



NEWSLETTER for

- **Utah County Gluten Intolerance Group®**
- **Salt Lake City Gluten Intolerance Group®**
- **Celiac Support Group of Northern Utah,**
a branch of the Gluten Intolerance Group®

February, 2006

Contacts

SLC

Marcie Coda

phone: 801-486-4140

✉ mmcslc@comcast.net

Northern Utah

Alisa Buchanan

phone: 801-731-1553

Darin Fowers

phone: 801-737-4948

✉ gf@nutahceliacgroup.org

Utah County

Kathy Chilcote

phone: 801-226-9042

✉ kathy@gfutah.org



Upcoming Events

- **Thurs, Feb 2 — 7:00 pm**
Utah County GIG Monthly Meeting At Mt. Timpanogos Hospital.
Guest Speaker: Uma Karnam, MD (Gastroenterology)
- **Wed, Feb 8 — 7:00 pm:**
Gluten Free cooking demo; Macey's; 325 36th Street, South Ogden. 7:00 p.m. – Chicken/broccoli soup and cookies.
- No SLC GIG meeting this month (spend Valentines Day with someone you love instead!)
- **Tues, Feb 14—7:00 pm:**
Northern Utah GIG Meeting: Orientation for newly diagnosed Celiac Disease patients—where to start, what to expect, etc. @ Farr West Senior Citizens Center (Farr West City Office Building, 1896 North 1800 West, Farr West, UT)
- **Thurs, Mar 2— 7:00 pm**
Utah County GIG Monthly Meeting At Mt. Timpanogos Hospital.
Gluten-Free Bread Tasters Table: Looking for a really great gluten-free bread? Come sample a variety of gluten-free breads and crackers. Already have a favorite gluten-free bread? Feel free to bring a loaf of your favorite gluten-free bread or crackers ready to share. Please remember to bring a copy of the recipe or package label. Utensils and spreads will be provided.

Don't forget to look at the **DATES to SAVE** section on page 10 for more upcoming events.



As a support organization, Gluten Intolerance Group® shares information about research, directs individuals to available resources, provides an annual education conference, and offers personal opinions, friendship, and encouragement. We urge individuals to read research by trustworthy sources, and to seek medical advice from a physician who is experienced and knowledgeable about gluten intolerance.

Gluten Intolerance Group of North America



2006 National Education Conference Salt Lake City Sheraton Hotel June 9-11, 2006

Register online
www.gluten.net
or, to receive
the registration
form by mail,
call GIG at (206)
246-6652.

Internationally recognized experts discussing:

- The latest medical research
- Skin health
- Aging, heart health and celiac disease
- New labeling laws
- Tried and true tips for cooking with gluten-free grains
- Gluten-free meals on a budget
- Work and travel tips
- Raising celiac kids
- Kids' and teen camps
- Medical track for healthcare professionals, June 9
- Exhibitors with the latest products and foods
- Networking with like-minded souls from across the country

Early bird
discount for
registration
forms
received by
May 20th.

Hotel information: Lodging is available at the Salt Lake Sheraton City Centre Hotel. Ask for GIG conference room rate: \$99/night.

Website: www.starwoodhotels.com/sheraton

Phone: (801) 401-2000

**Gluten Intolerance Group of
North America**

15110 10th Avenue, SW Suite A
Seattle, WA 98166

Phone: (206) 246-6652
Fax: (206) 246-6531
E-mail: info@gluten.net

Vacation in Utah: See Salt Lake's historic downtown in its breathtaking mountain setting, visit the 2002 Olympic Winter Games venues, hear the world-famous Mormon Tabernacle Choir, golf, hike, rock climb, bird watch, see national parks and more. Salt Lake Convention and Visitors Bureau. 800-541-4955 or www.visitsaltlake.com.



