

# GRAINWISE™

## & GLUTEN-FREE

Volume XI, No.3  
Quarterly, 2011

A Publication For The CSA Nashville-Middle Tennessee Celiac Chapter #76 | [www.nashvilleceliacs.org](http://www.nashvilleceliacs.org)

## August Meeting: Saturday, August 20, 2-4 p.m.

Bread Baking Tips, Whole Foods GF Bakehouse, Open Forum Discussion, Business Meeting, Door Prizes, GF Bake Sale, GF Product Samples

### Program: "All You Wanted to Know About Gluten-free Cooking"

All You Wanted to Know About Gluten-free Cooking, DVD. We will watch leading gluten-free cookbook author, Connie Sarros deliver "How to successfully bake gluten-free bread" while speaking at the Munson Medical Center in Traverse City, MI with arrangements made by the CSA Traverse Area Gluten Free Support Group. If you are newly diagnosed or a seasoned member Connie's tips will help you achieve the perfect crust you are looking for – thin, soft, light, or crunchy; prepare yeast; know when bread is baked; correct bread that is too dense, crumbly, or has air holes. Is your bread boring or are you looking for additional flavor? Connie covers that too!

### Whole Foods GF Bakehouse Information & Product Sampling!

Learn more about Whole Foods Market's GF Bakehouse! A rep from the Green Hills store will be on hand to provide information and materials about GF offerings. Whole Foods Market recognizes the dietary needs of those who require a gluten-free diet, and is pleased to provide gluten-free refreshments for the Nashville Celiacs' August 20 meeting. In addition to the baked items now available from the Whole Foods Market Gluten-Free Bakehouse, Whole Foods Market also offers a wide range of gluten-free/casein-free products, all of which meet the company's strict Quality Standards and are free of hydrogenated fats and artificial colors, flavors, sweeteners, and preservatives. Our thanks to Linda Nishida, Marketing Team Leader, 4021 Hillsboro Pike, Nashville

(Green Hills location), for providing us with the information and GF Bakehouse product sampling!

### Open Forum Discussion:

Bring your questions. Members will share their answers.

### GF Product Samples:

#### Whole Foods GF Bakehouse

- GF chocolate and vanilla cupcakes
- GF cookies, assorted flavors (may include a mix of nutmeal raisin, molasses ginger, chocolate chip, and/or peanut butter)
- GF cheddar and cream biscuits, served with butter (contains milk/cream)
- Assorted bottled waters and teas

#### Mista Dale's mustard slaw

- Sweet and Spicy
- Kroger Stores in Belle Meade, Brentwood, Cool Springs, Franklin, Green Hills
- Food Company based in Nashville, TN
- [www.mistadales.com](http://www.mistadales.com) to place an order.

### Annual Gluten Free Bake Sale:

Please bring gluten-free baked goods packaged to sell. Suggestions: Cookies—12/plate, muffins & cupcakes—6/plate, individually wrapped brownies, loaves of bread, etc. A list of ingredients must be included.

### 1:00 PM Set Up:

Your help is needed to arrange tables and chairs, post signs, set up hospitality table and AV equipment.

## LOCATION

**Centennial Women's Hospital  
Medical Office Building (M.O.B.)  
Auditorium.**

**2221 Murphy Avenue, Nashville,  
TN 37203. The M.O.B. faces  
Murphy Ave. The entrance to the  
Auditorium is at the corner of 22nd  
Ave North and Patterson.**

**Directions: From I-40,** take Church St. exit West. Church will turn into Elliston Place. Follow Elliston Place to 22nd Ave., turn right, go approximately two blocks to the intersection of 22nd Ave and Patterson.

**From I-440,** take West End Ave. to Elliston Place. Turn left on 22nd Ave., go approximately two blocks to the intersection of 22nd Ave and Patterson.

**Parking:** We have received permission from the medical office buildings adjacent to 22nd Ave., and across from the M.O.B. Auditorium, to use their parking lots. Handicapped parking is available near the entry to the M.O.B. Auditorium. Enter through the glass doors and cross lobby to small stairs, or stay to the right and take elevator up 1/2 level. Select "Button A" to Auditorium.

**Peter H.R. Green, MD, to  
Speak in Knoxville.  
See details on page 3.**

## The CSA Nashville – Middle Tennessee Celiac Chapter #76

### Newsletter Information

nashvilleceliacnewsletter@gmail.com

CSA Nashville–Middle Tennessee Celiac Chapter #76 is affiliated with the Celiac Sprue Association, USA, Inc. Board members are volunteers.

**Co-Chair** - Darryl Casey  
615-481-4445, Darrylcasey@yahoo.com

**Co-Chair** - Need a Volunteer!

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615-371-9455, toriross@comcast.net

**Hospitality Chair** - Brenda Boswell,  
brenda@freshmixpro.com

**Social Chair** - Need a volunteer!

**Fundraising** - Need volunteers!

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**E-mail Communication** - Heather Graffam  
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**Educational Materials** - Greg Foreman  
glforeman@gmail.com

**Tech Committee** - Need volunteers!

**Cel-Kids Network Coordinator** - Need a  
volunteer!

**Newly Diagnosed Coordinator** -  
Peggy Czyz, 615-646-2905,  
GFPeggyTN@bellsouth.net

### Newly Diagnosed Orientation Team:

**Antioch Area** - Chris Fry, R.D.  
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grseise@juno.com, 615-895-0398

# Living The Gluten-Free Lifestyle

and other notes from Darryl...

## Garnish Your Body Instead of Your Plate!

Aside from the Celiac issue, it is always interesting when I go out to eat. As I look at other plates and when we receive our plates, in my mind I laugh in amazement. I laugh because the healthiest food on the plate is used as garnishment. The decoration is usually Parsley or Kale. Both Parsley and Kale are super foods. Parsley is often underrated. It is an ancient herb that was highly praised by the Greeks and Romans. Parsley is high in vitamins K, C, E, B, and A. It is also high in Calcium, Iron, Magnesium, Copper, Phosphorus, beneficial oils, flavanoids, and vital nutrients. The beneficial oils have been found to inhibit tumor formations. Like Parsley, Kale seems so unappreciated on the side of the plate. Kale is packed with flavor and it is also a nutrient powerhouse.

