

GRAINWISE™ & GLUTEN-FREE

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

September Meeting

Saturday, September 15, 2-4 p.m.

General Meeting: What do The View, The Chew and The Doctor's, all popular T.V. shows, have in common? Let's cover our own topics! > staying on a gluten-free budget, eating 100% gluten-free, ordering in restaurants and double checking your meal, why am I still having stomach issues, getting family members tested. Ideas will be discussed in small groups (helpful articles will be provided) and then important ideas will be shared with the entire group.

Bake Sale: Buttery cookies, spice bars, pumpkin muffins – don't they all sound good? What will you bring for the bake sale? Please bring assorted gluten-free baked goods packaged to sell. Suggestions: Cookies > 12/plate, muffins & cupcakes > 6/plate, individually wrapped large brownies, loaves of bread, etc. A list of ingredients must be on each item as some members have additional food intolerances or allergies. Proceeds to benefit our support group will help defray newsletter expenses.

Business Meeting: Awareness. GF Thanksgiving Dinner and Silent Auction.

Product Sampling: PureFit Nutrition Bars
"The all-natural, gluten-free and wheat-free, dairy-free, vegan, kosher, high in protein, diabetic-friendly, that tastes great nutrition bar." www.purefit.com

Refreshments: Let's have a delicious sampling buffet! Bring a favorite GF food to share. If home baked please bring the ingredient list and recipe. Beverages will be provided. . . Here are some suggestions from Laura: " I would love to focus on healthy snacks for a meeting. My first thoughts are items in the produce isle with dips such as yogurt, hummus, black bean, or even chocolate. Trail mixes are also easy to make or cheese cubes and GF crackers." Laura Herbert, RD, LD, CNSC, Metabolic Support Services, Williamson Medical Center.

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.



Celiac Sprue Association®
1-877-CSA-4-CSA • www.celiac.org

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 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

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Dietetic Advisor – Laura Herbert

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Founder – Tori Ross

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Newsletter Team – Need volunteers!

Hospitality Chair – Ed and Rowena Stokowski

rstokowski@yahoo.com

Social Chair – Shannon Brown

shannonbrown@yahoo.com

E-mail Communication – Carol Ann Baily,

cabaily@mtsu.edu

Educational Materials – Greg Foreman

gforeman@gmail.com

Membership List – Candace Foreman

caelkins@comcast.net

Tech Committee – Need volunteers!

Publicity – Need a volunteer!

Cel-Kids Network – Need volunteers!

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

Columbia Area – Laura Hill

Laurahill87@hotmail.com, 931-224-1932

Franklin Area – Maureen Norris

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Franklin/Bellevue Area – Peggy Czyz

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Franklin/Brentwood Area – Denise Jania

dproofer@yahoo.com, 615-435-8030

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Murfreesboro Area – Gary Seise

grseise@juno.com, 615-895-0398

Living the Gluten-Free Lifestyle

and other notes from Darryl . .

Snack time is now prime time, thanks to Frito-Lay!

PepsiCo's Frito-Lay North American Division is making snacking a little easier for those with Celiac Disease. The company partnered with Recipe ReDux, a network of dietitians and health food bloggers, during the month of May to develop delicious gluten free recipes that can now be found on the Frito-Lay website. The Food Allergy Research and Resource program helped the company implement a validation process. (A complete list of those products tested to be less than 20 ppm can be found on page 9.)

I encourage everyone to read the article and visit this website for up to date information, and recipes of gluten free appetizers and meals.

[Http://www.FritoLay.com](http://www.FritoLay.com)

– Darryl Casey, Co-Chair

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

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

EMAIL COMMUNICATION

E-mail announcements will be sent concerning social opportunities, special events, volunteer opportunities and meeting reminders to all paid members with current e-mail addresses on file. E-mails will be sent from "Nashville Celiacs". 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 with "e-mail address" in the subject line.

NEWSLETTER INFORMATION

Do you have newsworthy information on celiac disease, gluten-free travel, restaurants, products or the diet? Please submit information to: nashvilleceliacnewsletter@gmail.com Deadline for the next issue is October 10th.



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."