2006 GIG Annual Education Conference General Program

FRIDAY, June 9	TRACK 1	TRACK 2
7:30 – 9:00am	Breakfast	
9:00 – 10:00am	Keynote Address American Celiac Disease Alliance Initiatives: An Update (Labeling Law Update, other programs) Andrea Levario (American Celiac Disease Alliance)	
10:00 – 10:30am	Break & Exhibits	
10:30 – 11:30am	The Basics & Beyond of the Gluten-Free Diet Shelley Case, RD	Baking GF Sourdough Whole Grain Breads Gayle Torgerson (Alternative Grains, Inc)
11:30 – 1:00pm	Lunch & Exhibits	
1:00 – 2:00pm	Work & Travel While Maintaining a GF Diet Kim Koeller and Robert La France (GF Passport)	Cooking Naturally Gluten Free Aaron Flores, Executive Chef
2:00 – 2:30pm	Break & Exhibits	
2:30 – 3:30pm	Gluten-Free Meal Planning on a Budget Mary K Sharrett, MS, RD, LD, CNSD	Cooking with a Variety of Gluten-Free Grains Carol Fenster, PhD
5:00 – 9:00pm	Dining Out with Friends	

SAT., June 10	TRACK 1	TRACK 2
7:30 – 9:00am	Breakfast	
9:00 – 10:00am	Keynote Address More than Skin Deep Skin Health Dr. John Zone, MD	
10:00 – 10:30am	Break & Exhibits	
10:30 – 11:30am	Heart Health, CD, and Aging – What You Need to Know. Mark Dinga, MEd., RD, LDN	Creating a Plan for Overall Health Care Dr. PJ Peterson, MD
11:30 – 1:00pm	Lunch & Exhibits	
1:00 – 2:00pm	Friend vs. Foe: Coping with CD Kathleen Apodaca, MS, CPC-i	The Secret Ingredient: A Recipe for Understanding Our Relationship to Food and Family Michelle Melin-Rogovin, MPP
2:00 – 2:30pm	Break & Exhibits	
2:30 – 3:30pm	Keynote Address Advances in Celiac Research Dr. Alessio Fasano, MD	
5:00 – 6:00pm	Reception in Lobby	
6:00 – 9:00pm	Pennies from Heaven Dinner	

SUN., June 11	TRACK 1	TRACK 2
7:30 – 9:00am	Breakfast	
9:00 – 11:00am	Round Table Discussion - Issues related to raising children with Celiac Disease Dr. Janet Harnsburger, MD	Round Table Discussion – Issues related to Adults with Celiac Disease Dr. PJ Peterson, MD

GIG KID'S CAMP (Friday – Sunday) K through 6th and Teens through 15 year olds.

Each day the kids will visit a different country through the GF lessons, crafts, food/cooking and other activities planned. The kids will visit Japan, Argentina, Ireland, Italy, and Canada.

Daycare (0-4 years old) is offered during conference dates



Cynthia Kupper Speaks at BYU

On January 26, 2006, Cynthia Kupper addressed a crowded room in the Tanner Building on the BYU campus. 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. She shared a lot of useful information and answered many questions. A copy of her PowerPoint slides is available at www.gfutah.org, and a summary is provided here.

Information over 2 years old should not be trusted

Information about Celiac Disease is improving, and becoming more available. Do not trust any information over 2 years old.

You're Not Alone

The NIH estimates that 3 million Americans have Celiac Disease and tens of thousands more suffer from a wheat allergy or gluten intolerance.

CD vs Allergies and Gluten Intolerance

Most food allergies are IgE mediated, and produce an instance physical reaction to the allergen. However, Celiac Disease is T-cell mediated, and often produces a delayed response. A CD person is not at risk for immediate death by consuming gluten, but someone with a nut allergy can experience anaphylactic shock, which can be fatal. Gluten intolerance without the presence of Celiac Disease or a wheat allergy is categorized as a metabolic disorder. Lactose intolerance is also in this category, while a true cows milk allergy is T-cell mediated, like CD.

The differentiating factor is the presence of antibodies and the damage caused to the intestinal tract. People who test negative for Celiac Disease but respond positively to a gluten-free diet are usually gluten intolerant, and though they may experience the same symptoms as patients with CD, ingesting



gluten does not appear to damage the intestinal tract or increase risk for additional health problems.

