



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 Announcements

From Kathy Addis, SACS Vice President



Positions Open:

We are looking for someone to use their awesome administrative skills to spread a positive message that is changing lives here in Tucson.

Our current position openings are:

- Secretary
- PR Chair
- Dining Out Coordinator

We can use your fun, awesome, smart, and great personality. Come join us!

Email us at: info@southernarizonaceliacsupport.org and let us know today!
SACS Executive Board

GF Lunch Bunch:

October 9th, 1 p.m., Sauce Pizza & Wine, 5285 E Broadway Blvd. (Rosemont and Broadway in the Target shopping center). Please note the time change for this one time only.

GF Dining Out:

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

If you can attend either event please RSVP to kathy@yourglutenfreekitchen.com or 520-722-9490.



Round Table

October 23rd will be our next date for Round Table. Round Table takes a holiday break during November and December and will return on January 22nd, 2014. The meeting will be held as always at 1:00 p.m. on the 4th Wednesday of the month at Ward 6 City Hall, 3202 E. 1st St. (not 1st Ave.). Virginia says it's always nice when you bring new recipes or hints to share with newbies and oldies!

FDA's GF Label Ruling - Answers to Frequently Asked Questions

By Hana A. Feeney, MS, RD

The Food and Drug Administration (FDA) recently announced a final ruling on Gluten-Free Label Claims. What does this mean for us who eat gluten-free and buy gluten-free foods? Your questions are answered here by Medical Advisory Board President, Hana A. Feeney, MS, RD.

Which foods does the new FDA rule apply to?

The new FDA Gluten-Free rule applies to:

- Foods and beverages regulated by the FDA, which is all foods and beverages except those regulated by the United States Department of Agriculture (USDA) and Alcohol Tobacco Tax and Trade Bureau (TTB). The USDA regulates meat, poultry and egg products and alcoholic beverages are regulated by the TTB.
- Dietary supplements.

What does the label claim "gluten-free" mean?

When you see "gluten-free" on a FDA regulated food, it means the following requirements have been met:

- The food does not contain an ingredient that is a variety of wheat, rye, barley, or a hybrid of these grains, such as kumut or spelt;
- The food does not contain an ingredient derived from these grains and that has not been processed to remove gluten, such as wheat dextrin;
- The food does not contain an ingredient derived from these grains and that has been processed to remove gluten, if the use of that ingredient results in the presence of 20 or more parts per million (ppm) gluten in the food; or
- The food has less than 20 ppm gluten, from ingredients or contamination by gluten in the manufacturing facility.

The ruling by the FDA addresses contamination in manufacturing facilities, which is one of the biggest challenges to following a gluten-free diet and is not addressed in other allergen-related legislature.

The bottom line is any FDA regulated food that uses the "gluten-free" label claim contains less than 20 ppm gluten from any source.

Less than 20 ppm gluten in a food item is considered safe for the majority of people with celiac disease. However, there are researchers, scientists and people with celiac disease that feel a lower threshold should have been established. Should you have concerns about the threshold of gluten that you can safely tolerate, consult with your dietitian or nutritionist.

What other terms can be used on food packages?

The gluten-free label claim requirements listed above apply to all of these terms:

- Gluten-free
- No gluten
- Without gluten

What other terms might be used on food packages?

The following statements will be allowed on packaging, but they are not required to comply with the gluten-free label claim requirements listed above.

- Made with no gluten-containing ingredients
- Not with gluten-ingredients

In foods with these labels the amount of gluten from contamination of raw ingredients and/or during food processing is unknown, and therefore standard precautions regarding manufacturing facilities should be taken.

FDA's GF Label Ruling - Answers to Frequently Asked Questions

What about bacon, deli meats and cartons of eggs?

The USDA regulates meat, poultry and egg products and therefore gluten-free claims on these foods are not required to comply with FDA's gluten-free requirements listed above.

At the time of this writing, no policy addresses gluten-free label claims on USDA regulated foods, and therefore when you see "gluten-free" on a meat, poultry or egg product, continue to use standard precautions regarding manufacturing facilities.

Does this new ruling apply to restaurants?

At the time of this writing, restaurants are not required to comply with the requirements of the FDA's gluten-free labeling law.