Announcements

Gluten Free Vendor Fair October 6th Maury Regional Medical Center

Maury Regional Medical Center's celiac support group in Columbia, TN will be hosting a gluten free vendor fair Saturday, October the 6th, from 10:00 AM- 2:00 PM at the Annex Building across from Maury Regional Medical Center. This event is free to the public. It will include some of your favorite gluten free companies like Udi's, Rudi's, Love Grown Foods, Food Should Taste Good, etc. This will be a great event to attend to sample different products and converse with others on the gluten free diet. If more information is needed you can call Laura Hill at [931-224-1932](tel:931-224-1932)

35th ANNUAL CSA CONFERENCE,

October 4-6, 2012, "Charting the Course," Hyatt Regency Long Island, Hauppauge, NY.

Here is a great opportunity to combine family time at a celiac conference with sightseeing in nearby New York City! Special programs are designed for CSA KidZone (ages 7-11), CSA Teen scene (ages 12-16), and CSA Young Adults (ages 17-21). Visit www.csaceliacs.org for more information.

Chef Sam Tucker, Watermark Pastry Chef, held two GF baking classes at the Nashville Farmer's Market and is expected to teach more Sunday afternoon classes. For class info please visit: www.nashvillefarmersmarket.org.

Chef Holly Heath has relocated to Texas. Holly was known for her excellent GF kitchen demos at Whole Foods Franklin.

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 their parents the opportunity to connect we are seeking individuals who would like to start a Cel-Kids Network chapter. Please contact one of the Board Members or Chapter Advisor if you have an interest.

Hospitality Chair: AFTER the November meeting our year as hospitality chair will be ending. There will be a need for a new chair for the 2013 year. Please consider volunteering for this position. Ed and Rowena

Silent Auction Committee Forming

This is a fun opportunity to work with others for a good cause. Members are needed to contact local businesses and gluten-free vendors "now" for donations for the silent auction to be held at our November meeting. We also

need people to help assemble baskets and help with the set up at the November meeting. Please contact Ann McQueen, Secretary.

Next Meeting

September 15

2012 Schedule

Saturdays, 2:00 – 4:00 pm

January 28

March 10

June 9

September 15

November 10

Annual GF Thanksgiving Dinner
& Silent Auction

WE NEED "YOU"!

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

*Darryl Casey, Co-chair
Ann McQueen, Secretary.*

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.

Publicity: Publicize meeting notices and events in *The Tennessean* and other resources.

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.

The Farmers' Market at The Factory Franklin Road and Liberty Pike, Franklin

You might want to visit the **Spark of Life Healing Foods** stand for gluten-free and vegan fare. Their baked goods have high fiber, omega 3s, probiotics and enzymes. They had raw apple pie; brownies made out of dates, cherries and cocoa; flaxseed crackers with hummus; and granola. They even make GF lasagna. They are starting to sell their products at the Whole Foods in Green Hills.

– Denise Jania, Member
GrainWise & Gluten-Free | 3

► Digestive Alert – Thyroid, Celiac, and Candida

Friday, August 10, 2012

Byron J. Richards, Board Certified Clinical Nutritionist

www.wellnessresources.com

A study shows that digestive distress can trigger a chain of events that leads directly to thyroid damage. It has been observed that individuals with celiac disease (gluten intolerance) also have thyroid problems. Scientists tracked down the link by establishing that autoimmune antibodies against transglutaminase (a celiac problem) latch on to thyroid tissue and rev up thyroid autoantibodies (TPO - antithyroperoxidase antibodies), leading to thyroid tissue damage¹.

This is the first time a clear chain of events has been specifically identified. This very important finding extends far beyond celiac, as transglutaminase is also formed from an overgrowth of candida. During candida overgrowth the candida induces inflammatory tissue damage along the lining of your digestive tract, like weeds spreading in a lawn and disturbing the structure of the lawn. The candida takes dead digestive tract cells and makes a hard goop, like a turtle shell over the outside of itself. It then attaches this shell to the walls of your digestive tract with little scab-like threads called transglutaminase, while it hides underneath the shell to escape your immune system. When gluten passes through the transglutaminase it causes a highly inflammatory reaction, which eventually generates celiac-like autoantibodies. This is true whether you have clear-cut celiac or not. In fact, candida can cause celiac by this mechanism.

In working with thousands of people who have candida over the years, it is clear that a high percentage of them have thyroid problems and elevated thyroid autoantibodies. This is a lesson for anyone; balance your digestive tract or run the risk of autoimmune-driven wear and tear to your thyroid gland. The precise mechanism is now understood. It also means that by clearing out a candida problem thyroid function will improve.

