

# GRAINWISE™ & GLUTEN-FREE

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

## March Meeting Saturday, March 10, 2-4 p.m.



### What next?!

Now that you have the diagnosis how do you manage gluten-free family meals on busy days with after school activities, evening meetings and weekend sports? What are you to do when your child is invited to a birthday party or leaves for a weekend with the scouts? We have kid (and adult!) friendly tips to share with you that are time saving and convenient. Some will even save you money! We have five revised guides for you to take home: GF Quick Meal Ideas, GF and Low Carb Snacking, GF Frozen TV Dinners, GF Snacks and Candies for School, and GIG Easy to Find, Easy to Fix. Keep your family happy and safe all the while *enjoying* the gluten-free lifestyle!

### The Old Spaghetti Factory, Nashville

The Old Spaghetti Factory in Nashville has generously donated two \$25 gift certificates and a bag of their gluten-free pasta to be given away at our meeting. OSF takes pride in offering a gluten-free menu. Please see page 10 for additional information.

### Kettle Cuisine

A Kettle Cuisine Goodie Box filled with coupons and literature will be arriving just in time for our meeting! Kettle Cuisine makes all-natural gluten-free soups from scratch. "The best part is they are frozen, single serve soups ready for you to heat and eat for your convenience!" –KC

### Alba Research Study

Information will be available from Dr. Wilmot Burch, explaining the current Alba research study. Please see p. 10 for additional information. Wilmot Burch, M.D. | Franklin Gastroenterology Center | 740 Cool Springs Blvd, Suite 210B | Franklin, TN 37067 | Phone: 615-771-8786

**Refreshments:** Bring a GF snack to share. If home baked please bring the ingredient list and recipe. Beverages are welcome, too!

**1:00 PM Set Up:** Your help is needed! Jobs to be done: Arrange tables and chairs, Post signs, Set up Hospitality Tables 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 22<sup>nd</sup> 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 22<sup>nd</sup> 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 ½ level. Select "Button A" to Auditorium.

**Board Members are Volunteers**

**Co-Chair** – Darryl Casey

Darrylcasey@yahoo.com, 615-481-4445

**Co-Chair** – Need a volunteer!

**Secretary** – Ann McQueen, 615-385-5366

aunderwoodmcqueen@gmail.com

**Treasurer** – Casey Bohr

Caseybohr@wmconnect.com, 615-773-8548

**Chapter Advisor/Editor** – Cheryl Chamberlain

GFCherylTN@comcast.net, 615-591-9622

**Medical Advisor** – Craig Wierum, M.D.

CWierum@heritagemedical.com, 615-324-1204

**Dietetic Advisor** – Laura Herbert

lherbert@wmed.org, 615-202-7570

**Founder** – Tori Ross

toriross@comcast.net, 615-371-9455

**Newsletter Team** – Need volunteers!

**Hospitality Team** – Need more volunteers!

**Social Chair** – Need a volunteer!

**Web Site Manager** – Carol Ann Baily,

cabaily@mtsu.edu

**Educational Materials** – Greg Foreman

gforeman@gmail.com

**Membership List** – Candace Foreman

caelkins@comcast.net

**Tech Committee** – Need a volunteer!

**Cel-Kids Network Coordinator** – Need a

volunteer!

**Newly Diagnosed Coordinator** – Peggy Cxyz

615-646-2905, GFPeggyTN@bellsouth.net

**Newly Diagnosed Orientation Team:**

Antioch Area – Chris Fry, R.D.

cfry@comcast.net, 615-837-0875

Columbia Area – Laura Hill

Laurahill87@hotmail.com, 931-224-1932

Franklin Area – Maureen Norris

manorris@comcast.net, 615-591-961

Franklin/Bellevue Area – Peggy Cxyz

gfpeggytn@bellsouth.net, 615-646-2905

Franklin/Brentwood Area – Denise Jania

dproofer@yahoo.com, 615-435-8030

Mt. Juliet/Hermitage Area – Janet Lowery

janetlowery@comcast.net, 615-758-7967

Murfreesboro Area – Gary Seise

grseise@juno.com, 615-895-0398

# Living the Gluten-Free Lifestyle

*and other notes from Darryl . . .*

What food will spruce up a salad, give you a great – stand alone snack, is great for juices and adds flavor to many meals? Wow, this awesome food is celery! Celery is used by dieters often as a low calorie snack. I usually drink it in juice form because it is packed with minerals, vitamins, and oils. It can be used to add flavor to soups, salads, and casseroles.

A Rutgers study found it contained anti-cancer compounds that may stop cancer cells from spreading. Acetylenics (component in celery) may stop tumor cells from growing.

