



Celiac Digest

A publication of the Southern Arizona Celiac Support Group (SACS)

Online at: www.southernarizonaceliacsupport.org



DISCLAIMER: This publication is intended as a general information resource for gluten-intolerant individuals. It is NOT intended for use in diagnosis, treatment, or any other medical application. Please consult your physician for professional medical advice and treatment.



Important Summer Announcements

From Kathy Addis, SACS Vice President



Wednesday GF Lunch Bunches and Tuesday GF Dining Outs will be meeting as usual in June. However, we are taking a summer break during July and August. Also, please note that on Oct. 9th we are meeting at **1:00 p.m.** for lunch bunch instead of the usual 11:00 a.m. Here are the schedules through October:

GF Lunch Bunches:

June 12th 11 a.m., Brushfire BBQ, 7080 E. 22nd St. (in Fry's Shopping Center at Kolb Rd.)

July and August - **Summer Break - No Lunch Bunches**

Sept. 11th 11 a.m., Gourmet Girls, 5845 N. Oracle Rd.

Oct. 9th **1:00 p.m.**, Sauce at Rosemont and Broadway in the Target Shopping Center

GF Dining Outs:

June 25th, 6:00 p.m., Outback Steakhouse at 4781 E. Grant Rd.

July and August - **Summer Break - No Dining Outs**

September 24th 6:00 p.m., Wildflower, 7037 N. Oracle Rd.

October 22nd 6:00 p.m., Jonathan's Cork, 6320 E. Tanque Verde



The summer break months of July and August are the perfect time for SACS members to be scouting out new places for us to lunch or dine out in the future. Therefore, please take this opportunity to help us update and revise our Restaurant Listing on the SACS Website. If you know of, discover or rediscover any new restaurants we should include or if you learn of any that have closed or are no longer suitable as safe establishments, please contact us at: info@southernarizonaceliacsupport.org

We want your comments and suggestions!



Round Table Support Group does **not** take a summer break. We will meet as usual at Ward 6 City Hall, 3202 E. 1st St. (not 1st Ave.) on the 4th Wednesday (June 26th, July 24th, Aug. 28th, Sept. 25th and Oct. 23rd). Round Table doesn't meet in November or December due to the Holidays. This forum is especially helpful for the "newbies" and "regulars". Free and open to the public.

A Closer Look at “Gluten-Free”

By Melissa Diane Smith

It's important to understand what the label really means.

More foods than ever are labeled “gluten-free”. Would it surprise you to know there is no official definition of “gluten-free” approved by the U.S. Food and Drug Administration (FDA)? It's true. The official definition of “gluten-free” was expected to be decided upon and finalized in 2012. Last year came and passed without a ruling. Now the FDA says it will be “quickly,” perhaps this year.

Buying gluten-free food is a medical necessity and the only treatment for people with celiac disease, an autoimmune disease reaction to gluten, and other forms of non-celiac gluten intolerance. You might think that after the FDA makes its ruling, all of us will be able to easily choose foods that are “safe” from unwanted gluten. Yet most of us don't realize that gluten-free labeling isn't a simple black vs. white, gluten vs. no gluten issue. For the protection of your health, it's important to understand many issues behind the label.

Gluten-free labeling standards differ from country to country. In January 2007, the FDA proposed a rule for gluten-free labeling in the U.S. – that foods could be marketed as gluten-free if they contain less than 20 parts per million (ppm) gluten. After four years of inactivity on the matter, this past autumn the FDA reopened a 60-day comment period to get new feedback on the guidelines. Hundreds of people wrote in. Some, including the Tricia Thompson, R.D., of GlutenFreeWatchdog.org, and Peter Olins, a Ph.D. biochemist who runs the website UltimateGlutenFree.com, urged the FDA to lower the 20 ppm rule to as low as 5 ppm to protect people who say they react to and get sick from very low levels of gluten. **i** One of the FDA's own reports published in May 2011 reported that some people with celiac disease do indeed have adverse effects and symptoms from ingesting considerably lower amounts than 20 ppm of gluten. Overall, though, there is limited research and much uncertainty about the threshold of toxicity of gluten in different people. **iii**