► Gluten is culprit in many nonresponsive celiac cases

www.celiac.com , 6/4/2012

A U.K. study of 100 patients with nonresponsive celiac disease found 45% had not entirely eliminated gluten from their diets. More than half of those were consuming gluten accidentally, and 47% were not consistently following a

gluten-free diet. Twelve percent had microscopic colitis, 9% had bacterial overgrowth in the small bowel and 9% had refractory celiac disease.

► How much protein is in your favorite gluten-free grains?

By Teri Gruss, MS, About.com Guide

Protein is an important nutrient for growth and good health. Enzymes, hormones, antibodies, collagen (used to build bone, muscle, teeth, healthy skin and joint tissue) are all made from proteins. Hemoglobin is an important protein that transports oxygen from our lungs to our cells. Getting optimal good-quality protein in our diets is extremely important! Meat, poultry, fish, beans and eggs are all sources of high-quality proteins and some, but not all gluten-free grains or grain-like seeds are also good sources of protein.

Protein Content of Gluten-Free Grains

(Protein content in 1 cup of raw grain)

1. Amaranth - 28.1
2. Oats - 26.3 grams
3. Teff - 25.7 grams
4. Quinoa - 24 grams
5. Wild Rice - 23.6 grams
6. Buckwheat - 22.5 grams
7. Millet - 22 grams
8. Sorghum - 21.7 grams
9. Brown Rice - 14.7 grams
10. White Rice - 13.1 grams

Almond meal, although not a grain contains 24 grams of protein in 1 cup of raw meal.

Source: USDA ARS Nutrient Database

Kudos to

The Turnip Truck - our thanks for allowing us to share information on gluten free shopping and the gluten free diet in two classes held in June, and to Cheryl Chamberlain for a job well done in teaching the classes!

www.theturniptruck.com, In the Gulch area of Nashville

A Matter of Taste Take Out – for the delicious baked goods at our June meeting. (Thanks, Shannon!) All items on their menu are gluten-free and made with wholesome, fresh ingredients. Located on Franklin Road across from Thoroughbred Motors and next to the Colonial Bakery. 2401 B Franklin Rd., Nashville. (615) 866-8144.

Open 11-3 Mon – Fri. www.amatteroftastetakeout.com

Training for Sport

By the UK Coeliac online newsletter

Submitted by Ann McQueen, Member

Eating a well-balanced, varied gluten-free diet, which includes a wide range of foods, will make sure that you're getting all the nutrients you need to perform well.

Adequate nutrition is essential for training, performance and recovery after a sporting event. Your nutritional requirements will vary depending on the level and type of sport/exercise. The two main fuels for your exercising muscles are carbohydrates which are best for more intense activities and fat which is the main fuel for moderate activity.

Carbohydrates are the most important sources of fuel for sporting activities and the timing and type of carbohydrate consumed is essential – 60% of energy should come from carbohydrates. If you train on a regular basis, you need to make sure that you eat enough carbohydrates to avoid fatigue and a reduced performance.

Good sources of carbohydrates for basing meals on are:

- gluten-free bread*
- gluten-free pasta*
- rice and rice noodles
- potato
- pulses (peas, beans, lentils)
- polenta
- buckwheat
- quinoa

Cooking Tips:

- Add pulses to soups, stews and salads – these are absorbed slowly so will give you a continual supply of energy, and are also good sources of protein
- Serve polenta or quinoa with meals to make a change from the usual rice and potatoes

Eating the right amounts and types of food before undertaking exercise or a sporting event is essential to make sure your body has enough energy and can perform well. A meal should be eaten two to three hours before training and should be consumed with a drink.

Pre-exercise meals

Examples of good pre-exercise meals include:

- Gluten-free porridge* and a banana
- Gluten-free cereal with gluten-free toast and jam
- Gluten-free pasta with a tomato-based sauce with meat, fish or beans
- Baked potato with cheese, tuna or beans
- Rice with chicken or salmon and vegetables
- Meat, vegetables and potato

Pre-Exercise Snacks

Around an hour before training/undertaking exercise you should have a pre-exercise snack with a drink, examples of these are:

- Banana
- Yoghurt with fresh fruit
- Fruit and milk or a fruit and yoghurt smoothie
- Gluten-free cereal bar*
- A handful of gluten-free breakfast cereal*
- Rice cakes*
- Popcorn*
- Gluten-free crackers*

Fluid Loss

During exercise you lose fluid through sweating as your body tries to prevent a sudden increase in body temperature. How much fluid you need and when depends on you and your training program so you should use your training sessions to practice drinking during exercise.