Celery is high in magnesium. This is important because a deficiency in magnesium could cause high blood pressure. Celery has the ability to relax muscle cells in the arterial walls. This relaxing ability of celery may offer help for sleeping at night.

Celery juice is supposedly a great detoxifier - - helping the liver and kidneys. It may help stop kidney or gall stones from forming!

I've read in the past that celery is also beneficial for gout and arthritis because it has anti-inflammatory benefits.

You can choose it in any form you wish. I choose to juice it because I can get several stalks in one glass!!!

Long story short. . . Eat more celery!!

*– Darryl Casey, Co-Chair*

## Newsletter Graphic Artist and Production Help Needed

*We are in immediate need* of people to assist with the production of the newsletter. Many, many thanks to Kristen Beahm, Beahm Design, who did an excellent job of bringing our newsletter to new heights with a professional look! Family commitments for both Kristen and myself have made it difficult to put the newsletter into production. Our Chapter needs people who have the skill set to continue publication of our quarterly newsletter. This will allow us to continue to bring you and the medical community current information on celiac and the gluten-free diet, and remain in good standing as a Chapter of CSA. Please contact me for additional information.

*– Cheryl Chamberlain, Chapter Advisor*

### **NEW TO CD OR DH?**

Please contact our Newly Diagnosed Coordinator, Peggy Cxyz, 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.

**WE NEED . . .** a full board to be operational. The co-chair position MUST be filled.

**Co-chair:** Work with co-chair to set meeting dates, secure speakers, direct meetings, provide information to newsletter editor and website manager. Skills: Self-starter, resourceful, people-person. Manual provided.

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

Please contact Darryl Casey or Ann McQueen.

**Hospitality Team:** Additional volunteers needed! Set up refreshment table for meetings. Maintain supplies needed. Receive and prepare samples for meetings.

**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 Market 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.

#### **R.O.C.K.**

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](mailto:nashvilleceliacnewsletter@gmail.com) *Deadline is May 9<sup>th</sup> for the June newsletter.*

*Congratulations to our winners of the January Soup Contest!*

1st - Carol Ann Baily - Tortilla Soup

2nd - Casey Bohr - Chili

3rd - Ruth Root - Cold Broccoli Soup

## **Next Meeting**

**June 9**

### **2012 Schedule**

**Saturdays, 2:00 – 4:00 pm**

**January 28**

**March 10**

**June 9**

**September 15**

**November 10**

**Annual GF Thanksgiving  
Dinner & Silent Auction**

## **GLUTEN-FREE TEA**

*Fundraiser Hosted by Members of the  
CSA Nashville-Middle TN Celiac Chapter #76*

**Saturday**

**April 28, 1:00 – 3:00 PM**

**Community Room**

**Whole Foods Market Franklin**

1566 West McEwen Drive

Franklin, TN 37067



*Also*

**GF Store Tour  
GF Demos**

*Sponsors:*

Whole Foods Market Franklin

The Iron Gate, Main St., Franklin

*Menu - Assorted gluten-free baked goods*

*- Assorted gluten-free teas, beverages*

**\$6.00**

*Invite your family and friends for your own tea party!*

### **Your assistance is needed for the Tea!**

Members are needed to prepare baked goods, set up and serve. To offer your help please e-mail:

[nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) and put "GF Tea" in the subject line or contact Ann McQueen or Cheryl Chamberlain directly.

### **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 or personal networking. An easy way to find us is to Google "Nashville celiacs facebook".

### **EMAIL COMMUNICATION**

E-mail announcements will be sent 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". 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: [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) with your "e-mail address" in the subject line.

## FDA on board to research gluten in drugs to help Celiacs

<http://celiaccorner.com/ceciac-gluten-free/fda-on-board-to-research-gluten-in-drugs-to-help-celiacs/>



On December 22nd, 2011, posted in: [Celiac and Gluten Free Blog](#) by Paula Gardner

On Wednesday, November 21, 2011, the FDA announced the establishment of *Gluten in Drug\* Products – Request for Information and Comments* Docket No. FDA-2011-N-0842, which indicates the FDA is taking the issue of gluten in medication and its harmful effect on Celiacs and the gluten-sensitive, very seriously. Though the FDA believes “wheat is not used to a significant extent in the production of drug ingredients and that barley and rye are used either rarely or not at all”, they are aware that some ingredients may be derived from wheat. Suspect ingredients include: wheat starch, modified starch, pregelatinized starch, pregelatinized modified starch, sodium starch glycolate, dextrates, dextrin, caramel, dextrimaltose, malt, maltodextrin, gamma cyclodextrin, wheat bran, and some flavorings.