Given the uncertainty, if you think you're especially sensitive to gluten, what should you do? Here are some guidelines:

- **Look for foods that are gluten-free certified by celiac organizations.** The Celiac Sprue Association, the National Foundation for Celiac Awareness and Quality Assurance International, and the Gluten Intolerance Group (which is behind the Gluten-Free Certification Organization or GFCO) have programs that certify foods that test below 5 or 10 ppm **iv v vi vii** - stricter standards than the 20 ppm that has been proposed and is expected to be enacted by the FDA. For specific details of the programs, see www.csaceliacs.info, www.qai-inc.com, www.celiaccentral.org, and www.gfco.org. It's interesting to note that when New Zealand enacted stricter gluten-free standards than our current proposed guidelines, many celiacs reported improved health. **viii**
- **Understand that “gluten-free” doesn't mean eat with abandon.** Though food manufacturers are adhering to the FDA's proposed guidelines, foods labeled “gluten-free” could contain slightly less than 20 ppm gluten. If gluten-sensitive people eat several foods throughout the day with that amount of gluten, many are worried that the cumulative amount of gluten could be too much for them and make them sick. To err on the side of caution, limit gluten-free labeled packaged foods and pick and choose the ones you buy carefully.

A Closer Look at “Gluten-Free”

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- **Watch out for gluten-free grains, seeds and flours.** These foods are the most at risk for unwanted gluten contamination. A study published in June 2010 by the *Journal of the American Dietetic Association* found that nine out of 22 inherently gluten-free products, such as corn and millet, contained mean levels of gluten from 8.5 to 2,925 ppm. Also, 32 percent of naturally gluten-free grains and flours tested contained gluten in amounts greater than 20 ppm. Given those findings, “gluten contamination of inherently gluten-free grains, seeds, and flours is a legitimate concern,” the ADA Journal said. **ix** To protect yourself, look for gluten-free grains, seeds, and flours that are processed in a dedicated gluten-free facility and that are batch tested for gluten. Another strategy is to try completely removing these foods from your diet and see if you feel better.
- **Emphasize fresh fruits and vegetables and unprocessed meat and fish.** Snacking on these naturally no-gluten foods and cooking with them from scratch are your safest bets to avoid unwanted gluten.

*Southern Arizona Celiac Support Group Medical Advisory Board member Melissa Diane Smith is the author of Going Against the Grain and Gluten Free Throughout the Year: A Two-Year, Month-to-Month Guide for Healthy Eating, the Go Gluten Free columnist for Better Nutrition magazine, and a holistic nutritionist who specializes in personalizing the gluten-free diet through telephone counseling and coaching sessions to clients nationally. To learn about her consultations, coaching programs, and books, visit her websites [www.againstthegrainnutrition.com](http://www.againstthegrainnutrition.com) and [www.melissadianesmith.com](http://www.melissadianesmith.com).*



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- i Kratochwill, Lindsey. Waiting for ‘Gluten-Free’ Labeling Rules. *Food Safety News*. November 1, 2011. <http://www.foodsafetynews.com/2011/11/waiting-for-gluten-free-label-rules/>.
  - ii U.S. Food and Drug Administration. Health Hazard Assessment for Gluten Exposure in Individuals with Celiac Disease. May 2011.
  - iii Olins, Peter, and Olins, Gillian. Comments We Submitted Regarding Proposed FDA Labeling of Gluten-Free Foods. November 3, 2011. <http://ultimateglutenfree.com/2011/11/fda-labeling-gluten-free-food-products-celiac-disease/>.
  - iv Celiac Sprue Association. CSA Recognition Seal info page. [http://www.csaceliacs.info/csa\\_recognition\\_seal.jsp](http://www.csaceliacs.info/csa_recognition_seal.jsp).
  - v Quality Assurance International. Gluten-Free Program page. [http://www.csaceliacs.info/csa\\_recognition\\_seal.jsp](http://www.csaceliacs.info/csa_recognition_seal.jsp).
  - vi National Foundation for Celiac Awareness. A New Science-Based Gluten-Free Label Consumers Can Trust. 6/13/2011, <http://www.celiaccentral.org/News/Press-Room/NFCA-Press-Releases/Celiac-Disease-in-the-News/160/month--201106/vobid--5595/>.
  - vii Gluten-Free Certification Organization (GFCO) home page. <http://www.gfco.org/>.
  - viii Anderson, Jane. What is Gluten-Free? Foods with Gluten-Free Label Still May Contain Some Gluten. About.com Guide. October 23, 2011. <http://celiacdisease.about.com/od/copingwiththediet/a/What-Is-Gluten-Free-Foods-With-Gluten-Free-Label-Still-May-Contain-Some-Gluten.htm>.
  - ix Thompson T, Lee AR, Grace T. Gluten contamination of grains, seeds, and flours: a pilot study. *Journal of the American Dietetic Association*, 2010 Jun;110(6):937-940.