It is loaded with vitamins A, K, C, forty-five different flavanoids, carotenoids, and is exceptionally high in Calcium. Kale acts as a detoxifier and has anti-inflammatory properties. In addition, it may help lower cholesterol. I've found that both of these decorative foods can be easily added to smoothies, juices, salads, soups, baked items, steamed, or even thrown on a gluten free sandwich. Our kids enjoy Kale steamed with a touch of coconut oil and sea salt. Typically the flavors go almost unnoticed in the smoothies, juices, and soups. We may throw Parsley and Kale in the food processor before adding it to baked items. Next time you notice the pretty green decoration on your plate, stab it with the fork and garnish your body!

— Darryl Casey, Co-Chair

# hudos

**Karen McGhee**, owner of Whole Baked Goodness, Inc., a commercial GF bakery in Nashville, for her donation of baked goods for the May 14th meeting. At WBG, the use of whole grain flours - millet, teff, quinoa and sorghum - places the emphasis on the health-building qualities of alternative grains, in addition to the other natural, organic ingredients.

Please visit [www.wholebakedgoodness.com](http://www.wholebakedgoodness.com) to place an order. 50% off coupon posted for 1st time orders.

**Xocai Healthy Dark Chocolate** representatives Suzanne Pierce and Megan Doran for presenting information and samples of gluten-free chocolate rich in antioxidants and flavonoids at our May meeting. Contact Lauren D'Amato for order information [damato@bellsouth.net](mailto:damato@bellsouth.net).

**Namaste Foods** for their donation of Vanilla Cake, Toffee Vanilla Icing and Pasta Pisavera for the May meeting. Namaste products are packaged to give you more for your money, are made in a

dedicated GF facility and are delicious, too! Products may be purchased at Whole Foods Markets or ordered online.

**Gourmet Parlor Pizza** for their donation of Gluten-Free Crusts for the May meeting. The company has been a leading pizza manufacturer in the mid-west for over 20 years. Crusts are light and flavorful! Pizzas can be ordered from [www.gourmetparlorpizza.com](http://www.gourmetparlorpizza.com)

**Whole Foods Marketplace** 1566 West McEwen Drive, Franklin, for extending us an invitation to tour their newly opened facility May 15th and 16th. If you haven't visited them at their new Franklin location you will want to check them out soon! Store hours are Mon – Sat 7 am – 10 pm; Sunday 9 am – 9 pm.

Our members who participated in the Whole Foods Gluten-free Workshop and Vendor Fair in Green Hills on May 23rd. **Kristen Pardue**, RD, represented our Chapter during the panel discussion, **Cheryl Chamberlain** and **Greg Foreman** set up and answered questions at our information table along with **Ann McQueen**.

## Peter H.R. Green, MD to Speak in Knoxville!

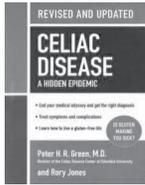
For the first time ever Peter HR Green, MD, will be speaking in the state of Tennessee on October 26th! Dr. Green is a nationally recognized, and internationally known and respected expert on Celiac Disease. His first engagement is at the Tennessee Academy of Family Physicians Conference in Gatlinburg the morning of the 26th, and his second engagement is open to the general public, free of charge, at Wallace Memorial Baptist Church in Knoxville at 1:30 pm. For your convenience we are delighted to offer a chartered bus trip to anyone who would like to attend the public session to learn

about Celiac Sprue – a multi-symptom, multi-system autoimmune disease; and hear the latest updates from a global perspective from Dr. Green himself! Celiac disease affects approximately 1% of the population worldwide. It is also one of the most under diagnosed autoimmune diseases although it affects nearly one in every hundred people. A complimentary folder of information on celiac, the gluten-free diet and research, including articles co-authored by Dr. Green, will be given to each person when they board the bus. Please join us for an enlightening program with Dr. Green!

—Cheryl Chamberlain, Chapter Advisor

### Two Pick Up & Drop Off Locations:

*Anyone in the Nashville-Middle TN area who wishes to hear Dr. Peter H.R. Green speak in Knoxville is invited to join the Nashville CSA Chapter Road Trip.*



CSA Resource Unit #3033, Knoxville, invites you to join them on Wednesday, October 26, 1:30 pm For an update on Celiac Disease and Gluten Sensitivity with

### Dr. Peter H.R. Green

A world renowned expert on celiac disease and the Director of the Celiac Center at Columbia University in New York City

Location: Wallace Memorial Baptist Church Ministry Center/Auditorium  
701 Merchants Drive, I-75, exit 108, Knoxville, TN 37912

Free admission and parking

Driving directions:

I-75, exit 108, West on Merchants 1/4 mile, Wallace on right. Celiac Sprue Association, Unit #3033

For questions contact, Carolyn (865) 207-7134

## Music City Bus Line Transportation and Dinner at Outback Steakhouse

### 100 Oaks Mall • Lebanon Outlet Mall

Transportation arrangements have been made through Music City Bus Line. Pick up locations are 100 Oaks Mall Regal Theatre parking lot and the Lebanon Outlet Mall parking lot. Please bring a sack lunch and bottled drink for lunch. Following the seminar we will enjoy gluten-free dining at Outback Steakhouse in Knoxville.

TO RESERVE YOUR SEAT ON THE BUS PLEASE MAKE YOUR CHECK OUT FOR \$50.00 TO: CSA Nashville-Middle TN Celiac Chapter #76. The cost of the trip includes bus driver gratuity but does not include the cost of your dinner at Outback Steakhouse. MAIL CHECKS TO: CSA Nashville-Middle TN Celiac Chapter #76, P.O. Box 159312, Nashville, TN 37215-9312 CHECKS ARE NONREFUNDABLE AND MUST BE RECEIVED BY:

WEDNESDAY, OCTOBER 12, 2011.

EXCEPTION: Full refunds will be issued for cancellations received prior to the registration deadline. Please include with your check a separate piece of paper listing your name, e-mail address and phone number so that we may contact you to confirm your reservation. Contact us at [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) with questions.