However, people who have been diagnosed with CD have five times the increased risk of developing cancer in the intestinal tract IF they continue to ingest gluten. Other risk factors include elevated lipid and triglycerides. For these reasons, CD patients should see their

Maintain a zero tolerance for cheating or indulging in gluten-containing foods!

physician at least every 1-2 years to screen for potential associated diseases and to screen for dietary compliance (by checking the anti-bodies in your blood). People with Celiac Disease must maintain zero tolerance for cheating or

indulging in gluten-containing foods!

Develop Coping Skills

Depression and suicide are becoming more common among those with CD. Fear also keeps up to 70% of people with CD from eating away from home. Therefore, it is very important that we develop coping skills and a positive attitude. Be thankful for the good things. Focus on what you CAN have, not on what you CAN'T have. Three specific things she mentions are:

1. Be a person, not a disease (I am a person with Celiac Disease, not "a celiac")
2. Be in control (don't hide from life)
3. Be positive (choose to focus on the good)

Other coping skills include developing a support system (family, friends, GIG groups, etc), becoming educated and keeping informed with the latest information, and working with a dietitian to be sure you are getting proper nutrition and/or supplements.

Two approaches to a GF diet

There are two basic types of Gluten-Free diets: Naturally GFD and Typical GFD

A Naturally GFD is typically less expensive, utilizes mainstream products, is possibly healthier, may seem more restrictive, can be more convenient, and is more readily available. This diet essentially focuses on finding the “regular” foods that you can eat like fresh fruits and vegetables, beans, meat, etc.

A Typical GFD is often more expensive, products are more similar to “regular” foods, it can be less healthy, is less restrictive, provides more variety, requires baking or cooking, and the availability is limited. This diet typically involves using GF substitutes to make the same kind of foods you would otherwise eat: pasta, bread, etc.

No matter which approach you take, it is important to get enough fiber in your diet. Eat fresh fruits and vegetables, legumes, nuts (sparingly), and whole GF grains such as sorghum, quinoa, teff, amaranth, oats, brown rice/wild rice, buckwheat, montina, millet and flax.

Add fiber slowly (don't add too much too fast) and drink adequate fluids. Realize that gas happens.

Weight management tips: Increase your activity, decrease your calories, reduce fats, concentrated sugars, and empty calories. Go for quality nutrition packed into controlled calories. Many GF flours are very dense in calories, so you may have to modify your portions.

Many people with CD also have other dietary restrictions, such as diabetes, lactose intolerance, and high blood pressure. Don't think of them as separate diets, simply start with one, and modify it to accommodate the other. Start slowly, then add more variety as you learn more.

OATS? Several studies suggest that eating up to 50 grams of oats per day will not cause damage to a celiac patient. (see related story on page 8).

Gluten-Free Certification Organization



Soon, you will be able to see this symbol and know that a product is safe. The Gluten-free certification organization has strict standards which manufacturers must meet in order to carry this symbol on their packaging. The GFCO conducts plant inspections and product testing to ensure that the product contains less than 10 ppm gluten (5 ppm gliadin) and similar proteins from rye and barley as measured by using testing methods that have been approved by the Association of Analytical Communities (AOAC). Visit www.gfco.org for more information.



FALCPA

The Food Allergen Labeling Consumer Protection Act went into effect in January, 2006.

This will make it easier for us to identify products that contain wheat. It does not address rye and barley.

Under FALCPA, products manufactured after January 1, 2006 must specify if they contain any of the top 8 allergens (eggs, milk, soy, wheat, tree nuts, peanuts, fish, and shellfish).

If a product has wheat (or any of the top 8), it must be clearly listed in the ingredients, or in a statement that says Contains: Wheat

So, when looking at a product, first look at the Contains statement. If wheat is listed, put it back. If not, read the ingredient list carefully.

If a product does not clearly list wheat in the ingredients, and does not have a Contains Wheat statement, then all of the following are safe:

- Modified food starch
- Seasonings / flavoring
- Soup base
- Bird flavoring injections
- Flow agents, anti-caking agents, etc

Remember, that you must still watch for barley (commonly in Malt flavoring/extract) and rye because they will not be listed in the Contains statement.

