

## JULY 2010 HANDOUTS

**GF PICNIC:** Our annual picnic is on Sunday, July 25<sup>th</sup>, at 2 p.m. This gives everyone time to go to church and still have time for a picnic. The time is 2 p.m., as stated, and as soon as everyone has arrived, we begin cooking. Bring your own meat to cook, and a dish to share with others. You might want to bring your recipe in case someone needs to know more about the ingredients. You can come at any time, but if you come late, you may miss out on many of the dishes being offered. Things go *F-A-S-T !!!* If you have not been to my house before, the address is 960 Reed Road. Take Rt. 30 East to Reed, turn left, first house on right. Gray Ranch.

**DOMATO FLOUR:** If you use this product, it is now available at Gordon Food Services.

### UPGRADING THE GF DIET

As celiacs, we eat GF to improve and protect our health. But to focus on GF and few or no other aspect of good nutrition, we end up making mistakes with our diet that lead to unhealthy weight gain or other new health problems.

Some people adopt the GF diet and feel well. For most, the GF diet is a great starting point but not an end-all. Individually we adapt the diet to suit our own needs. But to eat GF for what it was meant for – promoting long-term good health – you need to upgrade by following the dietary guidelines presented in “GF Throughout the Year”.

- Go GF naturally. Instead of buying a lot of products labeled GF, purchase those that are naturally GF such as veggies fruits, poultry, fish, and meat. Stocking up on whole foods and creating meals with them is the best way to avoid even trace amounts of gluten and to eat a diet rich in nutrients that support health.
- Be choosy about the food you buy. Look for those that are labeled GF and don't contain hidden sources of gluten. Also look for those that aren't made with refined white rice flour (often labeled as rice flour as opposed to brown rice flour) and starches, such as potato starch or tapioca starch. Regular eating of nutrient poor refined ingredients sets us up for nutrient deficiencies, unhealthy weight gain, and chronic diseases such as heart disease and Type 2 diabetes.
- Become more UNREFINED. Don't just avoid refined flour. Steer clear of other refined ingredients known to promote degenerative disease – namely refined sugars and refined fats. Refined sugars include sugar (typically listed as “evaporated cane juice” on labels), high-fructose corn syrup, and fructose. Refined fats include vegetable oils, such as corn oil, soybean oil, cottonseed oil, safflower oil, sunflower oil, and partially hydrogenated oil.
- Personalize the diet for you. It is common for gluten-sensitive people to be allergic or sensitive to other foods, such as cow's milk, soy, eggs, or yeast and to develop uncomfortable symptoms, including gastrointestinal distress, nasal or sinus congestion, joint aches, or other ailments from eating them. The only way to clear up the problem is to avoid the offending food. Customize the diet for your best health by identifying and avoiding the particular foods that are problematic for you.
- Eat more against the grain than you're used to. The Western diet that we are accustomed to is high in high-carbohydrate, wheat-based grains, which sets us up for weight gain and insulin-related health conditions such as Type 2 diabetes. When we go GF, we tend to think we just have to switch the wheat-based breads, pastas and other foods to GF versions of them. GF grains are still high in carbohydrates and relatively low in nutrients compared to the carbohydrates and calories that they provide. Most veggies, on the other hand, have considerably fewer carbs and are much higher in vitamins and minerals. It may go against the diet you are used to, but for many nutritional reasons, it is important to fight the tendency to trade a standard high-grain diet for a GF, high-grain diet. Instead, eat more veggies. That is the overlooked secret to long-term weight control and optimal health that many people, including most who go GF, miss.

*This article was excerpted from the Journal of Gluten Sensitivity by Melissa Diane Smith.*

**Multigrain Puffins:** This cereal was recently introduced by Barbara's. They are GF and made from whole oats, brown rice and corn. The box is stamped with the prominent GF circle. It also says it is “Made with Pure Oats”. ***Be careful as there may be some older boxes still on the shelves that don't say “pure oats”.***

A bowl filled with Multigrain Puffins will contain semi-sweet yellow, brown and white squares. The colors are not the result of artificial colors or flavors. Instead they come from the ingredients, all natural whole oats, brown rice, and corn. They stand up to sitting in a bowl of milk perfectly.