### Itinerary:

Wednesday, October 26, 2011

8:00 am CT – Group will leave from Regal Movie Theatre parking lot at 100 Oaks Mall, Nashville

8:45 am – Bus will pick up second group from the Lebanon Outlet Mall, exit 238, back of the parking lot down the aisle from Tommy Hilfinger/GAP stores

12:15 – 12:30 pm ET – Bus arrives in Knoxville, Sack lunch may be eaten on the bus or an area to be determined.

1:00 pm ET – Bus arrives at Wallace Memorial Baptist Church, Knoxville

1:30 pm – Program by Peter H. Green, MD, Celiac Center at Columbia University, NYC

3:00 pm – Board bus for Outback Steakhouse, 330 N. Peters Rd., Knoxville, TN 37922

3:20 pm – Arrive at Outback Steakhouse

5:30 pm – Depart from Outback Steakhouse

6:45 pm CT – Arrive at Lebanon Outlet Mall

7:15 pm CT – Arrive at 100 Oaks Mall Regal Theatre Parking Lot

\*Times are approximate.

*Disclaimer: No liability is assumed by the CSA Nashville-Middle TN Celiac Chapter #76. Through your paid reservation you agree not to hold the CSA Nashville-Middle TN Celiac Chapter #76 or Celiac Sprue Association/USA, Inc., their directors, officers, or volunteers responsible for risks and dangers associated with your participation in this activity. Common risks and dangers include: Travel to and from meeting location and associated activities, lost or stolen goods, gluten or food poisoning, pedestrian accident, tripping, slipping, falling, etc. This list is not exhaustive. No alcoholic beverages allowed on the bus. In addition you accept full responsibility for your actions including your understanding that the bus will be leaving the venue at the specified times. Should you choose not to show up at the bus, it will leave the venue without you. You also fully acknowledge that you will be responsible for any costs or inconvenience for your own transportation home.*

# Announcements

## National Celiac Awareness Day, September 13, 2011! October is Awareness Month!

Some things you can do to promote awareness:

- 1) Take a friend or family member out for a gluten-free meal. Leave gluten-free dining information at the restaurant for the manager and staff to review along with information about celiac disease.
- 2) Hold a gluten-free dinner at your house for family members or friends. Provide them with information on celiac and the gluten-free diet.
- 3) Write an article for your child's school newsletter about celiac disease and the gluten-free diet.
- 4) Write an article for your church newsletter about celiac disease and the gluten-free diet. Arrange for a gluten-free communion service.
- 5) Donate a book on celiac disease or a gluten-free cookbook to your local library or provide them with a year's subscription to GrainWise or one of the gluten-free magazines: Gluten-Free Living, Living Without or Delight Gluten-Free!
- 6) Set up an information table about celiac disease at your workplace, child's school, church, local YMCA, etc. for the month of October. Don't forget to display past copies of the GrainWise newsletter and our contact information!

### Co-chair needed:

Kristen isn't able to continue as Co-Chair due to work and other commitments on weekends. She will join us when she is in town, and if you haven't had a chance to meet her yet hopefully you will in the near future! We are seeking someone for Co-Chair: Self-starter, Resourceful, People-person Responsibilities: Work with Co-Chair to set meeting dates, secure speakers, direct meetings, provide information to newsletter editor and website manager. Please contact Darryl Casey or Cheryl Chamberlain.

### Still needed:

**Social Committee:** Plan for gluten-free dining opportunities at local restaurants or people's homes.

## Next Meeting

November 12, 2011

### Annual GF Thanksgiving Dinner, Silent Auction & GF Holiday Cookie Exchange

Silent Auction Committee Forming – please contact [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) if you would like to help obtain items or head this committee up.

**Fundraising Committee:** Coordinate events to raise funds – including bake sales at meetings, annual silent auction, Whole Foods Marketplace events.

**Tech Committee:** We need people with a technical background to be the go-to person for questions concerning website use, setting up AV equipment for meetings, e-mail communication, etc.

## CSA's Cel-Kids Network

**Cel-Kids Network:** There is no longer an active R.O.C.K. group in the Nashville area. To give children with celiac disease in the Nashville–Middle TN area and the parents of celiac children the opportunity to connect we are seeking individuals who would start a Cel-Kids Network chapter. Please contact one of the Board Members or Chapter Advisor if you have an interest.

In an effort to meet the unique needs of children and youth with CD/DH, the Celiac Sprue Association formed CSA's Cel-Kids Network. Coordinated through each of the 100+ CSA chapters located across the United States, CSA's Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age-group who are also living with CD/DH. Visit [www.csaceliacs.org/CelKidsNetwork.php](http://www.csaceliacs.org/CelKidsNetwork.php) for additional information about the Cel-Kids Network. If you have a need for a Cel-Kids Network chapter, start one yourself! It's really easy! Begin by making a list of activities you would like to do and then contact the national CSA office toll-free at 877-272-4272. There is someone who can help you get started. They can even contact others in your area that might be interested.

### Newsletter Information:

We have set up a Gmail account for GrainWise newsletter communication. Do you have newsworthy information on celiac disease – or – gluten-free travel, restaurants, products or the diet? Submit information to: [nashvilleceliacnewsletter@gmail.com](mailto:nashvilleceliacnewsletter@gmail.com) Deadline is October 12th for the November newsletter.

### Share your knowledge

Educational information on celiac disease and the gluten-free diet are provided at our meetings. If you have something of interest to share please contact Greg Foreman, [glforeman@gmail.com](mailto:glforeman@gmail.com).

### E-mail Communication

Heather Graffam will send e-mail announcements concerning social opportunities, special events, volunteer opportunities and meeting reminders to all paid members with e-mail addresses. E-mails will be sent from “Nashville Celiacs” [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com). If you are not sure if your current e-mail address is on file or if you receive a medical/professional copy and would like to be added to the “communication list” please send a note to our g-mail account.



Are you friends with us? Our Facebook page is the go-to-place for between meeting communication on special events, social events, meeting reminders, celiac in the news, as well as for your personal networking. An easy way to find us is to google “Nashville celiacs facebook”.

### Congratulations!



Announcing the arrival of a baby boy, Keenan Ryan, to Darryl and Lisa Casey on July 13th. Keenan weighed 7# 9 oz and was 20.5” long.