**Comments may be submitted by March 20, either electronically to:** <http://www.regulations.gov> referencing Docket No. FDA-2011-N-0842 or by mail: Division of dockets Management (HFA-305), FDA, 5630 Fishers Lane, RM 1061, Rockville, MD 20852. For further inquiries contact: Yana R. Mille, Center for Drug Evaluation and Research, FDA, Bldg. 51, RM. 4152, 1093 New Hampshire Avenue, Silver Spring, MD 20993-0002, (301) 796.1577

When the comment period ends on March 20, 2012, the FDA will evaluate all comments to determine the best approach to help Celiacs and the gluten-sensitive avoid ingesting harmful gluten via a drug product.

“FDA is particularly interested in understanding what impact would result if the use of drug ingredients derived from wheat, barley, or rye were completely discontinued in human drugs” and what impact, if any, there would be on the pharmaceutical industry.

The FDA has heard from many sources over the years about the harmful effects of gluten in medication for Celiacs and the gluten-sensitive community. In 2008, the FDA received a citizen petition asking to prohibit wheat from drugs, and even more requests in recent years from both individuals and organizations. In November of this year, the National Foundation for Celiac Awareness (NFCA) received a grant from the FDA to research gluten in medication (see link below).

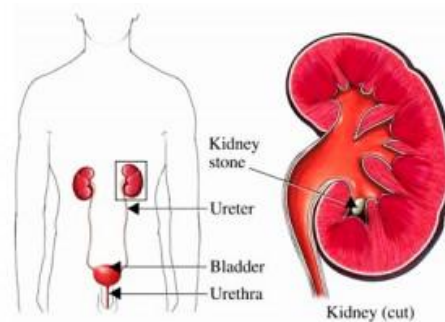
*\*according to the FDA “Drug Products” refers to all FDA-regulated drug products (for humans) in the US, including prescription, nonprescription, biologic and homeopathic*

For more details on Docket No. FDA-2011-N-0842 visit: <http://www.gpo.gov/fdsys/pkg/FR-2011-12-21/html/2011-32551.htm>

For more information on NFCA’s medication research visit: <http://www.celiaccentral.org/News/Press-Room/NFCA-Press-Releases/Celiac-Disease-in-the-News/160/month-201111/vobid-6813/>

## Link between Urinary Stone Disease (Kidney Stones) and Celiac Disease

To read the complete Abstract: <http://www.medscape.com/viewarticle/757844>



In a recent study conducted in Sweden, researchers set out to determine if there was a risk of future urinary stone disease (USD) in a population-based cohort of celiac disease patients without a history of USD. Urinary stone disease (also known as kidney stones) is when a hard mass of crystals separate from the urine and build up on the inner surface of the

kidney. Most crystals remain small and pass through the urinary tract easily, but in some people larger masses may form.

The researchers used a population-based cohort study, *“Using small intestinal biopsy-proven data from 1969 to 2008 obtained from Swedish pathology departments (n = 28), we identified 28 735 patients with CD (equal to Marsh 3: villous atrophy). Patients were then matched for gender, age, county and calendar year to 142 177 reference individuals from the Swedish general population. We used Cox regression to estimate hazard ratios (HRs) for future urinary stone disease and conditional logistic regression to calculate odds ratios (ORs) for urinary stone disease before diagnosis of CD. Individuals with urinary stone disease were identified through the Swedish National Patient Register that contains data on inpatient care, outpatient care and day surgery.”*

During the follow-up period, the researchers found 314 individuals with celiac disease and 1141 reference individuals developed USD, which was a 27% increased risk of USD in celiac (95% confidence interval (CI) = 1.12-1.44). Celiac disease patients had an absolute risk of USD of 107/100 000 person-years (excess risk of 23/100 000). The risk estimates were the same in men and women, and did not change according to the age a patient received a celiac diagnosis. *“Conditional logistic regression found that patients with celiac disease were at a slightly increased risk also of prior urinary stone disease (OR = 1.19; 95% CI = 1.06-1.33).”*

Researchers noted there were some limitations which needed to be addressed and it could not be ruled out that Celiac is a risk factor for certain subtypes of USDs, but not for others.

In conclusion, the study determined there was a small, but *“statistically significant”* association between celiac disease and urinary stone disease both before and after a celiac diagnosis. The researchers recommended an increase in awareness of USD in patients with celiac and vice versa, but they did not recommend patients with USD be screened for celiac.