The FDA suggests that restaurants *should* comply. In a restaurant this would mean many things, including verification that gluten-free foods, such as pizza crusts, breads and pastas are free of gluten-contamination during food manufacturing, as well as the restaurant controlling their own food production practices to avoid gluten-contamination of gluten-free menu items. Time will tell how this ruling impacts eating out.

Do all foods need to be labeled gluten-free?

Use of the gluten-free label claim is voluntary. When it is not used, it does not mean that the food is unsafe to eat on a gluten-free diet. Foods that are naturally gluten-free and have a low risk of contact with gluten, such as water, baby carrots or salsa, do not have to be labeled gluten-free in order to be a part of a gluten-free diet.

However, grains and other dry goods have a much higher risk of contamination with gluten during food manufacturing, and therefore these grain-based foods should always be labeled "gluten-free".

It is prudent to look for "gluten-free" on the following gluten-free foods that have a high risk of gluten-contamination during food manufacturing:

- Grains, such as quinoa and millet
- Flours, such as brown rice flour
- Baking mixes
- Bread, pasta, cereals and tortillas
- Snacks, such as snack bars, chips and crackers
- Nuts and seeds
- Dried fruit
- Dry beans and lentils

For more information on the Gluten-Free Label Claim Rule, please see:

The Federal Register, Gluten-Free Labeling

<https://www.federalregister.gov/articles/2013/08/05/2013-18813/food-labeling-gluten-free-labeling-of-foods#h-25>

Tricia Thompson, MS, RD

Gluten-free food industry expert

<http://www.glutenfreedietitian.com/newsletter/2013/08/05/fda-gluten-free-labeling-rule-finalized/>

Hana A. Feeney, MS, RD is your Celiac Dietitian. As an open-minded, progressive dietitian that blends evidence based nutritional science with the principals of intuitive eating and cutting-edge functional medicine, Hana is your go-to nutrition expert for healthy gluten-free living. Hana specializes in celiac disease, digestive health, optimal aging, fertility, hormonal health, sport nutrition, and eating disorders. Visit www.NourishingResults.com to explore, read, cook and reach out!



Many food traditions are GF

The Southwest's premiere annual folklore/foodways festival, Tucson Meet Yourself (<http://www.tucsonmeetyourself.org/>), sets aside a full 90 minutes for culturally traditional naturally GF food demonstrations. Months before the festival they reserved the ideal slot on Saturday Oct. 12th from 2:30 to 4pm. at the Cultural Kitchen to showcase GF! You'll eat samples of exotic plantain (green banana) snacks from Cuban chef Patricia Artiles. The festival turns 40 so save room for birthday cake which Cel-Kids and Gourmet Girls will whip up just for you. See you there!

Gluten Free Awareness Expo 2013

Emily Rich
President of UA Gluten Free and SACS member

Sunday, November 17th from Noon - 4 pm at Tucson Medical Center. National and local gluten free vendors including Gourmet Girls, Udi's, Glutino, Tucson Tamale Company and so many more. You will get to enjoy tons of safe, gluten free foods, mingle alongside Tucson's gluten free population, ask questions of gluten free experts, and enjoy cooking demos by local celebrity chefs. Find family fun at our kids area complete with a petting zoo and teen chef, Haile Thomas! Bring your whole family and invite your friends to learn more about your gluten free lifestyle and the importance of preventing cross contamination. This one day only event is the only gluten free expo in Tucson and it's free - you don't want to miss this!

Are you frustrated with the lack of knowledge about Celiac Disease in the medical community like I am? Invite your doctors, nurses, school nurses, and dieticians to attend the presentations for medical professionals. Dr. Lucinda Harris, Associate Professor at Mayo Clinic will be speaking on Celiac Disease and Gluten Sensitivity at 10 am and Nina Spitzer, the founder of CDF Phoenix and creator of the School Nurse Awareness Program (SNAP) will be speaking to school nurses and teachers at 1 pm.

Visit our website at gfawarenessexpo.org to learn more. I can't wait to see you there!