Congratulations to the happy family!

### [www.nashvilleceliacs.org](http://www.nashvilleceliacs.org)

Nashville area gluten-free dining is now available on our website!

## Hamburger Helper no longer GF

Hamburger Helper will soon no longer be gluten-free! According to an announcement from General Mills, due to a location change in production, the three gluten-free Helper products (Hamburger Helper, Cheesy Hashbrown, Asian Helper Chicken Fried Rice, and Asian Helper Beef Fried Rice) will soon no longer be gluten-free.

## The Coffee Cabin

The Coffee Cabin in Hermitage is a drive-thru espresso shop owned and run by a gluten-free/casein free family. Looking for organic, simple, quick, and healthy? They have GLUTEN-FREE everything (except for the wraps which are made on a dedicated surface and without cross contact with gluten-free food items). What is everything? A large variety of salads, drinks (including artistic lattes and smoothies), muffins, scones, brownies, cookies, nachos, and even omelets and cakes in a cup to-go! Outdoor seating. For a complete menu visit <http://coffeecabinfever.com>. Hours: Mon–Thurs: 6:00 am–2:30 pm, Fri: 6:00 am–2:00 pm, Sat: 6:00 am–2:30 pm. 4130 Lebanon Pike (at the corner of Old Hickory and Lebanon Pike)

## The Red Lark

The Red Lark Coffee & Bakery in Columbia opened in July. They are all about bringing great coffee and healthy baked goods to the community in a relaxing atmosphere. Look for marked gluten-free items on the menu and individually wrapped baked goods in the display case. The owner of The Red Lark is on a gluten-free diet and hopes that one day they will be totally gluten-free! Visit [www.TheRedLark.com](http://www.TheRedLark.com) for more info. Hours: Tues – Fri 6am - 4pm, Sat 8am - 4pm, Closed Sun and Mon. 2632 Old Hwy 31, Columbia, TN

## Whole Foods Marketplace

Whole Foods Marketplace on McEwen Drive, Franklin, invites you to visit the Farmer's Market on Tuesday, May 10th – Tuesday, October 4th from 3 – 6:30 p.m. “Join us as we welcome the Franklin Farmer’s Market to our brand new parking lot every Tuesday for the 2011 summer season. Come on and support Local and sample some of what’s in store for you!”

## Perry's to Carry GF Products

Perry's Family General Store at The Factory in Franklin, TN is now carrying gluten-free products including Bob's Red Mill flours at a terrific price! This newly opened store plans to expand their product line-up and is open to your suggestions! Stop by and pay them a visit. [www.perrysgeneralstore.com](http://www.perrysgeneralstore.com)

## Teacher & Family Resource:

*Adam's Gluten Free Surprise*, a book by Debbie Simpson. While written as a positive role model for children requiring a gluten-free diet, its bigger purpose is to educate the adult who reads it. As a resource of information it is a useful tool to get the point across about the strict needs associated with a gluten free diet. Written by a teacher who has celiac it is her goal to get it in the hands of teachers from the very beginning of the school year. For more information about the book you can visit: [www.dsimpsonbooks.com](http://www.dsimpsonbooks.com), and [www.amazon.com](http://www.amazon.com) offers nearly the first ½ of the book to preview. You can also check Facebook ( <http://www.facebook.com/pages/Adams-Gluten-Free-Surprise/207797285913698> ) or The National Foundation for Celiac Awareness: Hot Products (<http://glutenfreehotproducts.com/2011/06/adams-gluten-free-surprise/>)

## Heading back to school tips

CSA's Cel-Kids Network is specifically designed for children with CD/DH and the adults who work with them. To print letters with specific advice on school issues for the following personnel, visit their website at [www.csaceliacs.org/CelKidsNetwork.php](http://www.csaceliacs.org/CelKidsNetwork.php).

- School counselor
- Principal
- Teacher
- Nurse
- Cafeteria staff
- Student
- Parent



## New Kellogg's® Rice Krispies® Gluten Free Cereal



Once again you will be able to enjoy Rice Krispie treats and Rice Krispies® for your morning breakfast. The whole grain brown rice cereal is enriched with vitamins and minerals, and Kosher. If your grocer doesn't have them on the shelf you might ask family and friends to check grocers near where they live and ask them to bring you some when they come to visit!

## Two Exciting Nashville Chapter Projects!

Please RSVP to [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) by August 31 to offer your help with either project. Thanks!

### A gluten-free recipe card box!

The initial project is to create a box filled with 100 of our member's favorite recipes. Over time additional sets of cards can be added as members continue to share their favorites with us. Please contact Ann McQueen if you have an interest in this project and are able to assist with it.

### Restaurant Slide Show and Panel Discussion!

For a 2012 meeting we would like to do a slide show/power point presentation of our member's favorite restaurants here in the Middle TN area. Your participation is needed to make this complete! We have broken down the jobs so that you can choose what you would like to do:

- 1) Point person to compile the information into a power point presentation.
- 2) Volunteers to create a list of restaurants they will contact. Then, talk with the manager about cross-contact, preparing a GF meal, etc., provide pictures of the restaurant front, interior, GF menu and a GF meal if one was ordered, give a price range, etc. E-mail info to point person.
- 3) Three or four volunteers needed to be on a panel to discuss dining cards, Smart phone apps, restaurant guides, etc. and answer questions.
- 4) Two volunteers to set up and run the power point presentation.

# Announcements

## Breadman Pro Bread Machine

The Breadman Pro makes delicious, nutritious bread at the ease of pressing a button. The machine offers a gluten-free setting which takes the bread through one rise cycle. You may select the color of your crust and I find that "medium" produces a beautiful golden brown crust. From start to finish the complete cycle mixes the ingredients, allows the dough to rise and bakes the bread in 1 hour and 17 minutes. Incredible! Three delicious gluten-free recipes are included in the recipe book > Country White Bread, Pumpernickel, and Cinnamon Raisin. I use Bob's Red Mill Organic Brown Rice Flour in place of the White Rice Flour and their Sweet Sorghum Flour in place of the Soy Flour. In addition, I



add 1 T. Ener-G Foods Rice Bran and 1 T. ground flax seed to every loaf. These breads are moist and do not need to be toasted. Anyone who tries this bread will attest to their wonderful taste! Sometimes I use rice milk in place of the powdered milk and water called for in the recipe. Each perfect loaf measures 7" x 5 1/2" x 5." Storing the bread is simple. After slicing the bread I cut it in half right down the middle and place in labeled Ziploc containers. There is no need to separate slices with waxed paper. I am able to neatly stack the containers in my freezer. I purchased model: TR875 in September of 2010. Essex Stores throughout Middle Tennessee have been selling this model for \$59.99 when they have them. Newer models are carried by Target and Kohl's or may be purchased online.