A few facts about Urinary Stone Disease:

- more common in men than women
- prevalent in middle age
- lifetime risk of having USD is 10%, but may be

increasing

- symptoms can range from none (silent stones) to severe pain, vomiting, fever and haematuria (stone obstructs the urinary tract)
- surgery is required in some instances (urinary tract infections, stones are too large to pass & other)
- also associated with other comorbidities
- found to be more common in undiagnosed celiac disease patients

For more information on Urinary Stone Disease (Kidney Stones):(Slideshow)

[http://www.medicinenet.com/kidney\\_stone\\_pictures\\_slideshow/article.htm](http://www.medicinenet.com/kidney_stone_pictures_slideshow/article.htm)

<http://kidney.niddk.nih.gov/Kudiseases/pubs/stonesadults/>

## Toss Your Toaster

**Kinnikinnick Soft Breads & Buns are Here!  
Soft, Tasty & Just Plain Good For You™**

<http://consumer.kinnikinnick.com/index.cfm/fuseaction/consumer.home.html>

After over a year of research and development, we are pleased to announce the launch of Kinnikinnick Soft Breads & Buns. These products were developed not only to provide great taste & texture but the best nutritional values possible.

**Celiac Sprue Association –** [www.csaceliacs.info](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](http://www.celiaccentral.org)

An excellent source of information with printable pdf’s. ([http://www.celiaccentral.org/Resources/Printable-Guides/373/and Webinar archives](http://www.celiaccentral.org/Resources/Printable-Guides/373/and%20Webinar%20archives)) (<http://www.celiaccentral.org/webinars/archive/>)

The General Managers of **Sperry’s Restaurant**, Cool Springs (near the Cinema), 650 Frazier Drive, Suite 140, Franklin, and **Sopapillas**, (southwest corner of Moores Lane and Franklin Road in the Camden Commons Center) 1109 Davenport Blvd., Franklin will be receiving CSA restaurant posters and additional information on the gluten-free diet to better serve you!

# What You Need to Know About False Gluten-Free Labeling

By Melanie Weir, Published 1/30/2012 | [www.celiac.com](http://www.celiac.com)

Over the last decade, many companies are adding labels to their products like: "gluten-free," "low gluten," "no gluten," "no gluten ingredients used," "naturally gluten-free" and "celiac friendly." To many celiacs and individuals with gluten intolerance, the idea of companies labeling products without gluten is refreshing. To experts on celiac disease and gluten intolerance, the gluten labeling currently happening in the United States is frightening.

Many countries diligently regulate gluten-free labeling. A few months ago, an exchange student from *Italy* stopped by our Gluten Free Specialty Market and told me that she was horrified by the gluten-free labeling laws in the United States. For the first time in her life, she was being contaminated by products that weren't safe for her to eat. After purchasing bakery products that were manufactured in a non-dedicated gluten-free environment, she became deathly ill for more than a week and told me she was only

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*To experts on celiac disease and gluten intolerance, the gluten labeling currently happening in the United States is frightening.*

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just starting to feel like she could travel more than a few steps from the nearest restroom. "I'm afraid to eat anywhere," she told me, "Every time I eat out in this country, I get sick. I can't wait to be home where I don't have to worry like this." This is not the first or even the 100th time I've heard a story like this. For 4 years, I have heard story after story of individuals eating what appeared to be a 'gluten-free' product and getting violently ill. So what does gluten-free mean?

## **What Does Gluten Free Mean?**

According to the FDA, as of September 2011, gluten-free labeled products should (a) not include ingredients from gluten or gluten derivatives and (b) maintain a status of less than 20ppm of gluten for all gluten-free labeled products. *For more information about the FDA's Gluten Free food Labeling Request, go to:* <http://www.fda.gov/Food/LabelingNutrition/FoodAllergenLabeling/GuidanceComplianceRegulatoryInformation/ucm111487.htm#q9>

*Melanie Weir*

While studying abroad in England in 2001, I was introduced to Celiac Disease. I tried out the gluten-free diet, but was unsuccessful. In 2002, without knowing about my previous attempt at eliminating gluten from my diet, I was encouraged by a nutritionist to try out a gluten free diet. After keeping a food journal for a month, she noticed that my stomach problems and emergency room visits increased the more I consumed foods containing gluten. With the help of my nutritionist, I cut gluten out of my diet for 4 weeks and at the end of that 4 weeks, I was amazed. My itchy rash had gone away and I didn't get sick after every meal. It was at that moment that I began researching celiac disease and the gluten-free diet. After almost 6 years of research and analysis of celiac disease and the gluten-free diet, I have opened a gluten-free store, "Gluten Free Specialty Market" in Downtown Sacramento, California. The goal is to provide both gluten-free products and gluten-free resources to the local community. With both a BA and AM degree in Psychology, my goal is to provide information about both the physical and psychological effects of celiac disease and gluten sensitivities.

## **Common Mistakes Made by Product Manufacturers**

While product manufacturers are trying to produce safe products, mistakes are often made. Most mistakes occur due to lack of education regarding what "gluten-free" really means and what it takes to prevent cross-contamination.