SACS in the Community

By Patricia Hirsch

Tucson's GF restaurant scene is bursting with good news thanks to **Matt Russell** and **Jerry Heintze**. Matt is the host of KNST 790AM's "On the Menu Live" at 4 p.m. on Saturdays. The July 13th show was totally GF! Jerry, owner of *Tucson Night Out* and SACS' former Lunch Bunch and Dining Out coordinator, co-hosted. They really did a good job telling about the where's, why's and how's of eating out safely in Tucson. I got to chat briefly with them on the air about the why's but their featured guest was **Erin Araujo** of *Sauce Pizza and Wine*. She told how mainstream eateries are paying closer attention to preparation and serving techniques. Hear the delicious show (http://onthemenulive.com/otml_shows/erin-araujo-of-sauce-pizza-wine). Look at Jerry's link: (<http://www.tucsonnightout.com/>) and Sauce at: (<http://www.foxrc.com/restaurants/sauce-pizza-wine/>)

Festival and Events of Tucson's (<http://featsaz.com/conference/>) 2nd annual conference took place at the Pasqua Yaqui Tribe's Casino del Sol: (<http://www.casinodelsol.com/>). The PY Steakhouse chefs and staff know everything about serving 100% GF fine cuisine. GF advocates Emily Rich of the UA Gluten Free club, Colette Landeen of Jonathan's Cork (<http://www.jonathancork.com/>) and I connected with leaders in the festival and event industry so that slowly but surely GF foods become commonplace wherever people gather to be entertained, to celebrate and to play.



Cel-Kids Korner by Elizabeth Sheppard

Preparing for Success - A Gluten-Free School Year

It's a new school year for your children and teens! Along with the backpacks, school supplies and new shoes, it is a good time to think about important gluten-free strategies for a healthy school year.

Preschool and Elementary Children

- ◆ Consider a phone call, email or letter to your child's teacher explaining your child's diet prior to or at the start of the first week of school. Find out how class parties or birthday parties will be celebrated and how your child can be included during these occasions.
- ◆ Supply a bag of packaged gluten-free treats, labeled with your child's name for the teacher to keep handy in the classroom for any upcoming celebrations.
- ◆ Be a class parent or communicate with the class parents/teacher as class parties are being planned. Offer to bring a treat for the whole class to share that is gluten-free, e.g. meringues, fruit leather, etc. so you know your child will have at least one snack that is safe for class parties.
- ◆ Make sure that your child's teacher has your home or cell phone number easily accessible. Let them know that they can always check with you if there is a question about a treat being offered at school.
- ◆ Maintaining a positive attitude about your child's gluten-free diet will go a long way in teaching your child that feeling good and being healthy is worth it. Your child will naturally be a role model in teaching their peers about the importance of making good food choices for their health.

Preteen and Teens

- ◆ To make school lunches interesting have your teen think of menu ideas for the school lunch that they will bring from home. Find out their favorite foods for a school lunch and incorporate at least one or more of those items into each lunch.
- ◆ Have them help shop for the groceries and if possible be involved in preparing their school lunches. This gives them a sense of ownership and helps them look forward to their specialized lunch.
- ◆ Have your teen carry in their backpack some packaged gluten-free treats like power bars or cookies, so they have a safe food to enjoy if others are eating treats.

Gluten-Free Restaurant on UA Campus

Did you know that the University of Arizona has a student restaurant dedicated to gluten-free dining? CORE is located at the Park Student Union. It is open to both UA students and the public alike. CORE offers create-your-own salads, rice bowls and various Udi's products. Everything is prepared in a strictly gluten-free environment. CORE eatery is located at 615 N. Park, Tucson Arizona, 85721. Call (520) 626-1293 for further information and hours of operation.

Cel-Kids Korner

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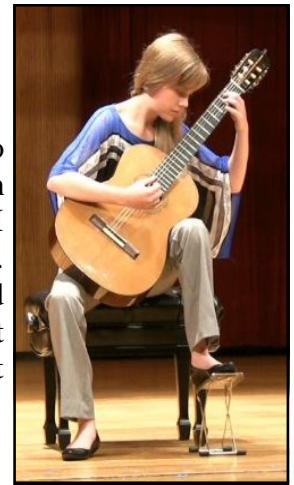
Hi boys and girls! Cel-Kids will highlight kids' school/life accomplishments. Being healthy and gluten free can be challenging, but so many kids rise above their dietary restrictions to accomplish amazing things. Staying gluten free and healthy helps us succeed to our highest potential! Won't you write in about your GF success story? When it is printed in the next edition of Celiac Digest, you will win a prize! In fact, Grace won a gift certificate from Frost for her "Amazing Cel-Kids and Cel-Teens" story this time! You can say how easy it is to make friends now that you feel better or how you can focus at school to get good grades. Whatever it is, just email your name, how long you have been gluten free, and your recent school, hobby or life success with a photo (if you wish) to [elizabeth@sunlightwellness.net](mailto:elizabeth@sunlightwellness.net). Put "Amazing Cel-Kid/Teen" in the subject line of the email. Your story will inspire others!