— Cheryl Chamberlain, Member

## The Adult Summer Social

The Adult Summer Social was held Sunday, July 24th from 5:30 pm – 8:30 pm. Great food and a good time were had by all in a lovely setting at the Founder's Pointe Pool in Franklin. Hope to see you at the next one!



## New to CD or DH?

Please contact our Newly Diagnosed Coordinator, Peggy Czyz, at 615-646-2905 or [gfppeggytn@bellsouth.net](mailto:gfppeggytn@bellsouth.net) for information to get you started on the GF Diet. She'll arrange an appointment with a Newly Diagnosed Orientation Mentor in your area. We'd be happy to meet with you and give you a grocery store tour. Membership Registration forms are at the back of GrainWise.

## The 34th Annual CSA Conference in San Diego!

BAHIA Resort Hotel  
September 16-18, 2011  
Held in conjunction with Columbia University, New York, New York

The Annual CSA Conference is a major event in CSA's yearly calendar. CSA invites experts from a broad spectrum of disciplines relating to celiac disease and the required gluten-free diet to share current information. Researchers, healthcare professionals, dietitians, authors, chefs, restaurant owners and gluten-free food vendors from across the United States participate in this annual educational event. Stay at the beautiful Bahia Resort.

Join us for an informative and fun-filled weekend in beautiful San Diego. You will not want to miss this great opportunity to learn the latest about celiac disease and gluten induced sensitivities as well as network with new friends!

Continuing Education Credits. For up-to-date information visit the CSA conference website: <http://www.csaceliacs.org/2011-34annual-csa-conference/2011AnnualCSAConference-Schedule-presenters.php>

Conference Brochure with Registration Form <http://www.csaceliacs.org/2011-34annual-csa-conference/documents/Lifelineinsert.pdf>

August 22, 2011 will be the last day for special CSA Conference registration rates at the Conference hotel. Be sure to get your registration in early. Please contact Casey Bohr if you are a member of our Chapter and plan to go. Our Chapter has received a \$100 gift certificate which may be used towards conference registration.



## Dietary shortcomings in children on a gluten-free diet.

By Lara Field, MS, RD, CSP, LDN

Based on 2009 CDC statistics, obesity rates are at record high levels; greater than 30% of the population in 9 of our 50 states have a BMI >30 kg/m<sup>2</sup>. Over the recent years, these statistics are only climbing, it is important for these trends to decline.

Research by Ohlund et al. examined a subset of children with confirmed celiac disease on a gluten-free diet and compared these with current nutritional recommendations as well as intakes of healthy children on a normal diet. Dietary intake was assessed using 5-day food records, and energy and nutrient intakes were calculated and compared to the Nordic Nutrition Recommendations (NNR), which is similar to the RDA standards in the US.

Results indicated over half of the children following a gluten-free diet did not meet the recommended energy intake. More importantly, the intakes of sugar

and saturated fats were higher than recommendations, and dietary fiber intake was lower than recommended, habits which may increase risk for the aforementioned chronic diseases. The vitamin and mineral intakes were also suboptimal, in that the intake of magnesium and vitamin D were below the average requirement. These results are interesting due to the fact that gluten-free foods are not typically fortified or enriched with magnesium or vitamin D. Thus, eating a gluten-containing diet would not increase these specific nutrients.

As compared to their healthy counterparts, the nutrient density of vitamin D, riboflavin, niacin, thiamin, magnesium, and selenium were lower, which is consistent to what has been reported previously. However, iron and calcium were higher in celiac children. This is important to note because iron and calcium are absorbed in the duodenum, and undiagnosed celiacs, mostly adults, commonly present with bone disease or osteoporosis (at least in part due to low calcium absorption) and iron deficiency

anemia. Perhaps because of heightened awareness of these diseases related to celiac, foods containing those specific nutrients were consumed more frequently.

**Bottom Line:** This study in Sweden brings up the key message that though GF diets may not have been drastically different as compared to a “normal” diet, both were high in saturated fat, sugar, and low in dietary fiber, vitamin D, and magnesium as compared to recommendations. In order to prevent chronic disease, such as heart disease, adult-onset (Type 2) diabetes, and liver disease, a low-saturated fat, fiber rich diet is recommended. Gluten-free dieters should read nutrition facts panels to ensure diet adequacy by reducing saturated fat intake to less than 20 g per day, choosing whole grain gluten-free products with dietary fiber >3 g per serving, and avoiding products with hydrogenated oils and trans fats.

Lara Field, MS, RD, CSP, LDN

## The Gluten-Free Diet Plate

### MILK & DAIRY PRODUCTS

2-3 servings per day  
Choose low-fat dairy  
Read all flavored dairy products ingredients for presence of gluten  
Choose lactose-free alternatives if tolerating dairy is difficult

### FRUITS

2-3 servings per day  
Choose fresh fruit  
Drink fruit juice in moderation  
Consume fruit with skin on to increase fiber content  
Try dried fruits as snacks

### FATS & OILS

Use sparingly  
Choose canola, olive, safflower oil  
Limit saturated fats

### VEGETABLES

3-5 servings per day  
Choose bright colored vegetables frequently.  
Avoid packaged vegetables with sauces that may be gluten-containing.

