



Gluten Intolerance Group® of Utah
website: www.gfutah.org

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Event Date: **January 26, 2006. Free and open to the public.**

Gluten Intolerance Group Leader to Speak at BYU
Topic: challenges of the gluten free diet in the U.S., new food labeling law

Provo, Utah January 17, 2006—Having Celiac Disease, also known as gluten intolerance, but not being treated for it could lead to serious health problems from osteoporosis to lymphoma to stomach cancer. The cure sounds simple—avoid gluten in the diet, but, it's not so easy. An expert on the gluten-free diet will provide pointers at a free presentation, Thursday, January 26.

Cynthia Kupper, Gluten Intolerance Group of North America executive director, will speak at Brigham Young University's Tanner Building, Room 251. The 7 p.m. presentation is open to the public. Parking is available by the Tanner Building.

“While other illnesses are treated with a prescription pill, Celiac Disease has only one cure—complete avoidance of gluten, which is in wheat, rye and barley, for one's entire life,” said Kupper. “Unfortunately, it's overwhelming to learn how to live gluten free in a world where the food supply is dominated by gluten-filled processed foods. Celiacs need support and guidance from knowledgeable dietitians, nutritionists, and food scientists to help them eat the right foods for overall, long-term health. ”

A registered dietitian, Kupper was part of the coalition that worked with Sen. Ted Kennedy to prepare a bill that would eventually become the Food Allergen Labeling and Consumer Protection Act. Effective this month, the new food labeling law requires food manufacturers to use plain language to identify the top eight, most common food allergens in their products. The top eight allergens are: milk, eggs, peanuts, tree nuts, crustacean shellfish, fish, soybeans and wheat, which contains gluten.

“This new law is a huge win for Celiacs and others who are gluten intolerant,” observes Kupper. “Wheat is the toxic protein in the vast majority of processed foods. Now, Celiacs will be able to more easily protect their health.”

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During her presentation, Kupper will discuss the new labeling law as well as methods for ensuring adequate fiber and B vitamins, weight control, avoiding hidden gluten, maintaining a life-long, gluten-free diet and coping with the loss of gluten foods which are typically more available, affordable and convenient.

In addition to serving as executive director for the Gluten Intolerance Group, Kupper is a member of the American Celiac Task Force, a board member and founder of Dietitians in Gluten Intolerance Diseases, Coalition of Skin Diseases and the Digestive Disease National Coalition.

Kupper's speech is hosted by the BYU Department of Nutrition, Dietetics and Food Science and the BYU Celiac Club.

About Gluten Intolerance Group of Utah

The Gluten Intolerance Group of Utah will host the national Gluten Intolerance Group Education Conference on June 9-11, 2006 at the Salt Lake City Sheraton City Centre Hotel. The event will feature internationally recognized physicians and other medical professionals discussing the latest medical research, chefs who specialize in gluten-free cooking, and a kids' camp and teen program. Meals provided at the conference will be gluten free.

Utah County Gluten Intolerance Group®, the Salt Lake City Gluten Intolerance Group®, and the Celiac Support Group of Northern Utah are Branches of The Gluten Intolerance Group®, also known as GIG®, and are 501(c)(3) not-for-profit organizations. The Gluten Intolerance Group's mission is to increase awareness of and knowledge about this common, but highly under-diagnosed illness. To learn more, go to www.gfutah.org

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