**Chef Basil K.**

### Amazing Cel-Kids and Cel-Teens

#### This Month's Featured Cel-Teen

"I have been gluten-free and dairy free most of my life. My hobby and passion is to play classical guitar, which I have done now for eight years. This summer, I won first place at an International Classical Guitar competition in Louisville, Kentucky. I know that I could have never accomplished that without being gluten and dairy free. My healthy diet helps me concentrate better and to stay focused. I never felt good when I had gluten in my diet. Being gluten-free and dairy-free is just a natural part of my life now. I feel like having celiac disease is something I live with but it won't stop me from doing the things I want to do in my life!"



Grace Sheppard, age 14

### Cel-Kids Wants YOU!!!

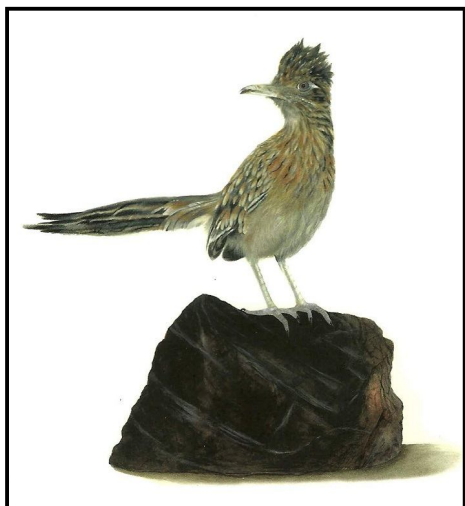
If your children or other families you know need support about being gluten-free, please contact SACS Cel-Kids. We're developing a group of supportive families with children of all ages. We're planning various events. Be a part of the fun! For more info please contact Elizabeth at [elizabeth@sunlightwellness.net](mailto:elizabeth@sunlightwellness.net)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

### Donations to SACS Cel-Kids!

SACS Cel-Kids sends a big "Thank you" to a UA student organization, Professional Achievement in Nursing (P.A.I.N.) for their recent generous donation! The students chose Cel-Kids as a recipient for their 2013 fund-raising efforts largely due to one of their members, Lindsey Cushman. Lindsey, a nursing major, was diagnosed with celiac disease at age 11. She is passionate about helping kids with celiac and raising awareness among her nursing college peers. We are very grateful for their donation which will help fund this year's activities and gatherings for the many children, teens and families going gluten-free!

*Cel-Kids content is written by SACS Cel-Kids leader Elizabeth Sheppard M.S., CHES, CIC, owner and educator of Sunlight Wellness LLC in Tucson, Arizona. Contact her at (520) 468-8873 or by email [elizabeth@sunlightwellness.net](mailto:elizabeth@sunlightwellness.net).*

## In Memoriam



Respected SACS member, Dorothy Potter passed away on August 13<sup>th</sup>, 2013. We fondly remember Dot's generous support and caring participation in our group. May she rest in peace.

## Tea and Cookies Celebration

Please save the date!

December 7<sup>th</sup>, we will be hosting our 1<sup>st</sup> ever Tea and Cookies Celebration.

We will have a wonderful selection of teas for you to try and delicious gluten free cookies for nibbling. Time and place will be announced soon. Please check the website under Calendar for details.

## GF Food Buyers Beware

The FDA's final ruling on GF Labels is good news (even though zero ppm would be better).

However, it has given companies a year to comply so, during the transition period (and probably beyond) it will be wise for buyers and consumers to

**as always, BEWARE!**

We are not exactly "out of the woods" just yet!



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!

Southern Arizona Celiac Support  
Chapter 15, CSA/USA  
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*Sharing advice for a gluten-free life.*

**We're on the Web**

[www.southernarizonaceliacsupport.org](http://www.southernarizonaceliacsupport.org)

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