### GRAINS/STARCH

6-9 servings per day  
Include whole grain choices such as: Amaranth, Buckwheat, Brown Rice, Gluten-Free Oats, Legumes & Quinoa  
Choose less of the refined carbohydrates such as, white rice, potatoes, and corn

### MEATS & BEANS

2-3 servings per day  
Choose lean meats more frequently  
Purchase pre-sliced meats to prevent cross contamination  
Try beans at least one time per week



## Nestle Buys Prometheus Laboratories to Expand in Health

By Armored Kenna - May 24, 2011 6:13 AM CT

Nestle SA (NESN) said its health-science unit agreed to buy Prometheus Laboratories Inc., a maker of treatments for cancer and gastrointestinal illnesses, as the world's largest food company invests in personalized nutrition.

Nestle may have paid 500 million Swiss francs (\$567 million) to 1 billion Swiss francs for the San Diego, California-based company, Jean-Philippe Bertschy, a Zurich-based analyst at Bank Vontobel, wrote in a note today. Nestle spokeswoman Hilary Green declined to comment on the price, which wasn't disclosed.

Prometheus is forecast to have sales of about \$250 million next year from products that include tests for Crohn's disease and cancer. The company was founded in 1995 and takes its name from the Greek god who gave humans the gift of fire. It's owned by investors including DLJ Merchant Banking Partners and Apax Partners.

Nestle, the maker of KitKat chocolate bars, opened a unit in January to develop personalized nutrition products for afflictions such as diabetes. The Swiss company has said it aims to become the world leader in health-science nutrition in 10 years, extending its dominance beyond coffee, powdered milk and baby food. The purchase is the third made by the unit since it opened.

### Higher Margins

"This shows Nestle is serious about this initiative," said James Amoroso, a food industry consultant based in Walchwil, Switzerland. "Because the group is so big, you probably won't see the impact for another 10 years. Ultimately there's quite a lot of money to be made. Pharmaceutical margins are higher than food margins."

The research and development pipeline will encompass areas including metabolic conditions and brain health that are of interest to Nestle Health Science, the company said today. Prometheus said it expects the transaction to close early in the third quarter and that about 500 of its employees will join Nestle Health Science after the acquisition.

The purchase will allow "personalized

*Nestle, the maker of KitKat chocolate bars, opened a unit in January to develop personalized nutrition products for afflictions such as diabetes.*

health-care solutions based on diagnostics, pharma and nutrition," Luis Cantarell, chief executive officer of Nestle Health Science, said in the statement.

Prometheus had a 14th consecutive year of sales growth in 2010, CEO Joseph Limber said in a statement on March 1. In addition to its own products, Prometheus has agreements with companies such as Novartis AG (NOVN) and AstraZeneca Plc (AZN) to sell and distribute medicines, according to the company's website.

Goldman Sachs Group Inc. (GS) advised Prometheus on the deal. Nestle was advised by Lazard Ltd. (LAZ)

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From <http://www.bloomberg.com/news/2011-05-24/nestle-health-science-buys-prometheus-laboratories.html>

## DINER BEWARE!

### Cross Contamination with Quinoa

Increasing demand here for quinoa – which can be boiled or otherwise prepared in a variety of rice-like dishes – has driven up the price, persuading many farmers who grew wheat, corn or barley in Bolivia and Peru to plant quinoa as well, said Rabbi Menachem Genack, director of the kosher department of the New York-based Orthodox Union, the world's largest kashrut certification agency. And there is the potential rub, Rabbi Genack explained. Some inspectors have found traces of wheat, and other grains susceptible to leavening in the cooking process, mixed in with quinoa shipped by some farmers, he said. "They may be using the same equipment or bags to harvest a field of quinoa, and a field of something else," he said. "Things easily get mixed up."

### The Many Degrees of Gluten-Free and California Pizza Kitchen

Several readers wrote in to say that California Pizza Kitchen (CPK) eateries now carry gluten-free pizza. I applauded along with the rest. This chain has more than 265 restaurants in 30 states. There's a good chance most of us can find a CPK near us. Then someone wrote and said she had inquired at the restaurant near her and with the corporate offices. While there's a disclaimer on the menu about incidental cross-contamination, what she learned was a bit disconcerting. Yes, the pizza crusts are prepared on aluminum foil and they use a separate pizza wheel, but the sauces and the prep area are shared. That means that the same ladle that spread sauce on a wheat-filled crust, will be used on a gluten-free crust as well. When I called the CPK near me, I was told the same thing. The manager said, "To be honest, there's a lot of flour around here. We can't guarantee there is no cross contamination." So here's another case of SOMETIMES Gluten-Free versus REALLY Gluten-Free. Unfortunately, there are no standards in the works regarding restaurants. The best we can do is pass the word along with a warning: "Diner beware."

from Beth Hillson's Weekly Newsletter

# FDA reopens comment period on proposed 'gluten-free' food labeling rule

The U.S. Food and Drug Administration today reopened the comment period for its 2007 proposal on labeling foods as "gluten-free." The agency is also making available a safety assessment of exposure to gluten for people with celiac disease (CD) and invites comment on these additional data.

*"We must take into account the need to protect individuals with celiac disease from adverse health consequences while ensuring that food manufacturers can meet the needs of consumers by producing a wide variety of gluten-free foods."*

— Michael Taylor,  
deputy commissioner for foods.

One of the criteria proposed is that foods bearing the claim cannot contain 20 parts per million (ppm) or more gluten. The agency based the proposal, in part, on the available methods for gluten detection. The validated methods could not reliably detect the amount of gluten in a food when the level was less than 20 ppm. The threshold of less than 20 ppm also is similar to "gluten-free" labeling standards used by many other countries.

People who have celiac disease cannot tolerate gluten, a protein in wheat, rye, and barley. Celiac disease damages the small intestine and interferes with absorption of nutrients from food. About 1 percent of the United States population is estimated to have the disease.

"Before finalizing our gluten-free definition, we want up-to-date input from affected consumers, the food industry, and others to help assure that the label strikes the right balance," said Michael Taylor, deputy commissioner for foods. "We must take into account the need to protect individuals with celiac disease from adverse health consequences while ensuring that food manufacturers can meet the needs of consumers by producing a wide variety of gluten-free foods."

The proposed rule conforms to the standard

set by the Codex Alimentarius Commission in 2008, which requires that foods labeled as "gluten-free" not contain more than 20 ppm gluten. This standard has been adopted in regulations by the 27 countries composing the Commission of European Communities.

