

JANUARY 2010 HANDOUTS

COLLEGE INN RECALL: December 4, 2009 - PITTSBURGH – As a precautionary measure, due to mislabeling, College Inn is initiating a voluntary recall of College Inn® No MSG Chicken Broth sold in individual 14 ½ oz cans.

All other sizes and varieties of College Inn® Chicken Broth are correctly labeled and therefore are not affected by this voluntary recall.

College Inn is voluntarily recalling College Inn® No MSG Chicken Broth in individual 14 ½ oz cans due to the presence of wheat (an allergen) which was not declared in the ingredient statement. Also, the label incorrectly states that the product does not contain Monosodium Glutamate (MSG).

HONEY BAKED HAMS: I just talked with a company representative (1-866-492-4267) (not one of our

local storefronts), and he said all the hams and turkeys at Honey Baked Hams are now gluten free! (There used to be wheat in the glaze for many years.) He said all representatives had been given new training about gluten free status. This is great news, because so many holiday parties use honey baked ham. Enjoy!

QUAKER RICE CAKES: I just wanted to let you know that many of the flavors of QUAKER Brand rice cakes are now labelled Gluten free. I called the company and they said they have done testing on the product.

CHURCH COLLECTION: This year's church collection only netted \$78.

UPDATE FOR 2010: Just to remind everyone that there will NOT be an annual celiac walk this year, nor will there be a week at the fair. These subjects were addressed in a past handout, but just in case you missed them, I am restating them here. As for all our other events, such as eating out, picnics, and other raising awareness things that we do, they will continue.

Can Celiacs Donate Blood?

The American Red Cross says that celiacs certainly may donate blood. Their website gives the following guidelines for donors:

1. You must be healthy*
2. You must be at least 17 years old or 16 years old if allowed by state law
3. You must weigh at least 110 pounds
4. You haven't donated whole blood in the last eight weeks or double red cells in the last six weeks

*"Healthy", as listed in item #1, means that you feel well and can perform normal activities. If you have a chronic condition (like diabetes), "healthy" means you are being treated for the condition and it is under control. If you are celiac and follow the gluten-free diet and feel "healthy", then you can donate blood.

Above information courtesy of Connie Sarros from the **Free GF Newsletterette** at www.gfbooks.homestead.com

General Mills Launches www.Liveglutenfreely.com They have a wonderful selection of recipes to look at and since they have Betty Crocker, Chex Cereals, and Progresso soups, there is a complete list of their GF products that you can print off.

Citracal Calcium Citrate tablets and caplets contain no wheat, barley, yeast or rye and is dairy and gluten free.

Blue Cheese: The reports are pretty technical, but all blue cheese is GF, even if the spores are grown on a gluten-containing medium. If it should be, the concentration is well below the 20 parts per million threshold. There are two reports out currently, one in the CDF Newsletter and the other was Gluten Free Living. Most cultures are now grown in a lab. You should not deprive yourself of this cheese, if it is one of your favorites. Both magazines concur on the GF state of this cheese.

GLUTEN IN ENVELOPE GLUE?? Never.....ever!

McDonald's: They no longer maintain a list of GF menu items. Its website says the hash browns and fries contain wheat and goes on to explain that the natural beef flavor in the vegetable oil uses "hydrolyzed wheat as a starting ingredient". Testing has not detected gluten in the fries, but to comply with federal labeling laws, they list this product as containing wheat. It is the same flavoring used back in 2006 and continued testing since then has not found detectable gluten. In short, they are the same fries you were enjoying when you "thought" they were GF. Nothing has changed in the formulation since then. Whatever bit of wheat was in the manufacture is no longer there by the time you purchase it. But, as law requires, McDonalds made full disclosure. So what do you do?? You have to weigh the fact that the par fry oil has been tested and found to contain a level of gluten less than the amount the FDA has proposed allowing in foods labeled GF. You alone have to evaluate whether there is any risk and whether it is worth taking. Most people still do not have a problem with it.



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Update on Ingredients:

Mono and diglycerides: are basically fats from oil, usually soybean, cottonseed, sunflower or plum oil. It acts as an emulsifier, providing a consistent texture and preventing separation. Keeps baked products from getting stale.

Maltodextrin: Do let the “malt” prefix throw you. This is always GF and made from corn, potato or rice.

Glucose syrup & citric acid: These are highly processed and considered GF even when made from wheat because the processing removes all the gluten protein.

Modified Food Starch: If made from wheat, it must be on the label, otherwise it is GF. It is a stabilizer, thickener and anti-binding agent in food. It is in everything from soup to pudding to candy.

Flavors: If a flavor is derived from wheat, it must be on the label. Barley is more commonly used in flavoring and is not covered by the allergen labeling law. Some companies voluntarily spell out the use of barley or malt in flavoring, but not all do. Barley is usually reliably labeled. Also look for malt, malt flavoring, and malt extract, all of which are often made from barley.

Seasonings & Spices: Spices are and always have been GF. Spice bottles contain only the spice itself and may not even have an ingredient list. Sometimes silicon dioxide, which is also GF, is added to keep the spice free flowing. Wheat is NOT used for this purpose no matter how many places you might read this misinformation on the internet..... and if it was, it would have to be on the label.

Hydrolyzed Vegetable Protein: If it contains wheat, it will be on the label. Very few processors use the term “hydrolyzed vegetable protein”. Ironically it usually happened when the protein was soy.

Dextrin & Dextrose: Dextrin is a starch that could possibly be made from wheat, but it would have to be on the label if it does. Most Dextrin in the U.S. is made from corn and it is not a common ingredient. Dextrose is from starch, including rice, corn, or wheat. It is so very highly processed that it is GF no matter which starch is used.

Vinegar: Vinegar is safe unless it is malt vinegar.