Because this just took effect, there are still many products in the stores that were packaged before Jan 1, and do not meet the FALCPA requirements.

Several people asked how you can tell if a product was manufactured after Jan 1, 2006.

All manufacturers use their own date coding system. Follow this link for hints on how to read the date codes:

www.mealtime.org/default.aspx?id=331

Thanks to Cynthia for her great presentation!



Moving Feet Without Wheat
Gluten Intolerance Group



Registration Form

***Submit this form as soon as possible –
you will receive ongoing communication about the walk.***

I will be (check one):

- walking on a team walking as an individual helping as a volunteer

On May 20, 2006 at Wheeler Farm

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

E-Mail _____ Fax _____

Adult T-shirt size (check one):

- Small Medium Large X-Large

Teams:

Team Name _____

Name of Team Captain _____

I am interested in being a Team Captain!

How many people do you hope to have on your team? _____

Team fundraising goal (Each walker usually raises \$100) \$ _____

Prize for the team raising the most funds ~ given the day of the walk!

What is a Moving Feet without Wheat Team?

A team in the Moving Feet Without Wheat Walk consists of two or more people who gather together and raise money to support GIG. A team can consist of companies, school and hospital departments, churches, families, co-workers, friends and neighbors – anyone with a desire to raise money to help people with celiac disease and gluten intolerance.

To pre-register, mail this form by April 30th along with \$10 per walker fee to:

SLC Gluten Intolerance Group
2809 E Commonwealth Ave.
Salt Lake City, UT 84109

Registration will also be available the morning of the Walk for a \$15 per walker fee.

Helpful info from our members

As you know, information about Gluten-free products and Celiac-friendly restaurants is constantly changing. So we've asked you to share your knowledge with others. When you research something, or have a good (or bad) dining experience, let us know!

A big thanks to all those who shared this info with us!

- *I just wanted to let you know of a great restaurant for us to go to if you don't already know. It's Asian Star. It is currently in the Canyon Racket Club at the base of the mountain on 9400 so. He is moving soon to the new complex on 1300 E. & about 7500 so.(just No. of Macey's in Sandy). The owner is Gary & you just need to tell him you can't have Gluten & he will take such good care of you. He even brings me my own soy sauce! I have been going for years & since I have been diagnosed it's the only place I have never been cross contaminated in. I love it!!! —Shawn Simons*
- *My sister had requested the Progresso Classic Creamy Mushroom soup [yes, it is GF] at Albertsons on 11400 South State street, and they were able to get ten cases in. They are \$12.00 a case, and there is twelve in a case. —Terrie Rhodes*
- Sees candy has recently reformulated their products and eliminated wheat as a direct ingredient in all of their candies. Be aware that the Malt Truffle contains malt powder.
- Robert and Amber Lee have eaten at the Bombay House a few times and all of their spices are free of wheat (and rye, barley and oats). All of their entrees are gluten-free except for a couple that are breaded and deep fried. The specialized ovens and pans they use for various types of dishes minimize the risk of cross-contamination. All of the entrees are served with rice. They have crispy lentil wafers with chutney sauce that are naturally gluten-free. They also serve smoothie-like Fruit Lassi drinks and they do have some gluten-free desserts. The food is super yummy. You can view their menu online at www.bombayhouse.com/menu.html. Find the Bombay House in Salt Lake City and in Provo.
- Some (breakfast-style) restaurants use liquid egg substitutes which contain wheat. It is often safer to request that they use a cracked egg instead.

PLEASE NOTE: These are comments from readers like you, not official statements from manufacturers, restaurants, or the Gluten Intolerance Group. You are encouraged to ask appropriate questions and make educated decisions.

Send your comments to kathy@gfutah.org, mmcslc@comcast.net, or gf@nutahceliacgroup.org. THANKS!

Wingers Restaurant

While she was here Cynthia Kupper and Amber Lee met with the regional manager over the eighteen Winger's Restaurants in Utah. Cynthia is working with them to put together a GF menu. It should be available in the next month or two. Yes, Winger's Amazing Sauce is Gluten-Free!