The FDA encourages members of the food industry, state and local governments, consumers, and other interested parties to offer comments and suggestions about gluten-free labeling.

## MEMBER ACTION REQUESTED!

Please consider submitting your comments on the proposed rules to ensure the FDA has adequate information from the perspective of those living on a gluten free diet.



### Things To Consider While Drafting Your Comments

- What label definitions can assist you as a gluten-free consumer?
- Would utilization of a gluten-free (no detectable gluten) and a low-gluten (up to 20 ppm) label be beneficial for you?
- What role do the current certification labels and the various ppm testing levels play in your purchasing decisions? Let the FDA know!

### What does the FDA want comments on?

1. Information in the Federal Register document.
2. The "Gluten Report," which discusses the Agency's gluten safety assessment and how the safety assessment should affect the proposed definition of "gluten-free."
3. Any data and comments on establishing a gluten threshold level and the standards for the potential use of a "gluten-free" and "low-gluten" label.

### How do I submit comments?

The docket opened for comments August 3, 2011 and will remain open for 60 days. Include docket number FDA-2005-N-0404 on each page of your written comments.

Electronic submissions may be made online at [www.regulations.gov](http://www.regulations.gov).

Written comments may also be faxed to: 301-827-6970 or mailed to: Division of Dockets Management, HFA-305, Food and Drug Administration, 5630 Fishers Lane, Rm. 1061, Rockville, MD 20852

NOTE: Please keep in mind when writing that all comments may be posted without change, including personal information.

Thanks for helping to support celiacs and gluten sensitive individuals. Let's make an impact by delivering our opinions!

*from Celiac Sprue Association*

## How much gluten is 20 parts per million?

**Question:** How much gluten is too much?

**Answer:** The amount of tolerable gluten varies among people with celiac disease. In general, research has suggested that a daily gluten intake of less than 10 milligrams (mg) is unlikely to cause significant damage to the intestines in most people with celiac disease (although these small amounts could still be enough to make a person feel unwell). — *from About.com*

If you have read about the definitions of “gluten-free” proposed by the Food and Drug Administration and the Codex Alimentarius Commission you may wonder just how much gluten is in a product containing 20 parts per million gluten.

The proportion 20 parts per million is the same as .002%. This is also the same as 20 milligrams of gluten per 1 kilogram of food or 20 milligrams of gluten per 35.27 ounces of food. To put this amount into context, a 1-ounce (28.35 grams) slice of gluten-free bread containing 20 parts per million gluten would contain 0.57 milligrams of gluten.

You also may be wondering how much gluten might be eaten each day if grain foods (bread, pasta, breakfast cereal) contained 20 parts per million gluten (remember, under FDA’s proposed rule, gluten-free foods must contain less than 20 parts per million gluten. This is a maximum amount and many products are likely to contain less than this amount).

If you require 1,800 to 2,000 calories a day you should eat 6 1-ounce grain equivalents each day. Six ounces of grain food containing 20 ppm gluten would contain 3.42 milligrams of gluten.

If you require 2,200 calories a day you should eat 7 1-ounce grain equivalents each day. Seven ounces of grain food containing 20 ppm gluten would contain 3.99 milligrams of gluten.

If you require 2,400 calories a day you should eat 8 1-ounce grain equivalents each day. Eight ounces of grain food containing 20 ppm gluten would contain 4.56 milligrams of gluten.

If you require 2,800 to 3,200 calories a day you should eat 10 1-ounce grain equivalents

each day. Ten ounces of grain foods containing 20 ppm gluten would contain 5.70 milligrams of gluten.

So now you might be wondering whether eating 3 to 6 milligrams of gluten daily is safe. In 2007 Catassi and colleagues assessed the effects of consuming capsules containing 0, 10, and 50 milligrams of gluten on the intestinal morphology of persons with celiac disease who reportedly were compliant with a gluten-free diet (*Am J Clin Nutr* 2007;85:160-166). During the study participants maintained a strict gluten-free diet and were only allowed to consume specially marked gluten-free cereal foods containing less than 20 parts per million gluten. Gluten intake from the diet was estimated to be less than 5 milligrams. Researchers found a significant decrease in the villous height to crypt depth ratio in the group taking the 50 milligram capsule. No significant change was found in the vh/cd ratio in the group taking the 10 milligram capsule.

### What this means

Even if all of the gluten-free grain foods you ate contained 20 parts per million gluten (and they probably won’t) you would have to eat a lot more than the recommended number of servings to approach an intake of 10 milligrams of gluten.

For more information on the definitions of “gluten-free” proposed by both the Food and Drug Administration and the Codex Alimentarius Commission go to the Newsletter home page at [www.glutenfreedietitian.com](http://www.glutenfreedietitian.com) and click on “Codex standard for gluten-free foods” and “FDA gluten-free labeling.”

*by Tricia Thompson, RD, [www.glutenfreedietitian.com](http://www.glutenfreedietitian.com)*

## CSA Recognition Seal Ensures Highest Standard for GF Products

The FDA is currently conducting an open period for comments on a rule it is considering to set gluten labeling standards at less than 20 parts per million (ppm). The comment period, which is open now through October 3, 2011, is a good time for celiacs to consider and weigh in with the FDA on what the appropriate standard for maximum allowable gluten levels should be in products labeled “gluten free.”

The CSA criteria for products bearing its CSA Recognition Seal allow only 5 ppm gluten — a lower limit than the 20 ppm the FDA proposes.

Products bearing the CSA Recognition Seal meet the strictest criteria for absence of gluten in product ingredients, processing and packaging. Member’s asked for a gluten-free product identification truly Meaningful, Verifiable and Consistent.

The CSA Recognition Seal denotes the most risk-free choice for all people eliminating gluten from the diet — The Sensitive and Lesser So. To be everything for everyone, risk is brought to the minimal by omitting the grains of concern, and oats their derivatives, crosses in items bearing the CSA Recognition Seal.

To verify, the company has addressed all ingredient, production and training elements, the status products are tested using the most sensitive ELISA test presently available in the United States. The R-Biopharm RIDASCREEN® Gliadin test has a lower limit of quantification of 5 parts per million. Products must test below the level of quantification of this test to qualify for the CSA Recognition Seal.