**Why are more women diagnosed with celiac than men?** Celiac is diagnosed twice as often in women than in men. This might be explained by the fact that women are generally at higher risk for developing auto-immune disorders compared with men. Women also seek medical attention more often than men. Women are generally more in tune to their body and are more comfortable discussing their symptoms with their doctors. Women also tend to be more persistent in trying to find an explanation for their symptoms and will not hesitate consulting different physicians in order to get a satisfying medical answer.

**GF on the Golf Course:** Sarah-Jane Smith, an LPGA golfer, has celiac disease. Her earnings were modest, until her mom's diagnosis of celiac, which helped her find the one medical reason that was draining her own energy on the golf course. Since going GF just over a year ago, her performance on the golf course has skyrocketed. Like many other stories we hear, she did not realize just how sick and low on energy she was until going GF.

**Vatican Supports Stem Cell Initiative Led By University of Maryland School of Medicine**

**April 23, 2010**

Researchers at the University of Maryland School of Medicine are leading a new international research initiative, funded in part by the Vatican, to explore the therapeutic potential of intestinal stem cells. The International Intestinal Stem Cell Consortium will include scientists from several institutes in Italy as well as from the University of Maryland School of Medicine Center for Stem Cell Biology and Regenerative Medicine. The Vatican and the Istituto Superiore di Sanita, the Italian equivalent to the National Institutes of Health, announced the new partnership on April 23 at a news conference in Rome attended by University of Maryland School of Medicine officials.

“This new coalition brings together scientists from both sides of the Atlantic to ensure we are exploring every avenue of stem cell research in order to bring real treatments as quickly as possible to patients suffering from deadly conditions such as Alzheimer’s disease and multiple sclerosis,” says Alessio Fasano, M.D., professor of pediatrics, medicine and physiology and director of the Mucosal Biology Research Center and the Center for Celiac Research at the University of Maryland School of Medicine. “All of the partners have put a tremendous amount of energy and enthusiasm into putting this consortium together, and we are thankful to the Vatican for making this research possible,” adds Dr. Fasano, who is coordinating the consortium and who appeared at the news conference in Rome.

In addition to scientists at the University of Maryland School of Medicine, the group will include researchers from the Istituto Superiore di Sanita, the University of Salerno in Dr. Fasano’s hometown of Salerno, Italy, and the Bambin Gesù in Rome, the largest children’s hospital in Europe. The Vatican funding goes directly to the foundation of the Scuola Medica Salernitana, the University of Salerno’s medical school, which will distribute it to the University of Maryland School of Medicine and the rest of the consortium’s partners.

Dr. Fasano says researching stem cells found in the intestines is a promising area that has been largely neglected until now. The ideal type of stem cells for medical use, says Dr. Fasano, has unlimited pluripotency — that is, the stem cells are virtual blank slates that can become any kind of cell, from heart cells to blood cells to skin cells to intestinal cells and so on. Embryonic stem cells and the newer induced pluripotent stem (iPS) cells are prized for their pluripotency, which makes them promising for use in treating a variety of health issues from heart disease and cancers.

Adult stem cells are not as pluripotent, but harvesting them from a patient’s skin, muscle, bone marrow or intestine may be an important alternative, according to Dr. Fasano. “We just want to take advantage of what nature is already doing in the intestines,” he says. It is likely the first treatments that might result from the research would help patients with intestinal disorders such as celiac disease — Dr. Fasano’s research specialty — an autoimmune disease with gastrointestinal symptoms.

