

GRAINWISE™

& GLUTEN-FREE

A Publication For The CSA Nashville-Middle Tennessee Celiac Chapter #76 | www.nashvilleceliacs.org

November Meeting: Saturday, Nov. 12, 2-4 p.m.

GF Thanksgiving Dinner • Silent Auction • GF Holiday Cookie Exchange • Announcements

Gluten-Free Potluck Thanksgiving Dinner

Free-Range Turkeys will be provided courtesy of Whole Foods Marketplace, Green Hills. These will be prepared gluten- and dairy-free. Please bring a gluten-free dish from one of the following categories, copies of the recipe and an ingredient list. An ingredient list is needed for those with additional allergies. Table service will be provided.

For those that are new to the gluten-free diet:

Dedicated cutting boards, utensils, cookware, bakeware, bowls, mixers, hot pads, etc. are necessary in a gluten-free kitchen. This will keep our members healthy!

Salad or Fruit	Vegetable
Bread/Dinner Rolls	Dessert
Casserole	Beverages (great for newbies)

Please RSVP to Brenda, Hospitality Chair, with the number attending – including family, friends or neighbors that you are bringing as your guest! Please bring an additional side dish if you have invited several.

Silent Auction

All members are invited have fun and put together a themed gift basket – or two - for the silent auction! Here are some ideas to get the creative juices flowing: Mom's Night Out, Movie Night, Gardener's Delight, Kids' Games, Date Night, any Holiday theme, Teen Birthday, and so on!

Basket or container contents should be new or gently used (CD, DVD, books, decorative dish, jewelry, etc.) and only gluten-free foods or products. Please contact restaurants, grocery stores, spas, etc. for gift certificates for your baskets. A receipt will be given for their tax deductible donation by our treasurer. The Silent Auction Committee, chaired by Ann McQueen, has been busy soliciting some additional items for our tables! What will you bid on? Kinnikinnick Gift Basket, Zojirushi Rice Cooker, 1808 Restaurant Gift Card, Hilton Garden Inn Overnight Stay, Jules Gluten-Free Gift Card, Harsch Gairtopf Fermentation Crock Pot, Mista Dale's Gift Basket, ???

Holiday Cookie Exchange

This is a wonderful opportunity to only bake one kind of cookie, but to leave with a variety of flavors and shapes. This is how it works:

1. Bring a minimum of 4 – 5 dozen gluten free cookies that you have baked or candy that you have created.
2. Bag it! Separate 2 cookies or candy equivalent per baggie and attach a copy of the recipe.
3. An extra container will be needed to place your new cookie collection into.
4. Take cookies and candy home to eat or freeze for later enjoyment.

1:00 PM Set Up:

Your help is needed! Jobs to be done: Arrange tables and chairs, Post signs, Set up AV equipment, Set up serving tables, Set up silent auction tables.

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.

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.

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615-481-4445, Darrylcasey@yahoo.com

Co-Chair - Need a Volunteer!

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Social Chair - Need a volunteer!

Fundraising - Need volunteers!

Web Site Manager - Carol Ann Baily,
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nashvilleceliacs@gmail.com

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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.
cfry@comcast.net, 615-837-0875

Clarksville Area - Need a volunteer!

Columbia Area - Laura Hill, 931-224-1932,
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grseise@juno.com, 615-895-0398

Living The Gluten-Free Lifestyle

and other notes from Darryl...

The Pumpkin—Not just for Jack-O-Lanterns!

It's that time of year again. ... The leaves are changing and a nip in the air. What does this mean? Of course, fall is here! We love the bright colors of fall foliage, mums, and PUMPKINS! But, have you ever considered that the bright orange of the pumpkin means for our health? Not only is pumpkin tasty in pumpkin pie but also in breads and even RAW!

The Native Americans were the first to identify the health benefits of consuming pumpkin. Pumpkin is healthful because it is rich in Carotenoids. Carotenoids are deep orange, red or yellow fat soluble compounds. They protect plants from sun damage. In humans, Carotenoids have shown to reduce the risk of various cancers and also to reduce heart disease risk. Carotenoids are also believed to prevent cataracts and macular degeneration. As a matter of fact, one half cup of pumpkin provides you with 2x the recommended daily intake of Alpha-Carotenoid and 200% of Beta-Carotenoid! So there, the

pumpkin is better eaten than carved into a spooky face!