*Part of this article is reproduced from [www.csaceliacs.org/CSASealofRecognition.php](http://www.csaceliacs.org/CSASealofRecognition.php)*

# Support Opportunities

## Nashville–Middle Tennessee Celiac Chapter Membership

Membership dues are only \$20 annually for CSA Nashville – Middle Tennessee Celiac Chapter #76. We have separate annual dues from the national CSA/USA, Inc. organization, and do not share membership lists with each other. Your membership dues renewal date will be shown on the mailing label above your name found on the outside page. You will receive four newsletters mailed quarterly as a paid member. If you haven't received a newsletter, then you may have let your dues lapse. Please contact Casey Bohr, Treasurer, at 615-773-8545 or caseybohr@wmconnect.com if we are in error. Your dues cover costs accrued for newsletter printing and mailing, website, awareness, meeting supplies, handouts, baking demo supplies, etc. Board members are volunteers and not paid for their services. Please use the membership form provided above. [www.nashvilleceliacs.org](http://www.nashvilleceliacs.org)

## CSA/USA Membership



The Celiac Sprue Association/United States of America, Inc. (CSA/USA) is a national support organization providing information for self-management and referral services for persons with celiac sprue (gluten sensitive enteropathy) and dermatitis herpetiformis and their families. CSA/USA, Inc., P.O. Box 31700 Omaha, NE 68131-0700, 1-877-CSA-4-CSA [www.csaceliacs.org](http://www.csaceliacs.org)

## Membership Email Addresses/Changes

Be sure to let us know when your email changes, so you don't miss important reminders. Please email [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com).

## Vendor Advertising

*GrainWise* is a quarterly publication, with a mailing base of (±350). Ads are limited to Celiac/Gluten Free products only and may not mention prices or discounts. Ads may be provided in EPS, JPG, TIF, or PDF file formats. Available sizes and rates are:

1/2 page	\$100 / issue	\$360/yearly (4 issues)	7.75" w x 4.75" h
1/4 page	\$50 / issue	\$180/yearly (4 issues)	5" w x 3.5" h
1/8 page	\$25 / issue	\$90/yearly (4 issues)	2.5" w x 2.5" h

Send art files to: Beahm Design, c/o Kristen Beahm, [kbeahm@comast.net](mailto:kbeahm@comast.net).  
Make checks payable to: CSA Nashville - Middle TN Celiac Chapter #76.

Mail to: CSA Nashville - Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville TN 37215-9312

**Disclaimer:** CSA Nashville - Middle TN Celiac Chapter #76 is a chapter of the Celiac Sprue Association / United States of America, Inc. (CSA/USA) national organization. Both support groups have separate annual dues, and do not share membership lists with each other. CSA Nashville - Middle TN Celiac Chapter #76 provides support for Celiacs, parents of Celiac children, patients with Dermatitis Herpetiformis, and individuals with gluten intolerance—helping them adjust to a gluten free diet and providing a forum in which to exchange information and discuss dietary and medical topics. All recommendations, information, dietary suggestions, product news, and related data are intended for the benefit of those on our mailing list and other interested parties. The text has not been submitted for approval to the CSA/USA Medical Board. Food manufacturer's products are subject to change at any time, changes that may or may not be reflected on the labels. Always verify the gluten free status of any food by calling or writing the manufacturer. This support group has no financial interest in any companies represented herein. No liability is assumed for the use of this information. Reproduction of any material is allowed with permission (except copyrighted material). However, please reference the source of the information.

## CSA Nashville – Middle TN Celiac Chapter #76 Membership Registration

New Membership     Renewal Membership     Information Change     Medical Professional Membership

(Please Print) Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Email Address (will be sent meeting and event reminders) \_\_\_\_\_

Who has Celiac or DH in your family? Self / Spouse / Child — Age \_\_\_\_ / Other \_\_\_\_\_

Have you met with a mentor of the Nashville Celiac Support Group? Yes / No If yes, who? \_\_\_\_\_

**Please make \$20 check payable to: CSA Nashville – Middle TN Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312**

Check Number \_\_\_\_\_ Amount \$ \_\_\_\_\_ Date Paid \_\_\_\_\_

### \*Optional Information:

\*Name of Diagnosing Doctor \_\_\_\_\_ Date of Diagnosis \_\_\_\_\_

\*Have you met with a dietitian? Yes / No If yes, who? \_\_\_\_\_

## CSA Nashville – Middle TN Celiac Chapter #76 Donation Form

I would like to help support the efforts of CSA Nashville – Middle Tennessee Celiac Chapter #76, a chapter of CSA / USA, Inc.

Enclosed is my gift of \$ \_\_\_\_\_ Check # \_\_\_\_\_ Gift given is a:  Tribute /  Memorial Gift in honor of:

(Please Print) Name \_\_\_\_\_ (Please Print) Name \_\_\_\_\_

Address \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Please make your check payable to: CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312.** Your gift is tax deductible to the full extent of the law. Tennessee Charitable Solicitations Act, Exemption pursuant to T.C.A. 48-101-501(a)(2) granted. TRK:GS:DH:CO# 8888

Updated: 02/10



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**RENEW! RENEW! RENEW!**

Please check your renewal date on the mailing label below.  
If you've allowed your membership to lapse, then this may be your last issue.

**ADDRESS SERVICE  
REQUESTED**

**August  
Meeting**

**Saturday, August 20th  
2:00 p.m.**



- Bread Baking Tips
- Whole Foods GF Bakehouse
- Open Forum Discussion
- Business Meeting
- Door Prizes
- GF Bake Sale
- GF Product Samples



THE CSA NASHVILLE – MIDDLE TENNESSEE CELIAC CHAPTER #76 PROVIDES SUPPORT AND INFORMATION FOR PATIENTS (AND FAMILIES) DIAGNOSED WITH CELIAC DISEASE, DERMATITIS HERPETIFORMIS AND GLUTEN INTOLERANCE — HELPING THEM ADJUST TO A GLUTEN-FREE DIET WHILE PROVIDING A MEETING FORUM IN WHICH TO DISCUSS DIETARY AND MEDICAL TOPICS AND EXCHANGE INFORMATION.