The amount of fluid that you lose whilst exercising depends on:

- Intensity
- Duration
- Temperature and humidity
- Individual variability

It is important to make sure you are well hydrated before exercising. If you are dehydrated when exercising then you are at risk of having a reduced physical performance. Always take a full bottle of fluids to training and make sure that you drink often and that you continue rehydrating after training.

Post-Event Refueling

After doing exercise your body muscle glycogen levels will be depleted and so need to be replenished with foods high in carbohydrate. Refueling post-exercise is essential to

reduce fatigue and enhance your performance. It should begin as soon as possible after exercise.

Good recovery snacks can include:

- Fresh fruit
- Fruit yoghurt*
- Gluten-free cereal bars*
- Gluten-free toast with baked beans*
- Gluten-free tuna salad sandwich*

Sports Drinks

A lot of sports drinks do not contain gluten but do check the ingredients on any cloudy or powdered drinks as they could use wheat or barley in the ingredients.

You can also make your own sports drinks and there are plenty of recipes on websites. This is not only cheaper but also you can choose your own flavor to make.

Advice for athletes

If you are training to a high level it is a good idea to seek advice from a dietitian who specializes in sports nutrition who can help you to fit your training around a healthy balanced gluten-free diet.

Celiac Awareness

Celiac Sprue Association | www.csaceliacs.org

Ways for you to advocate for celiac disease:

- Participate in [Awareness activities](#). Organize event(s) in your area promoting September 13th as Celiac Disease Awareness Day.
- Write a Letter to a Food Manufacturer or a Letter to a Drug Manufacturer explaining your need for expanded ingredient labeling.
- Educate yourself and share your knowledge at [CSA's Annual Conference](#).

Other ideas from CSA Nashville – Middle TN Celiac Chapter #76 for October awareness:

- Give a subscription to GLUTEN FREE LIVING magazine or Living Without Magazine to your local library.
- Host a gluten free dinner at your home.
- Provide your family and friends with information on celiac and the gluten-free diet.
- Encourage family members to be tested.
- Contact your local grocer and ask them to do an end cap display of gluten-free food for the month.

of October as well as gluten-free product sampling. Ask to display information about our Celiac Chapter.

Free Celiac Screening

The University of Chicago Celiac Disease Center Announces its Annual Free Blood Screening and Ask the Experts Panel
Saturday, October 13, 2012, 8:30 am to Noon.

You are eligible for the Blood Screening if:

- You have been on a gluten-containing diet for at least 12 weeks prior to testing;
- You have a close family member that has celiac disease or Type 1 diabetes;
- You have Down Syndrome;
- You have a related autoimmune condition such as rheumatoid arthritis, MS or Addison's Disease;
- You have digestive problems, chronic fatigue, osteopenia/osteoporosis;
- You have other related symptoms or conditions (visit www.cureceliacdisease.org for more information)

Advanced registration for the screening is required. Call 773-702-7593.

Ask the Experts! 10:00 – 11:30. Open to the public! Bring your questions for a Q & A session with our world-renowned experts in celiac disease. We will also host an exhibit area for our sponsors-samples and information will be available beginning at 8:30 A.M.

“On average, a child visits 8 pediatricians before diagnosis. . .an adult spends up to 10 years looking for an answer.”

- The University of Chicago Celiac Disease Center

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Kettle Cuisine Discontinues Single Serving Frozen Soups

To all of our friends,

. . . I want to personally thank you all for all of your amazing support and advocacy over the years. . .While we will no longer be selling products directly to consumers, we will continue to make premium quality, gluten free soups for restaurants and prepared foods departments in supermarkets.

- Jerry Shafir, Founder & President

"Gluten-free" on the label has many meanings. Do not assume **gluten-free** means the complete absence of gluten.