## Cel-Kids Korner

by Cel-Kids leader Elizabeth Sheppard, M.S., CHES, CIC,  
owner and educator, Sunlight Wellness LLC in Tucson, Arizona

### Fun for All at Cel-Kids Open House on March 16<sup>th</sup> at Fort Lowell Park



We had a wonderful turnout of new and returning families! An amazing group of children from 2 to 14 years old came with parents and grandparents for a morning of fun and support. Activities included drawing our own Cel-Kids banner, shamrock crafts and a gluten-free cookie tasting contest under the cool ramada. Everyone tasted five different gluten-free sugar cookies. The undeniable winner was Wow Baking Company's Snickerdoodle cookies. The 2<sup>nd</sup> most popular was Trader Joe's Snickerdoodle cookies. While the chil-

dren enjoyed the sunshine on the playground, the adults shared information and swapped ideas about living a gluten-free life. The fun surprise finale was that all those attending were treated to a gluten-free goody each wrapped as a birthday present to celebrate our mascot Chef Basil K's birthday!



~~Photos by Andrea Ashe~~



### Attention: Amazing Cel-Kids and Cel-Teens

Future newsletters will highlight amazing children and teens and their school/life accomplishments. Being healthy and gluten-free can be challenging but so many kids rise above their dietary restrictions to accomplish incredible things. Staying gluten-free and healthy helps us succeed to our highest potential! Please send your name, how long you have been gluten-free, recent school, hobby or life success to [elizabeth@sunlightwellness.net](mailto:elizabeth@sunlightwellness.net). You may include a photo as well. Indicate in the subject line of the email: **Amazing Cel-Kids/Teens**. Your story will inspire kids and adults, so please share it with us!



## Cel-Kids Korner

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GF Kid's Recipe: Popcorn Balls from Gabrielle Kaplan-Mayer's *Kitchen Classroom 4 Kids*

Ingredients:

- ◆ 10-12 cups of popcorn
- ◆ 1 bag gluten-free marshmallows
- ◆ ½ stick butter
- ◆ Optional decadence: shredded coconut, dried cranberries, chocolate chips, gummies, etc. (just make sure it's gluten-free!)

Directions:

1. Kids can dump out the popcorn into a big bowl. If you are adding extra candy, dump that in, too and stir with a big spoon.
2. A grown-up can melt the butter and marshmallows over low heat...be careful not to burn!
3. A grown-up can pour the butter/marshmallow mixture over the popcorn. Let it cool for a minute or two.
4. Give kids a large wooden spoon to stir the mixture.
5. Let the mixture cool for another minute or two until it is just warm to touch.
6. Show the kids how to take a scoop full of the mixture and press it into a firm ball.
7. Place the popcorn balls on a sprayed sheet. Let sit out for an hour or two until they are firm. *Yum!*

Safe Gluten-Free Children's Toothpaste

Yes, gluten can even find its way into our toothpaste. For a child sensitive to gluten this can cause a daily reaction and ongoing health issues. Below are some safe gluten-free toothpastes perfect for our little ones to keep their teeth and bodies healthy!