## **The Product is Gluten Free Enough for Me**

Many gluten free products are created by individuals that have celiac disease, gluten intolerance or a gluten allergy. Many of these products are made to be safe enough for the individual that made the product. This is a problem because, experts like Dr. Alessio Fasano from the Stanford Celiac Center, estimate that only 1% of the population diagnosed with celiac disease is aware that they are being contaminated. In other words, contamination may be affecting the health of an individual with celiac, even when they are not experiencing blatant symptoms.

#### Example 1:

A brownie company produced their product in a facility that also produced regular gluten products. The company is asked if they test their products for gluten, and they answer, "no, we don't need to. If the product wasn't gluten-free someone would have let us know by now. We've been in business for 4 years."

Example 2: A pie company reports that their product is "celiac safe," and the company reports that they use a flour that tests above the safe range of 20ppm and the pies are made in a facility that produces gluten. Research presented by the Celiac Sprue Association has shown that facilities that use gluten flours generally create products that contain gluten.

#### ***Heterogeneous Mixtures Versus Homogeneous Mixtures***

This problem sometimes happens when gluten-free companies are trying to keep the price down on their products. Flours produced in facilities that produce gluten are often times cheaper than flours produced in dedicated facilities and tested on import and export. Companies often believe that when you mix one flour that's above 20ppm with another flour that's non-detectable at 5 or 10ppm, then the outcome of the flour blend will be below 20ppm. This is not true because flour mixtures are not homogenous, they are heterogenous. In other words, if you have a chocolate chip size morsel of gluten in one bag of flour, even if you mix it with another flour that doesn't have any gluten in it, the morsel of gluten still exists. Therefore, the flour is not gluten-free.

#### Example 1:

Customers were reporting contamination after consuming a specific product from a gluten-free bakery. The facility was visited and it was found that both flours and corn meal were being made in facilities that produce gluten. Additionally, those facilities had reported that their flours routinely test above the safety zone of 20ppm. When the bakery was questioned about the flours, it was reported that they knew that some of their flours were above 20ppm but they didn't use very much of them in the flour blend so it shouldn't matter.

#### ***If a Product Contains Gluten, it Contains Gluten***

If you put gluten in a product, it contains gluten. If your tests show results below 20ppm, they (1) might be read or performed inaccurately, (2) multiple samples could result in discrepancies (in other words, some samples may show higher than 20ppm and others lower).

#### Example 1:

A barbecue sauce has gluten as an ingredient and states "gluten free\*" on their product label. At the bottom of the label the product states: "\*tested below 20ppm for gluten." Though the end product might test as non-detectable, the product still contains gluten and should not be labeled gluten free.

#### ***Manufacturer Produces Gluten, but the Product has "No Gluten Ingredients Used" on the Label***

Many manufacturers produce both gluten-containing and non-gluten containing products in their facilities. When a product is produced on machinery that produces gluten or in a facility that has flour dust in the air, the product should be tested for its gluten status before it is labeled gluten-free.

#### Example 1:

A clam chowder company labels it's product as gluten-free and reports that the soup is gluten-free. Then later reports that wheat flour is used in other soups they make and that there is no allergen sterilization that occurs between the soup with wheat flour and the clam chowder without wheat flour. The company does not test for gluten status, but decides to label their soups as gluten free anyway. It is very possible that the soup will not test below 20ppm.

#### Example 2:

A flour company produces flours that appear to be gluten-free, but the flours are made in a facility that produces gluten-containing flours and are produced on equipment with gluten and exposed to gluten flour dust from the air. To cut back on the amount of gluten in their product, the company throws away the initial batches of flour and only keeps later batches. The later batches on average test around 30-35ppm. The flour is not labeled as gluten-free, nor does it state on the label made in a facility that produces gluten.

#### ***Labeling Mishaps***

Lawyers often recommend that products not be recalled even when a gluten-free labeled product is determined to contain gluten.

#### Example 1:

Wellshire Farms products were sold with a gluten-free label despite having tests showing a ppm reading far above 20ppm.

#### Example 2:

A chocolate fitness bar was certified to be below 20ppm. The ingredients changed and wheat starch was added instead of corn starch. The starch was listed on the ingredients as "starch" and the product was labeled as "gluten-free" and noted to be tested below 20ppm.

#### ***The Product is "Naturally Gluten-Free"***

Oftentimes, companies report that their product is gluten-free, because they use naturally gluten-free ingredients. The problem with this statement is that even a naturally gluten-free ingredient can become contaminated with gluten through production, storage or shipment.

#### Example 1:

A chia beverage company reports on their label that their product is naturally gluten-free. When informed that chia is often cross-contaminated with gluten, the company stated that "our chia tests at 30ppm, but since chia is naturally gluten-free they can still place gluten-free on their label."