After carving the pumpkin, don't throw away the seeds!! As if Carotenoids are not reason enough to indulge in the orange superfood... Pumpkin seeds, called "Cucurbita" by the Native Americans, are a good source of potassium, fiber, vitamin C, protein, fatty acids, iron, B vitamins, magnesium, and vitamins C, D, E, K! The Native Americans ate the seeds to treat the kidneys and also to rid the body of parasites. The zinc in seeds is great for the prostate and the bladder. Seeds also contain L-tryptophan which has been shown to fight depression.

You may not prefer the pumpkin or seeds raw, but they are most nutritious in the original form! Please check out the following website for tasty recipe for raw pumpkin pie!! <http://ediblegoddess.com>

— Darryl Casey, Co-Chair

kudos

Linda Nishida, Marketing Team Leader, Whole Foods Market, Green Hills – Information given on Whole Foods Market Gluten-Free Bakehouse products. A generous variety of Whole Foods GF Bakehouse foods were provided for sampling and enjoyed by all!

Mista Dale's Gluten-free Mustard Slaws – Samples provided by Nashville Retailer. A very tasty Barbeque slaw! May be purchased at local Kroger Stores or ordered online. www.mistadales.com

Caroline Schafer, Newly Diagnosed Orientation Team Clarksville Area – We wish you the best as you leave Tennessee and settle into your new home. You will be fondly missed!!

Nancy Parker, Ann McQueen, Diane Buckberg, Carol Ann Baily for roasting turkeys for our Thanksgiving Dinner! We so appreciate you!

Brenda Boswell, Karen McGhee, Nancy Parker, Cheryl Chamberlain, and Ann McQueen, Chair, for their dedication to make the Silent Auction a success!

NEW TO CD OR DH? Please contact our Newly Diagnosed Coordinator, Peggy Czyz, at gfpeggytn@bellsouth.net or 615-646-2905 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.

IMPORTANT ANNOUNCEMENT CONCERNING MEMBERSHIP

The membership is now being updated with each mail out. Those who do not have a paid membership will be removed from the mailing list. Your dues renewal date will be shown on the back page above your name. You will receive four newsletters mailed quarterly as a paid member. With membership renewal your newsletter will be reinstated with the next issue. Contact Casey Bohr, Treasurer, if you have questions about your membership.

Announcements

2011 FDA Labeling Update – www.csaceliacs.org

The regulation to define "gluten-free" for volunteer labeling of foods is expected to be published in the third quarter of 2012. The FDA's comment period closed as of October 3rd. Docket FDA-2005-N-0404 comments are posted on the www.regulations.gov site or view here. (CSA website) Check the comment date for newest entries. – More information may be found on the homepage of www.csaceliacs.org

CSA 2011 Gluten-Free Labeling Member Survey Results

To date 1000 people have taken the CSA Survey. Results are posted and may be viewed on the CSA website.

Mineral Fusion at Target – Tim Schaeffer, tim@mineralfusion.com

Mineral Fusion offers high-quality, hypo-allergenic cosmetics, body care, hair care and skin care that are free of gluten, parabens, talc, synthetic fragrances and artificial colors. Target is taking notice of this exciting growth and is now carrying Mineral Fusion's skin and hair care at the Nashville East Target (3171 Lebanon Pike) beginning October 24!

Quaker Oats Rice Cakes Consumer Inquiry – Jonie Larson, 9/23/2011

Thanks for reaching out to us. So we may set the record straight, we do not claim that Quaker Quakes (the mini rice cakes) are gluten free. Even when gluten containing grains are not part of the ingredients in these products, they may contain trace amounts due to grains being grown, harvested or stored with other grains.

We are, however, able to make the claim that our Quaker Large Rice Cakes are gluten free. Now that the FDA has proposed a maximum allowable gluten level of 20 ppm (parts per million) in order for a product to contain a gluten free claim, we have decided to include gluten free labeling. We have initiated additional ingredient and finished product testing to verify that we meet the proposed FDA level. None of the rice cakes were reformulated for this claim.

Next Meeting

November 12, 2011

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

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

2012 Schedule

Saturdays, 2:00 – 4:00 pm

January 28

March 10

June 9

September 15

November 10

Annual GF Thanksgiving Dinner & Silent Auction

The "Gluten Free" label is on the back of the bags of our Quaker Large Rice Cakes. (It's right above the Nutrition Fact Panel.)