GF RECIPES NEEDED!

We are compiling a GF cookbook to be sold at the GIG convention here in Utah this June. Please help us by sending your favorite GF recipes to gfgrandma@yahoo.com



OATS?

Research suggests that **pure, uncontaminated oats** in moderation (1 cup cooked) daily are safe for most persons with celiac disease. There is concern by health professionals that most oats are cross-contaminated with glutenous grains.

Oats add soluble fiber and added nutrients to the GFD that are otherwise lacking or have limited availability. Some studies indicate that compliance with the GFD is increased when oats are included. Some persons using oats may notice increased abdominal discomfort, gas and stool changes. This may be due to the increased fiber from oats. Introducing oats slowly may decrease this discomfort. Rarely, some persons with celiac disease may have a hypersensitivity to oats. There is insufficient research to suggest this is related to a gluten-like reaction, or an allergic reaction.

If you choose to introduce Oats into your diet, make sure the oats you get are from a reliable source. You can find a lot of information on the web. Here are a few links you can start with:

<http://www.billingsgazette.com/index.php?tl=1&display=rednews/2005/12/14/build/wyoming/65-oats.inc>

<http://www.celiac.com/index.html>

http://www.abc.net.au/science/news/health/HealthRepublish_478453.htm



BYU Dietetic Students

Cynthia Kupper met with 20+ junior and senior dietetic students for a brown bag lunch discussion. Cynthia talked with them about the lack of education most dietitians have in regards to a Gluten-Free diet. She cautioned them that the diet is constantly changing and that they should throw out any information that is over two years old. She shared her experiences of being a dietitian and the Executive Director of GIG. It was exciting to see how well-prepared the students were with questions and their interest to learn more.



“Celiac” in the News

Celiac Disease is finding its way into the news more and more often now. A few headlines you may want to google:

- A Company That Cares - FLAVORx Develops Products to Accommodate Needs of Celiac Disease Patients
- Waves of grain, in trendy places
- Beyond Brown Rice: A Whole-Grains Primer
- Mesquite flour for home cooking
- Pizza for those who can't eat wheat
- Lakefront launches new gluten-free brew
- 2005 review: the year food got inventive
- Local Boston Restaurant Chain Adds Gluten Free Menu Options and Educational Information to Know Your Food Program



Join National GIG and Reap the Rewards

By Barb Shelley, a repentant procrastinator

I'm as guilty of procrastinating as the next person, but I sure wish I hadn't waited so long to join the national Gluten Intolerance Group. Now don't get me wrong, I'm not a sloth. I would never miss my car's oil change or skip my hair color appointment (hah, you thought my gray-free hair was natural), but for some reason, my intentions to join national GIG kept getting put off.

Finally, six months after learning that I am gluten intolerant, I began what proved to be a quick and easy process and joined online. It cost only \$35 for a year's membership and 20 minutes of my time. It made me feel good that I had given a little cash toward this important cause. What I didn't realize, is that feeling good was only a small part of my reward.

A short time later, my mail carrier delivered a fat package from GIG. I dumped the contents on the kitchen table and was amazed to see what spilled to the floor. Come to find out, my small \$35 membership fee provides me with a quarterly GIG magazine filled with as many as 30 pages of the latest news and research. Oh, and I like the ads. Now I know what's new and which companies support GIG. They deserve my patronage for their support.

That's not all. The new member kit contains brochures about: gluten sensitivity and celiac disease— good for sharing with co-workers so maybe they will be a little more sympathetic next time they order pizza or sandwiches for that working lunch (take a hint will you); restaurant dining survival guide; a primer for eating GF by the grand dame of celiac disease, Bette Hagman; a quick start diet guide for CD and an in-depth drug and diet guide; associated autoimmune diseases pamphlet (oh, great, my genetics puts me at a greater risk for other diseases—thanks a lot great-great-grandpa—I can hear you laughing from here), Dermatitis Herpetiformis (got to keep an eye on my grandkid's rash—he'll thank me someday or maybe curse the family genes); and about five other informative handouts with an order form to obtain many other publications at a nominal fee.