#### Example 2:

To protect their consumers, Kettle Cuisine soups tests "naturally gluten-free" ingredients before using them in their manufactured products. More than once their cumin and coriander tested above 20ppm, and Morjoram tested above 5ppm. As a side note the company reports that they have had no problems with their current supplier of organic spices. So far, the organic spices have been consistently testing below 5ppm. Like many companies attempting the safest standards possible for their customers, Kettle Cuisine requires that both the ingredients going into their product and the final product test below 5ppm. This allows even the most sensitive of gluten reactors to feel safe consuming their products.

Many gluten-free product manufacturers regularly test their ingredients for gluten status. Naturally gluten-free products that should always be double checked for their parts per million (ppm) status include: vinegar, chia seed, hemp seed, oats, buckwheat, spices, produce stored with flour, flours or grains made in a facility producing gluten, B vitamins, E vitamins, modified food starch (should be listed as wheat if from wheat, but this doesn't always happen).

#### ***Offering Safe Gluten-Free Options to the Community***

At the Gluten Free Specialty Market in Sacramento, California we work hard to educate the community and manufacturing companies regarding the need for safe

products. Local companies often ask us for information on how to provide safe gluten-free options. Nachez, a dairy free and vegan Nacho cheese sauce, contacted us last year while setting up the manufacturing of their cheese sauce. After speaking with us, it was decided that the product would be produced by a company that regularly batch tests the product to be below 20ppm. It is very empowering to feel like we, as a market, are activists for the health and wellness of our customers. In the past four years we have learned vast amounts of information on the manufacturing of gluten-free products throughout the United States. In 2012, we hope to press local legislators to help us do this by creating a gluten-free labeling standard for California. We hope that if the FDA doesn't pass a gluten-free labeling law in the next year, California will pass a state law to help protect us. In the meantime, we continue to drill gluten-free manufacturers on their products and do our best to provide the safest gluten-free options to our customers.



Celiac Sprue Association®

### **CSA's Camp Celiac for Kids and Teens**

<http://www.csaceliacs.info/camps.jsp>

Camp Celiac was started in July of 2000 as a weekend sleep-away camp for children with Celiac Disease. That weekend, fifty-two children were in attendance. Each year the camp grows in attendance with 171 campers and staff attending in 2009, making Camp Celiac the largest gluten-free camp of its kind in the United States. The children come from across the USA and abroad, having represented over 20 states, Israel, Sweden, Germany and Italy.

#### **Gluten Free camp at Manitou-Lin in Middleville Michigan Camp Dates: July 1-6, 2012**

July 1-6, 2012

#### **Camp Aldersgate in North Scituate, Rhode Island Camp Dates: August 12-17, 2012**

Other gluten-free summer camps and scholarships for kids may be found online at:

<http://celiacdisease.about.com/od/raisingaglutensfreechild>  
<http://www.celiac.org> or [www.gluten.net](http://www.gluten.net)

#### **The Center for Courageous Kids, Scottsville, KY Fall Weekend Retreat for GI Disorders Nov. 30 – Dec. 2, 2012**

**Application Deadline is October 27<sup>th</sup>**

<http://www.thecenterforcourageouskids.org/home.html>



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Tetley points out there is no wheat, corn or rice in the adhesive used to bind the tea bag paper.

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## Tea | Glute-Free Living | December 2010

Like coffee, plain tea is gluten free. Most flavored tea and herbal tea is also safe for those on the gluten-free diet, but barley or barley malt is found in some.



Lipton plain black, green, decaffeinated and herbal teas are all gluten free. It might come as a surprise that the Pyramid teas, which come in three-dimensional triangular bags, are also gluten free since they have a long list of ingredients. Included are modified corn starch and licorice root, two

things you might mistakenly question that are actually gluten free. Candy licorice is made with wheat flour which contains gluten, but the licorice root does not.

However, you will find barley, barley malt or wheat in Hint of Peach, Hint of Raspberry, Honey Lemon, and Blackberry Flavored Black Tea. Lipton advises gluten-free consumers to carefully read the label of all flavored teas. All powdered iced tea mixes, except Mango, are also gluten free. The Mango took us by surprise. It includes natural flavoring made from wheat, something you don't see very often and would not expect in an iced tea mix.

All Iced Tea to Go mix packets are gluten free, as are all bottled, ready-made teas made by Lipton, including all PureLeaf flavors. Information about all Lipton teas is available at [lipton.com](http://lipton.com), including full ingredients lists.

All Tetley tea bags sold in the US, including decaffeinated flavored and green blend tea bag products, are gluten free, according to the company. Additionally, Tetley points out there is no wheat, corn or rice in the adhesive used to bind the tea bag paper.

Tetley Tea's only other product, a powdered iced tea mix, also appears to be gluten free by the ingredient list.