I'll certainly let our marketing teams know you'd like us to offer more gluten free products in the future. Thank you, Jonie, for letting us know how we can best meet your needs. I hope this information is helpful.

Dan
Quaker Consumer Relations
A Division of PepsiCo
Ref# 027654186A

Gluten Free Coupons are Here!! Leilani@GFCoupons.com

www.gfcoupons.com is a website dedicated to providing a wide variety of gluten free/allergy free food coupons, amazing recipes and invaluable information that is important for living a gluten-free/allergy-free lifestyle.

WE NEED

a full board to be operational. The Co-chair position MUST BE filled by our January meeting.

Co-chair, Skills: 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. Manual Provided. Please contact Darryl Casey or Cheryl Chamberlain.

Ask us how you can be of help. We would love to see our Chapter develop in these areas!

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

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.

ROCK

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.

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 Deadline is February 11th for the March 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.

www.nashvilleceliacs.org Nashville area gluten-free dining is now available on our website!

E-mail Communication Heather Graffam will send e-mail announcements concerning

Announcements

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. If you are not sure if your current e-mail address is on file or if you receive a med/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”.



Two Exciting Nashville Chapter Projects!

Please RSVP to nashvilleceliacs@gmail.com by November 12 to offer your help with either project. Thanks!

A gluten-free recipe card box!

The initial project is to create a box filled with 50 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.
-

Resources

Celiac Sprue Association

<http://www.csaceliacs.info>

CSA has a new look to their website! Stay informed with the most up-to-date information on CSA’s homepage. Check the scrolling information under “Latest News” and the “Current Issues” bar.

National Foundation for Celiac Awareness Website

www.celiaccentral.org

A good source of information with good pdf’s to print: (<http://www.celiaccentral.org/Resources/Printable-Guides/373/and> Webinar archives (<http://www.celiaccentral.org/webinars/archive/>)

Holiday Tips

Gluten-Free Alcoholic Drinks

from <http://glutenfreediet.ca/blog/?p=356>.

The best advice for any drink/food is to read a label if you can find it, but here are some general guidelines regarding the gluten status of alcoholic beverages.

- Beer (unless specifically gluten-free) is not gluten-free. The good news is that gluten-free beer is becoming more widely available.
- Malt-based coolers are not gluten-free.
- Wine (including vermouth, port and sherry) is generally gluten-free, but beware of any specialty flavorings and note the earlier warning about malt-based coolers.
- Champagne
- Liqueurs (also known as cordials) are generally gluten-free.
- Rye whiskey, scotch whiskey, gin, vodka and bourbon are distilled from a mash of fermented grains. Even though these alcoholic beverages can be derived from a gluten-containing grain, the distillation process removes the gluten from the purified final product, so they are gluten-free.
- Rum (distilled from sugar cane) and brandy (distilled from wine) are also gluten-free.
- Some pre-made Bloody Mary, Caesar, and other beverage mixes may contain barley malt flavoring or hydrolyzed wheat protein and are not gluten-free, so check the label on these items.
- Most ciders are gluten-free but some brands may use barley in its production and are not gluten-free. The best bet is to check with the manufacturer to determine if they are gluten-free.

Surviving the Holidays Gluten-Free

– posted by CSA Tulsa Support Group, www.csatulsa.org, 10/19/2011

Tips for Potlucks/Holiday Parties

- Eat before you go.
- Show up a little late after most people have already eaten and moved on to drinks/conversation.
- Be wary! Crumbs, gluteny hands, and utensils are all potentials for cross-contamination.
- Bring your own dish, plate, snacks, etc.
- Serve yourself first. Ask your host if they would mind if you prepare a plate before the food is set out.
- If in doubt, go without. The holidays can be especially tough when it comes to staying on a strict gluten-free diet, but it's going to be more difficult to enjoy them if you are sick. Don't feel guilty though about indulging in a few extra gluten-free treats!

