Road . From Interstate 70, take exit 20 and drive 0.4 mile south on Highway 7 to R.D. Mize Road, the second traffic light (not counting the light at the I-70 ramp). Turn left (east) on R.D. Mize and drive 0.3 mile to Timothy Lutheran Church (phone 816-228-5300; not answered at night). Enter the building from the south door (facing R.D. Mize Road) and follow signs to the meeting room.

Adding Spice to Your Life

Verify gluten-free status of products before applying to your situation. Always read labels at the time of purchase because product formulations can change—a once gluten-free item may not always be gluten-free.

Be careful when buying spices for cooking. Some brands, especially the less expensive and store brands, may have wheat flour added as an anti-caking agent to aid in pouring. This is considered part of “packaging” which the government does not require manufacturers to list as an ingredient. For celiacs, safe brands of spices include McCormick, Tones, Durkee, and Spice Islands. (*Note: The term “spices” as used here does not include seasoning packets such as chili and taco seasonings. Some seasoning packets contain gluten.*)

Need to Know if a Medication is Gluten-Free?



Pharmacy students at KU can look up the gluten-free status of medications. Call KU’s Drug Information Center at 913-588-2328.

If you can’t contact KU as quickly as you need, you can also go the website www.glutenfreedrugs.com (not affiliated with KU). Keep in mind: (1) the site does not include generic drugs which may contain gluten and (2) formulations of brand name and generic drugs can change so that a product once declared gluten-free may not always be gluten-free. Consequently, if you still have a question, it’s a good idea to ask your pharmacist or the manufacturer about your medications to be sure.

Another thing to remember is that there can be variations within a brand. For example, an over-the-counter brand’s tablets may contain gluten while the same brand’s caplets do not contain gluten. Always check before consuming medication.

Wheat-Free Is Not Gluten-Free

Every now and then we run across a product labeled “wheat-free.” That does not mean it is necessarily gluten-free. It is important to read the label and/or contact the manufacturer to verify that the product does not contain gluten from barley, rye, or their derivatives (such as malt flavoring from barley). Keep in mind, also, that products containing oats may have been contaminated.

Is Your Tea or Coffee Gluten-Free?

It’s important to read ingredient labels on teas, coffees, and other beverages, especially the flavored varieties. Some contain gluten, especially flavorings derived from barley, but the word “barley” may

not be listed. If the label lists “natural flavoring,” call the manufacturer to find the source of the flavoring.

Montina Flour, Another Choice for Celiacs

Montina flour, with a nutty flavor, was introduced to our group at the March meeting by Becky Pierson, leader of the support group in Eureka Springs, Arkansas, and cookbook author. Montina is made from a native grass called Indian ricegrass and is high in fiber and protein. The product comes in two forms: pure and as a blend with rice flour and tapioca flour. Pure Montina is so high in fiber that it must be blended with other flours to perform well in baking projects. For most baking needs, the Montina blend can be exchanged cup-for-cup with other flours, including wheat. Montina makes baked items less likely to fall apart. At www.amazon.com, two 64-ounce bags of Montina baking blend cost \$24 and four 24-ounce bags cost \$20.55, plus shipping.

Are Enzyme Products Safe for Celiacs?

There are enzyme products currently on the market that claim to help digest and assimilate gluten. Before consuming these products, interested individuals should inquire into independent scientific and medical studies supporting their safety and effectiveness. Seek more information than that provided by manufacturers (or labs hired by manufacturers). Be aware that these products may be dangerous and result in internal damage. The Celiac Sprue Association has not endorsed these products. Consider that, if such a product really worked safely and effectively, word would travel quickly throughout the celiac and medical communities.

Disclaimer

Efforts are made to verify the gluten-free status of products named in this newsletter, but manufacturers can change formulations without notice and once gluten-free products may not always be gluten-free. **It is the responsibility of every person to verify the gluten-free status of products he/she purchases and not to rely solely on the information provided in this newsletter.** Citing brand names is for reader convenience and does not constitute endorsement of products or imply that these are the only suitable gluten-free products available.

The information provided in this newsletter is not intended to be a substitute for individual medical advice in diagnosing or treating a health problem. Please consult your healthcare provider about your health concerns.

All recommendations, information, dietary suggestions, menus, recipes, and related data generated by the Kansas City Chapter of CSA/USA, Inc., are intended for the benefit of our members and other interested parties. The text has NOT been submitted for approval by the CSA/USA, Inc., medical board. No liability is assumed for the use of this information.

KC Gluten-Free Advocate

Celiac Sprue Association of Greater Kansas City

Chapter 4

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