Celestial Seasonings green, red, chai, white and cool brew teas are gluten free. All herbal teas except Roastaroma, which contains roasted barley, are also gluten free. The company's Detox A.M. and Ginseng Energy™ Wellness teas also contain roasted barley, as do three of the five holiday teas--Gingerbread Spice, Sugar Cookie Sleigh Ride and Sugar Plum Spice. Echinacea contains licorice root, which again is gluten free.

You can find the gluten-free status and a full ingredient list of all 90 teas at [celestialseasonings.com](http://celestialseasonings.com).

All Twining's teas are gluten free.

Most Bigelow® tea is also gluten free. "With very few exceptions, Bigelow teas are naturally gluten free," according to the company, which has a gluten-free list and notes whether a tea is gluten free or not following all ingredients list on its website.

The website says the Blueberry Harvest, Chamomile Mango and Cinnamon Spice herb teas contain barley malt and adds, "but when tested showed no results for gluten." Republic of Tea has an extensive list of teas, including flavored teas, that have been certified as gluten free by the Gluten Intolerance Group. You can find the group's certification seal on the package and there is a full list at [gfc.org](http://gfc.org). Salada and Red Rose note on their websites which of their products are gluten free.

In addition to Lipton, most bottled teas are also gluten free. This includes all Arizona tea and juice, Snapple, Honest Tea, and Tazo tea with the exception of Lemon Ginger and Tea Lemonade.

**[Reprinted with permission of Gluten-Free Living. For more information go to [www.glutenfreeliving.com](http://www.glutenfreeliving.com)]**

*The key to preventing moldy berries...* Berries are delicious, but they're also kind of delicate. Raspberries in particular seem like they can mold before you even get them home from the market. There's nothing more tragic than paying \$4 for a pint of local raspberries, only to look in the fridge the next day and find that fuzzy mold growing on their insides.

*Wash them with vinegar.* . . When you get your berries home, prepare a mixture of one part vinegar (white or apple cider probably work best) and ten parts water. Dump the berries into the mixture and swirl around. Drain, rinse if you want (though the mixture is so diluted you can't taste the vinegar,) and pop in the fridge. The vinegar kills any mold spores and other bacteria that might be on the surface of the fruit, and voila! Raspberries will last a week or more, and strawberries go almost two weeks without getting moldy and soft. So go forth and stock up on those pricey little gems, knowing they'll stay fresh as long as it takes you to eat them. . . *You're so berry welcome!*

## The Old Spaghetti Factory



THE OLD SPAGHETTI FACTORY AMONG TOP 10 KID-FRIENDLY RESTAURANTS IN PARENTS MAGAZINE

**Gluten Free Menu can be viewed on their website:**

Visit [www.osf.com](http://www.osf.com)

**Location:** In Nashville, 160 N 2<sup>nd</sup> Avenue, 254-9010, open 7 days a week

**Children:** Special orders for children 10 and under

**On the website it states,** “This is not a gluten free establishment therefore cross contamination may occur.”

**Spoke to Steve Simmons,** Kitchen Manager/Chef.

He explained the website statement is standard but what his kitchen does to protect against contamination is, they prepare all G-Free products first thing in the morning, they use color coded utensils, they wash rinse and sterilize after each use and again before they prepare the food. As the food leaves the kitchen it is flagged to let the server know it is G-free so there will not be any confusion at the table.

The store (as he calls it) has experimented with three different types of pasta flour. The first 6 or 7 years ago was a corn flour and they were not happy with that. Then they switched to Rice flour and were still not happy with that. Today they are pleased to use a corn and rice blend. They are now using Fusilli from Italy.

Along with their G-free pasta classic dishes, they have G-free baked chicken. During lunch hours, the soup of the day is gluten-free. The store is in the process of making all their sauces gluten-free. On any given Saturday night, Steve said they will get 2% of their customers asking for gluten-free. He feels good about that but would love to see it increase. The Old Spaghetti Factory restaurant will prepare the food so you can come in and take it home with you or of course dine in. — Ann McQueen, member

**Dr. Wilmot Burch**, is recruiting celiacs for the Alba Therapeutics blind study for the drug: Larozitide Acetate. They are seeking people who follow the GF Diet but have at least 1 reaction a week. You must be diagnosed 12 months or longer; have had a small intestine biopsy, either an Endoscopy or Capsule; and must submit the pathology report. This is a blind study so you may receive a placebo. It lasts for 16 weeks with 7 Doctor visits. You will still be following a GF diet while taking the drug. Not for people with DH. For more information call Monica at 615-771-8786.