There is no United States standard for use of the term "gluten-free" on labels or products. A proposed definition for voluntary use of "gluten-free" was posted in the Federal Register on January 3, 2007 by the United States Food and Drug Administration (FDA). The Codex Alimentarius Commission (a joint effort of the Food and Agriculture Organization of the United Nations [FAO-UN] and the World Health Organization [WHO]) revised the "gluten-free" definition in July of 2008. The Codex definition is now the standard for gluten content allowed in a food product to be considered gluten-free for international trade in countries that sign on. The FDA proposal and Codex definitions for "gluten-free" requirements are remarkably similar.

Seeking a Meaningful, Verifiable and Consistent Definition

Regulations will allow a wide range of gluten in a product labeled "gluten-free". Within this range will be products fine for one person that evoke symptoms for others. CSA members asked for a simple symbol to identify the most risk free products. In 2004 CSA began a program to recognize those "gluten-free" products suitable for those with celiac disease that meet the most risk free criteria. The successful program was based upon results of member surveys. Products bearing the CSA Recognition Seal are suitable for all those on a celiac diet -- sensitive or not so. To assure risk-free choices for *all* celiacs, products are free of wheat, barley, rye, oats, their crosses and derivatives in product ingredients, processing and packaging. Fees for this communication tool are kept to a minimum.

The following chart compares requirements for the Codex Alimentarius, FDA, and the CSA Recognition Seal definitions.

Requirement #1—Gluten-free foods *cannot contain* any of the following:

Codex revised definition	FDA proposed definition	CSA-Recognition Seal definition
Wheat (all species), barley, rye, oats, all crossbred varieties (WBRO)	Wheat (all species), barley, rye, all crossbred varieties (WBR)	Wheat (all species) barley, rye, oats, all crossbred varieties and derivatives (WBRO)

Requirement #2—Use of oats in gluten-free foods

Codex revised definition	FDA proposed definition	CSA-Recognition Seal definition
Allowance left to national definitions but if allowed, oats cannot be cross contaminated and must test at less than 20 mg/kg (20 ppm) for cross contamination with wheat, barley or rye.	Allowed, but oats must not be cross contaminated and must test at less than 20 ppm (parts per million) for cross contamination with wheat, barley, or rye.	Not allowed in products with the Seal. Oats are not a risk-free choice for all celiacs. In vivo and in vitro studies indicate that some celiacs have an immune response even to pure, uncontaminated oats. Presently there are no indicators available to predict which celiacs may have such a response.

Requirement #3—Ingredients from WBRO grains that have not been processed to remove gluten (e.g.: hydrolyzed wheat protein, farina, barley malt and extract, malt vinegar)

Codex revised definition	FDA proposed definition	CSA-Recognition Seal definition
Not specifically addressed in definition	Not allowed	Not allowed—Source ingredients and additives cannot be from WBRO grains

Requirement #4—Ingredients “specially processed to remove gluten”—(e.g. food starch, wheat starch, distilled alcohols and vinegars from WBRO grain sources)

Codex revised definition	FDA proposed definition	CSA-Recognition Seal definition
Allowed; gluten content not to exceed 20 ppm in the food as sold or distributed to the consumer	Allowed: gluten content not to exceed 20 ppm in the food	Not allowed—with present available commercial methodology the extent or consistency of the processes is not measurable.

Requirement #5—Inherently or naturally gluten-free foods (e.g. milk, fruit, vegetables, single ingredient foods, non “gluten containing” grains such as corn, rice, millet)

Codex revised definition	FDA proposed definition	CSA-Recognition Seal definition
Must be less than 20 ppm May not be labeled “special dietary” or “special dietetic” but may state “this food is by its nature gluten-free”	Must be less than 20 ppm Is deemed misbranded unless the labeling clearly indicates that all foods of the same type, not just the brand bearing this labeling claim are gluten-free (e.g., “milk, a gluten-free food,” “all milk is gluten-free”)	Must be unquantifiable at 5 ppm. Any product may bear the CSA Recognition Seal by meeting the criterion of less than 5 ppm—indicative of the absence of cross or outside contamination. Use of the Seal infers the absence of WBRO source ingredients and does not use the term “gluten-free”

Requirement #6—Low gluten foods with gluten content between 20 and 100 ppm.