Some Tips for Gluten-Free Holiday Cooking

- Use your old recipes and just use gluten-free substitutions. If you find gluten-free recipes calling for several types of flours, just total them up and use an all-purpose, gluten-free flour like Pamela's, Bob's Red Mill, and Gluten-Free Pantry, etc. If the recipe also calls for xanthan gum, you'll probably need to eliminate it as most of the all-purpose, gluten-free flours contain xanthan gum already.
- Test it out before your big event, especially if it is an important tradition. Yes, there are some very good gluten-free all-purpose flours and other substitutes, but there may be some differences. You may need more or less of something or find that one substitute works better than the other.
- Everything doesn't have to be homemade. You can buy gluten-free pie crusts or whole pies at Whole Foods and online (www.katzglutenfree.com has pies and lots of other gluten-free holiday items, including some not so easy to find items like challah, rugelach, and hamantaschen). There is even gluten-free stuffing mix and gluten-free turkey gravy.
- Keep the old as much as you can and want to, but don't be afraid to add the new. We have a few "oldies but goodies" that must be on the table, but I always try to add something new in the mix – you might even start a new tradition.

Gluten-Free Holiday Recipes/Baking Tips

- 2010 Holiday Baking Ebook from The Baking Beauties (www.thebakingbeauties.com) - this website has lots of great recipes and this holiday baking ebook - https://docs.google.com/viewer?a=v&pid=explorer&chrome=true&srcid=0B5VK_PYiLK3uMjM5M2UzMmMtZmE3MS00MzBiLTlhM2MtM2VmMDc3NGNiMjgx&hl=en_US&pli=1
- Art of Gluten-Free Baking - <http://www.artofglutenfreebaking.com/gluten-free-recipes/>
- Gluten-Free Crockpot Recipes - <http://crockpot365.blogspot.com/> (not really holiday recipes but great for the busy holiday season)
- Jules Gluten Free Blog - <http://blog.julesglutenfree.com/> (you can use Jules flour or try other gluten-free, all-purpose flour that already has xanthan gum added)
- Gluten-Free Baking Tips - <http://glutenfreegoddess.blogspot.com/2007/01/cooking-baking-gluten-free-tips-for.html>

Let's Talk Turkey

– posted by CSA Tulsa Support Group, www.csatulsa.org

- Butterball - Butterball product labels let consumers know whether any of the top eight allergens may be present in the product. For example, a label may read "contains wheat and dairy." Specifically, gluten is not present naturally in turkey. Only two of our retail products currently contain gluten: Butterball® Frozen Italian Style Meatballs and Butterball® Frozen Stuffed Turkey. Our gravy has been reformulated to eliminate gluten, but certain gravy packets may still contain gluten; it will be listed on the ingredient statement.
- Honeysuckle White - The majority of Honeysuckle White® products do not contain Gluten. However, the following list of products do contain Gluten: Asian Grill Marinated Turkey Strips Teriyaki Flavor Turkey Breast Tenderloin Frozen Italian Style Meatballs Fresh Italian Style Turkey Meatballs Beer Smoked Turkey Brats
- Jennie O - Browse our gluten free products or call 1.800.621.3505 for more information.
- More Gluten-free Turkey Information (November 2010) - <http://www.examiner.com/gluten-free-food-in-atlanta/gluten-free-turkey-list>

Information To Share With Your Host

Entertaining Gluten-Free Guests

Guide: Help family and friends feel more confident when they cook for you or your gluten-free loved ones- http://www.celiaccentral.org/SiteData/docs/NFCAGluten/427c24658337e1b3/NFCA_GlutenFreeEntertaining.pdf.

CSA's Letter to the FDA on gluten-free labeling

Thank you for the efforts made to make food safer for those with celiac disease. The Celiac Sprue Association, as the major US patient based organization for those with celiac disease, actively supports standardizing of the term gluten-free on a food label. Our members highly support a simple, straightforward identification of a gluten-free product suitable for the family members with celiac disease with a mandatory review at no more than five year intervals to assure food safety for those with celiac disease.

Members overwhelmingly support mandatory source labeling of ingredients containing or derived from rye (meaning any species belonging to the genus *Secale*); barley (meaning any species belonging to the genus *Hordeum*) and common oats (meaning any species belonging to the genus *Avena*). See attached member survey results.

The Celiac Sprue Association (CSA) supports a definition for voluntary use of the term gluten-free validated substantially lower than the proposed 20 parts per million (ppm). A lower compliance safety standard would be suitable for more celiacs, according to FDA's own reports. The current preference of the membership is a gluten detection assay sensitive to 5 ppm. See attached member survey results. This definition would make certification programs, including the CSA Recognition Seal, unnecessary.