Wilmot Burch, M.D. | Franklin Gastroenterology Center | 740 Cool Springs Blvd, Suite 210B | Franklin, TN 37067

### Kudos. . .

**Whole Foods Market Green Hills**, Linda Nashida, Marketing Mgr., for a generous donation of gluten-free turkeys for our GF Thanksgiving Potluck Dinner.

**November Silent Auction Donations** from the following companies were very much appreciated! **Kinnikinnick** Gift Basket, **Zojirushi** Rice Cooker, **1808 Restaurant** Gift Card, **Hilton Garden Inn** Overnight Stay, **Jules Gluten-Free** Gift Card, , **Mista Dale's** GF Mustard Slaws. . . and oh so many members who contributed gift baskets or items as well!!!

**Jovial Foods** donation of organic brown rice pasta and organic assorted cream filled cookies for the January meeting. Both imported from Italy and made with the finest ingredients. Strict sanitary practices and batch testing prevent cross-contamination. Available at Whole Foods Market or [jovialfoods.com](http://jovialfoods.com).

### FiddleCakes is growing

Bakery and café FiddleCakes has closed its Eighth Avenue store for something bigger and better — a larger kitchen for catering and wholesale and selling gluten-free products. “It’s a really exciting move,” said Tasha Ross, co-founder of the restaurant. At the Eighth Avenue location, the owners “weren’t able to keep up with everything that was going on,” Ross said. But the new kitchen on Hill Avenue has plenty of space — half office, half kitchen — for this strictly catering site. Future plans include providing businesses with gluten-free products and a wedding consultations area. The anticipated opening is the end of this week. Guests can still submit catering and custom orders to 615-457-2127 or [info@fiddlecakes.com](mailto:info@fiddlecakes.com).

The Cummins Station location, 300A 10th Ave. S., is still open for retail. — Jen Todd, *The Tennessean* | Feb 7, 2012

### 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 call Casey Bohr at 615-399-2812 if we are in error. Your dues cover costs accrued for newsletter printing and mailing, meeting supplies, handouts, baking demo supplies, website, etc. Board members are volunteers and are not paid for their services. Please use the membership form provided below.

### CSA/USA Membership | [www.csaceliacs.org](http://www.csaceliacs.org)



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. The Nashville Celiac Chapter recommends joining the national organization as well

as our local group. Membership includes: New Member Packet with quarterly publication *LIFEline*, pamphlets, CSA Restaurant Card, and more. Celiac Sprue Association | P.O. Box 31700 | Omaha, NE 68131-0700 | 1-877-CSA-4-CSA

**Vendor Advertising** GrainWise is a quarterly publication, with a mailing base of (±350). Ads are limited to Celiac/Gluten Free products, dining, and shopping. They may not mention prices or discounts. Ads may be provided in EPS, JPG, TIF, or PDF file formats. 1/2, 1/4 and 1/8 page ads available. Contact [nashvilleceliacnewsletter@gmail.com](mailto:nashvilleceliacnewsletter@gmail.com) for additional information and rates.

**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     Membership Renewal     Information Change     Medical/Professional Membership

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

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

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

Email Address (for meeting and event reminders; notices) \_\_\_\_\_

Who has Celiac or DH in your family? Self \_\_\_ Spouse \_\_\_ Child \_\_\_ (Age \_\_\_) Gluten Intolerance \_\_\_ Gluten Sensitivity \_\_\_\_\_

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

**Please make \$20 check payable to:** CSA Nashville – Middle TN Celiac Chapter #76

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

**Mailing Address:** CSA Nashville – Middle TN Celiac Chapter #76 | PO Box 159312 | Nashville, TN 37215-9312

**Optional Information:** Diagnosing Doctor \_\_\_\_\_ Date of Diagnosis \_\_\_\_\_

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

*CSA Nashville – Middle Tennessee Celiac Chapter #76 and CSA/USA, Inc. are member-based, 501 (c)(3) non-profit support organizations.*

Updated 02/12

## 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 1) In Honor of: 2) In Memory of:**

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

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

Address \_\_\_\_\_

Address \_\_\_\_\_

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

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

**Please make 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

*CSA Nashville – Middle Tennessee Celiac Chapter #76 and CSA/USA, Inc. are member-based, 501 (c)(3) non-profit support organizations.*

Updated 02/12



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

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**RENEW! RENEW! RENEW!**

Please check your renewal date on the mailing label below.

**ADDRESS SERVICE  
REQUESTED**

**March Meeting**

**Saturday, March 10<sup>th</sup>  
2:00 p.m.**



Kid/Family Friendly Survival Tips

The Old Spaghetti Factory

Business Meeting

Door Prizes

Refreshments



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.

**Address / E-mail Changes**

If you need to contact us due to a change of address, you no longer wish to receive GrainWise or for any reason, please e-mail: [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) and put "Contact Change" in the subject line.