Codex revised definition	FDA proposed definition	CSA-Recognition Seal definition
Allowance to be determined at the national level. Cannot be labeled as gluten-free; wording of claim to be determined at national level	Not allowed in labeling—because of insufficient scientific data to recommend a specified level of gluten to define the term “low gluten”	Not allowed in labeling. The Recognition Seal identifies risk-free choices only

Requirement #7—Manner of analysis/sampling and determination of gluten content

Codex revised definition	FDA proposed definition	CSA-Recognition Seal definition
ELISA	ELISA	Cross reactive ELISA to verify ingredient review and sourcing and that facility procedures control cross or outside contamination (HACCP)

Requirement #8—Upper limit of gluten content

Codex revised definition	FDA proposed definition	CSA-Recognition Seal definition
20 ppm (20 mg/kg) in food as sold or distributed to consumer	20 ppm	Absence of WBRO—with verification test below level of quantification at 5ppm



U.S. Gluten Free Products, www.fritolay.com

Some people suffer from an intolerance to foods containing gluten, which is a type of protein found in wheat, rye and barley. **Frito-Lay has validated through analytical testing that the following products contain less than 20 ppm of gluten.**

Please note: The information provided pertains only to products distributed in the U.S. Products sold in other countries under similar brands may be made using slightly different recipes and ingredients to accommodate local needs and preferences.

Last updated August 27, 2012

- BAKED! CHEETOS® Crunchy Cheese Flavored Snacks
- BAKED! CHEETOS® FLAMIN' HOT® Cheese Flavored Snacks
- BAKED! LAY'S® Original Potato Crisps
- BAKED! RUFFLES® Original Potato Crisps
- BAKED! TOSTITOS® SCOOPS!® Tortilla Chips
- CHEETOS® brand ASTEROIDS® Cheese Flavored Snacks
- CHEETOS® Crunchy Cheddar Jalapeno Cheese Flavored Snacks
- CHEETOS® Crunchy Cheese Flavored Snacks
- CHEETOS® Crunchy FLAMIN' HOT® Cheese Flavored Snacks
- CHEETOS® Crunchy FLAMIN' HOT® Limon Cheese Flavored Snacks
- CHEETOS® Crunchy Salsa Con Queso Cheese Flavored Snacks
- CHEETOS® Puffs Cheese Flavored Snacks
- CHEETOS® Puffs FLAMIN' HOT® Cheese Flavored Snacks
- CHEETOS® Puffs SIMPLY NATURAL™ White Cheddar Cheese Flavored Snacks
- CHEETOS® TWISTED® Cheese Flavored Snacks
- CHEETOS® brand XXtra FLAMIN' HOT® Flavored Cheese Flavored Snacks
- CHESTER'S® FLAMIN' HOT® Flavored Fries
- DORITOS® Toasted Corn Tortilla Chips
- FRITOS® Lightly Salted Corn Chips
- FRITOS® Original Corn Chips
- FRITOS® SCOOPS!® Corn Chips
- LAY'S® Classic Potato Chips
- LAY'S® Deli Style Potato Chips
- LAY'S® Lightly Salted Potato Chips
- LAY'S® SIMPLY NATURAL™ Sea Salt Flavored Thick Cut Potato Chips
- LAY'S® STAX® Cheddar Flavored Potato Crisps
- LAY'S® STAX® Mesquite Barbecue Flavored Potato Crisps
- LAY'S® STAX® Original Potato Crisps

- LAY'S® STAX® Salt & Vinegar Flavored Potato Crisps
- LAY'S® STAX® Sour Cream & Onion Flavored Potato Crisps
- LAY'S® Wavy Original Potato Chips
- RUFFLES® Original Potato Chips
- RUFFLES® Reduced Fat Original Potato Chips
- RUFFLES® SIMPLY NATURAL™ Reduced Fat Sea Salted Potato Chips
- SANTITAS® White Corn Triangles Tortilla Chips
- SANTITAS® Yellow Corn Rounds Tortilla Chips
- SANTITAS® Yellow Corn Strips Tortilla Chips
- SANTITAS® Yellow Corn Triangles Tortilla Chips
- TOSTITOS® Bite Size Rounds Tortilla Chips
- TOSTITOS® Crispy Rounds Tortilla Chips
- TOSTITOS® Extra Thin Tortilla Chips
- TOSTITOS® Restaurant Style Tortilla Chips
- TOSTITOS® SIMPLY NATURAL™ Blue Corn Restaurant Style Tortilla Chips
- TOSTITOS® SIMPLY NATURAL™ Yellow Corn Restaurant Style Tortilla Chips
- TOSTITOS® SCOOPS!® Tortilla Chips
- TOSTITOS® Stadium Style Yellow Corn Rounds Tortilla Chips
- TOSTITOS® Thick & Hearty Rounds Tortilla Chips