- ◆ Jason Natural Kid's
- ◆ Aquafresh, all adult and children's
- ◆ Crest ProHealth, but not the Crest ProHealth rinse
- ◆ Toms of Maine including Simply White, Wicked Fresh, Whole Care Fluoride, Whole Care Fluoride Gel , Children's Gel Fluoride Free Children's
- ◆ Orajel Baby and Toddler
- ◆ Arm & Hammer (all)
- ◆ Oral B (all) including Stages Kids

Cel-Kids Wants YOU!!!

If your children or other families you know need support about being gluten-free, please contact SACS Cel-Kids. We're developing a group of supportive families with children of all ages. We're planning various fun events. Be a part of the fun! For more info please contact Elizabeth at elizabeth@sunlightwellness.net or (520) 468-8873. Thanks!

Painless Ways to Help Ourselves - The Possibilities are Endless!

By Patricia Hirsch

Did you know that you and your friends and family can help us out? Here are two ways:

- ◆ Buy from Amazon.com and support SACS at the same time! Just ask anyone you know who buys through Amazon.com to go through our website, www.southernarizonaceliacsupport.org, click “**Amazon.com**” (in the menu on the left side of our home page) and follow the instructions. The nice people at Amazon.com will send SACS a small percentage of each purchase at no cost to the purchaser. It’s so easy! Remember, the key to it all is to access Amazon.com **through our website!**
- ◆ Similarly, if you and your friends and family want to have GoodSearch donate to our parent organization, CSA, that’s easy too! Just go to our website, www.southernarizonaceliacsupport.org, scroll down our home page (until you see the headline): “**GoodSearch will donate to the Celiac Sprue Association**” and follow the instructions to make GoodSearch your default search engine! Turns out they’ll donate a penny to CSA every time you search through them!

Both of these methods can be utilized whether or not you are a member of SACS or CSA, but really, why wouldn’t you be a member of both? CSA membership details can be found by going to our website and clicking on “CSA/USA” in the first sentence of the home page.

SACS in the Community

By Patricia Hirsch

SACS outreaches are varied and unique, sometimes they are about GF recipe swaps and sometimes they are wider in scope. It’s all about networking; “thinking outside the GF box” so that the phrases “Celiac Disease” and “Gluten Sensitivity” become household words via information sharing with other service agencies. For example:



Elizabeth Sheppard, SACS’ Cel-Kids Coordinator, left, with H. Clarke Romans, Executive Director of National Alliance for the Mentally Ill of Southern Arizona (NAMISA) and me.

Tools to Help Those Impacted by Depression was the topic at *Interfaith Community Services of Tucson’s* February 14th, 2013 Lunch and Learn program. Elizabeth and I felt blessed that we had this chance to inform mental health professionals about the links between gluten damage and mental illness. While they served probably 300 box lunches, ICS made sure we were served GF lunches prepared especially for us! I encourage you to visit NAMISA’s website at www.namisa.org and ICS’s website www.icstucson.org. When mental health professionals are informed of the damage gluten often does to the brain, many societal and economic problems in this country will be solved.

Short message from Membership Chair

By Kathy Addis

We will only be sending out renewals once a year to help us manage things better. Anyone who has already paid their membership from Jan 1st, 2013 until now will be carried over to next year at **NO CHARGE**. Everyone else will receive a renewal form in the month of June 2013. We hope this change will help to simplify things, not only for us but for you as well. That way everyone's renewal will be at the same time every year and you won't have to wonder if you are current or not.

Membership dues are only \$15.00 or save \$10.00 for a 5-year membership at \$65.00.

Thank you for your patience as we change and grow.



Best wishes for a happy, healthy and GF safe summer. After a little time off for summer we are looking forward to your volunteerism, we're all in this together!



Remember to pass along your paper copy of this newsletter to someone else by placing it in a public place such as your barber or beauty shop instead of throwing it away. Thanks!

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Sharing advice for a gluten-free life.

We're on the Web
www.southernarizonaceliacsupport.org

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