In 2004, CSA developed the first celiac certification program for gluten-free products. The program is for products "free of wheat, barley, rye, oats, their crosses and derivatives in product, processing and packaging." The program was established to reflect the membership's desire for a symbol of risk free assurance. The CSA program requires strict criteria for source ingredient validation, a Hazard Analysis Critical Control Points (HACCP) plan detailing company gluten-free practices and verification of absence of gluten below level of quantification (BLQ) status. Currently the verification assay of choice is the cross reactive R-Biopharm Ridascreen® Gliadin sensitive to 5 ppm, performed by the University of Nebraska Food Allergy Research and Resource Program (FAARP). The 5 ppm quantification calibration has been reliable, well respected and used in labs world-wide for many

years. Seventy-six companies participate in the CSA Recognition Seal Program at this time. See attached list of participants.

Under FDA "Option 6", as a compromise, a regulation with two gluten-free labeling options for companies is acceptable if one meets the FDA proposed gluten-free definition and the other option sets compliance at the proven attainable 5 ppm and eliminates crosses and derivatives. These two levels protect the companies who have made substantial investments in responding with products to the expressed needs of the US celiac gluten-free consumer, yet provide a venue for international trade and other products suitable to a wide range of consumers. See attached member survey results.

Based upon comments from the members of the Celiac Sprue Association, CSA supports a "gluten-free" claim on product labels defined:

1. to reflect the gluten absence level currently in standard practice in the US marketplace, which is closer to 5 ppm than 20 ppm. (see CSA Report of Gluten-free test results)
2. to meet the strict gluten-free needs of nearly all of us with celiac disease, rather than most of us.
3. and supported on the label with the listing of ingredients free of the gluten grain derivatives.
4. to stand alone as "gluten-free" without a caution statement, such as "made in a plant..."
5. to identify an inherently gluten-free product specially handled to be free of cross contamination.
6. if the Hazard Analysis Critical Control Points (HACCP) plan includes ingredient purity and to eliminate cross contamination in procurement, storage and processing. Products labeled gluten-free sent by the Celiac Sprue Association for testing to the University of Nebraska FAARP Lab now commonly result in levels Below Level of Quantization with the R-Biopharm Ridascreen standard assay sensitive to 5 ppm.
7. when a company retains adequate records, consistent with the FDA Food Safety Modernization Act (FSMA) requirements, to support such a claim.

CSA supports the consideration of replacing the term "prohibited" grains with "specific" grains throughout the proposed gluten-free definition regulation.

A safety assurance review of the definition in not more than five year increments after implementation would indicate a commitment to protect those with celiac disease since:

Refractory celiac disease is less common in the US than in Europe. Have the more than thirty years of a stricter US gluten-free diet been protective?

There is no statistically well established safe threshold level for gluten in people with celiac disease.

Advancing food processing methods may remove the amino acid sequences toxic to those with celiac disease.

Food analysis methods for gluten presence are not yet equally suitable for all processed foods and food additives.

Inherently gluten-free products may be cross-contaminated with gluten containing products.

Transglutaminase enzyme is becoming more common as a food additive in dairy and meat products. Implications of the use of this dietary enzyme in celiac diet has not been established.

The research on the tyrosine dimer is emerging.

The required labeling of Wheat, meaning any species belonging to the genus *triticum*, has been immensely useful for those shopping for gluten-free products.

The Codex Alimentarius gluten-free definition for trade is set for implementation January 1, 2012.

An individual's symptoms are poor indicators of damage to overall health.

Celiac disease is a cellular level autoimmune response.

Other gluten-induced health conditions are being identified.

A growing number of people are not aware of any specific symptoms when exposed to gluten.

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

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

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.

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.
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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Celiac Sprue Association/USA, Inc.
CSA Nashville - Middle Tennessee Celiac Chapter #76
P.O. Box 159312
Nashville, TN 37215-9312

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**



**November
Meeting**

**Saturday, November 12th
2:00 p.m.**



Gluten-Free Thanksgiving Dinner
Silent Auction
GF Holiday Cookie Exchange

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.

If you need to contact us due to a change in your E-mail address, home address, you no longer wish to receive *GrainWise*, or for any reason, please E-mail us at nashvilleceliacs@gmail.com.