Whew! That's a ton of good stuff to help me figure out this disease. I'm so glad I am not trying to go it alone. Between my national GIG membership and my friends in the local GIG support group, I just might get the hang of managing this health challenge.

To join, go to www.gluten.net and use your credit card, or download an order form and send it with a check to the address on the website, or, call GIG at (206) 246-6652. You'll be glad you stopped procrastinating. I know I am.

Reach your Target Audience

Companies that want to advertise their products to celiacs and others who are gluten intolerant, can now place an ad in the monthly Gluten Intolerance Group of Utah newsletter

Celiac's in Utah are looking for great Gluten-Free products.

Local advertisers can place an ad for as little as \$100 and national advertisers pay only \$500.

Ad size is a quarter page, approximately 5 ½ X 4 ¼ inches. Only two ads will be accepted each issue so arrange your ad space now.

The Utah GIG groups are the best source of information for Utah Celiacs. Advertise here, and you'll reach your target!

Advertisers should contact Sharleen Prows, newsletter editor, to learn submittal requirements at Sharprows@msn.com or call her at 801-966-3516



Dates to Save

- **Wednesday, Feb 15 - 7 pm:** Betsy of www.eatingglutenfree.com will demonstrate Lasagna, Fruit Pizza and more... Class is free, but reservations are required. Call Maceys at 801-796-6601 to reserve your spot for this cooking demo. Pleasant Grove Macey's Little Theater, 931 West State Street, Pleasant Grove.
- **Thursday, Feb 16—7 pm** Tim Coda, Grilling Gluten Free, marinades - smoker ideas to be discussed for your grilling pleasure. Wild Oats, Jordan Landing
- **Thursday, Mar 2 at 7 pm** —Utah County GIG MEETING
- **Thursday, Mar 9 from 6-9 pm** —Gluten-Free Gourmet (LLFW-309) University of Utah Continuing Education/Lifelong Learning. Cost is \$55. For more info, or to register, visit <http://continue.utah.edu/lifelong/detail.php?searchid=LLFW309>
- **Tuesday, Mar 14 at 7 pm** —SLC GIG MEETING
- **Tuesday, Mar 14 at 7 pm:** Northern Utah Group: Informal meeting—come share your experiences with your progress on the GF diet and learn from others @ Farr West Senior Citizens Center (Farr West City Office Building, 1896 North 1800 West, Farr West, UT)
- **Tuesday, Mar 28 at 7 pm:** Gluten Free cooking demo; 325 36th Street, South Ogden.
- **Thursday, Apr 6 at 7 pm** —Utah County GIG MEETING
- **Tuesday, Apr 11 at 7 pm** —SLC GIG MEETING **and** Northern Utah Group Meeting (separately)
- **Thursday, May 4 at 7 pm** —Utah County GIG MEETING
- **Tuesday, May 9 at 7 pm** —SLC GIG MEETING
- **Saturday, May 20:** Walk for Celiac Disease Awareness at Wheeler Farm in SLC
- **Fri-Sun, Jun 9-11:** GIG of North America Annual Education Conference in SLC
Register online at www.gluten.net/events.html

Don't forget the Kids Camps: Feb 3-5 for 4th-7th graders, Feb 18-20 for 3rd-6th graders, March 2-5 for 2nd-5th graders, and March 4 for 1st-4th graders. For more info, see www.gfutah.org



GIG Newsletter free via email

The GIG newsletter will continue to be a free service for Utah celiacs and their families if the newsletter is delivered via email. A small charge of only \$12 a year (that's only \$1 a month) will be charged to people who choose to receive their newsletter in hard copy via U.S. Postal Service. This nominal fee will help us defray our costs of materials and postage.

Tip: People who don't have a computer in their home, may want to consider obtaining a free email account from Internet service providers such as Yahoo. Provide the email address to your local GIG branch manager, and you will be able to receive the newsletter at no charge. To check your email inbox, use a public library computer or drop in on your neighbor or friend who owns a computer. To pay for a hardcopy subscription to the newsletter, mail a check for \$12 written to UCGIG to: 69 East 1960 North, Orem UT 84057.