Back to School

Celiac Disease Program Non-discrimination in schools: 504 Plan

Boston Children's Hospital | Harvard Medical School
www.childrenshospital.org

Protecting children with disabilities

Section 504 is part of the Rehabilitation Act of 1973, and applies to all institutions receiving federal financial assistance, such as public schools. Under this law, public schools must provide a free appropriate public education and not discriminate against disabled students. This law acknowledges that the disability may not require special education services but a plan is needed to ensure the student receives an appropriate education accommodating the disability within the classroom. This law must accommodate a special diet.

Requesting a 504 Plan

To request a 504 Plan, parents need to speak with the 504 Coordinator in their school and submit a note from their child's doctor. The note should clearly state the disease, symptoms, and necessary precautions / accommodations. Without a doctor's note, the school can deny your request.

A meeting will then be arranged for the plan to be developed.

The document for the plan generally includes an explanation of the student's disability and lists specific accommodations that will need to be made.

Is the 504 Plan for my child?

The 504 plan is not designed specifically for celiac students and therefore isn't a perfect fit. This may or may not be a useful resource for families. Each family will need to evaluate the pros and cons for their situation to determine if they want to pursue a 504 plan.

One celiac support group member, Marie Noguera-Stamas says, "I felt it was appropriate to place my child on a 504 Plan not to have her labeled as disabled but to ensure that she would be able to participate in as many activities as possible, with the correct accommodations."

She goes on to say, "Knowledge is power, by having the plan in place the lines of communication are better between parents and teachers. The teacher has a written and legal document to consult with when making lesson plans. Also the teacher knows as parents we are there to help in any way possible. Our goal is to have school be a fun, safe, positive, healthy learning experience for our child."

Examples of what some celiac students have listed in their 504 Plan

Health Department

- Faculty and staff training regarding the plan
- Presentation to class on hand washing procedures
- Health assessment should any sign or symptoms occur indicating possible accidental or known exposure to gluten.
- Insuring communication systems are in place for persons who need to know i.e. substitute teachers

Classroom

- Parent and teacher will work together to monitor classroom events that may include the use of food.
- An alternative to using food treats for students birthdays will be selected.

- Class activities using envelopes will be minimized and child reminded not to lick any envelope/stickers in class.
- Custodian will complete daily cleaning of the classroom.
- Student should be allowed bathroom privileges when necessary
- Student can not use any of the following materials for classroom projects: play dough, paper mache, fruit loops and cheerios and other gluten containing food, pasta, flour, paste, envelope and stamp adhesives. Parents will provide a list of alternative materials if the class plans to use any of these materials.
- The teacher will communicate with parents about upcoming projects which may require alternative foods or materials.

Art Room

- Food will not be distributed in the art classroom.
- Products commonly used in the art room will be reviewed to determine that they are gluten free. Any changes in art products will be communicated prior to instituting the change. (e.g. paper mache and play dough)

Food Services

- Student will be encouraged to keep her lunch in her lunch box while eating.
- Student will be encouraged to wipe the section of the table she is eating on prior to eating.
- Necessary cleaning procedures for the cafeteria tables and microwave will be followed.
- Parent and Food Services will work together to arrange procedures when student is ordering school lunch or bringing food from home that will require heating in the cafeteria. (e.g. warming in the oven on a separate foiled cookie sheet).
- Tables and hands will be washed before and after eating.

Field Trips

- Teachers will communicate to parent if food will be provided as part of field trip. Parent will determine whether food is gluten free and/or provide student with a safe alternative.

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



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 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 # _____

(Please Print) Name _____

Address _____

City _____ State _____ Zip _____

Gift given is 1) In Honor of: 2) In Memory of:

(Please Print) Name _____

Address _____

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**

Meeting

**Saturday, Sept. 15th
2:00 p.m.**



- Discussion Groups
- Business Meeting
- Bake Sale
- 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 and put "Contact Change" in the subject line.