Intestinal stem cells are highly active stem cells that support the shedding and replacing of all the cells in the intestinal lining once every four to seven days. They are multipotent, already programmed to generate all the various kinds of cells — such as mucus cells and epithelial cells — necessary to line the 20-foot length of the intestine, a highly complex organ. Importantly, intestinal stem cells can be easily harvested using endoscopy, a simple procedure used regularly for intestinal biopsies. As a result, patients could have their own intestinal cells harvested and used to treat bowel disease. If patients were to receive treatments using their own stem cells, there could be less risk of rejection or a reaction to the transplant, Dr. Fasano explains.

“These cells are very promising, at least on paper,” he says. “To study this, though, takes multidisciplinary teams of experts in stem cell research, experts in gastrointestinal medicine, experts in molecular biology and bioengineering. We need all the pieces of the puzzle and we need to communicate freely, sharing our ideas and findings. That is what we will do with this consortium.”

The group will work to answer two critical questions about intestinal stem cells. One mystery is how the cells can be kept alive and made to replicate in the laboratory. Another key question to be explored is how, once the cells are healthy and flourishing, scientists can induce them to transform into different types of cells. If the laboratory research goes well, the consortium could move on to clinical research, testing intestinal stem cell treatments in patients.

**Gluten In Drugs:** Over-the-counter and prescription drugs are always to be checked for their GF status. Some OTC brands are already labeled Gluten-Free, but for others it will take some detective work on your part.

1. Know the medication ingredients that can hide gluten: wheat starch, modified starch, pregelatinized starch and pregelatinized modified starch. The term “starch” as a stand-alone ingredient is sometimes listed on the label even though the FDA requires the botanical source to be included, but sometimes this rule is ignored. Other inactive ingredients that can hide gluten include: sodium starch glycolate, dextrates, and dextrin. Also, dextrimaltose and caramel coloring can hide sources of gluten in the inactive ingredients.
2. Contact the manufacturer. Many meds offer contact information on their labels, including toll-free phone numbers or websites.
3. Ask your pharmacist. They can contact the drug manufacturer to check its gluten content.
4. Other Resources: Go to [www.glutenfreedrugs.com](http://www.glutenfreedrugs.com), a website created and maintained by Steve Plogsted, pharmacist, at Nationwide Children’s Hospital in Columbus, OH.

## Zocalo Gourmet Heritage Flours and Grains

By NFCA | JUN 30, 2010  
Gluten Free Baking

Readers of Gluten Free Hot Products know that I often sing the praises of products that contain whole grains, natural flavors, and nutritious ingredients. I'm even more impressed when those products turn out to be tasty. Which brings me to today's review.

A while ago a box of very interesting products arrived at the NFCA's office. The shipment contained flours and grains from Zocalo Gourmet. Zocalo is a small company that supplies gourmet cultural ingredients and foods to the U.S. In the case our shipment, Zocalo Gourmet provided Peruvian Heritage flours and grains.

Peru is home to a long list of very diverse and hardy plant life. Among that list are highly nutritious grains, potatoes, and corns. Zocalo offers many of these healthy foods as whole or puffed grains, and as flours. Today's review will focus on four of Zocalo Gourmets products, Kañiwa flour, Mesquite (Algarroba) Flour, Purple Corn Flour, and Sweet Potato Flour



Kañiwa (pronounced ka-nyi-wa) is very similar to quinoa. It is packed with nutrition and is very high in protein. Zocalo offers Kañiwa as whole or puffed grain and as flour. When this mighty grain is puffed it can be served as cereal, or added to a granola mix. Whole or toasted and ground into flour, Kañiwa's, makes a wonderful addition to breads, muffins, cookies and more. Because is such a potent grain it is best used when blended with other flours. The result of adding it to your mix is a product that has a more earthy flavor and texture with the additional bonus of all the nutrition Kañiwa grains contain.

Mesquite Flour is made from the dried and milled pods of Algarroba trees. When included in a recipe, the Mesquite Flour imparts a sweet and slightly smoky flavor. In recipes utilizing cinnamon, chocolate, caramel, or coffee, the Mesquite Flour enhances those flavors. This multipurpose flour can be used to add nutrition and a warm yet sweet flavor to cookies and pastries, or to spice up and sweeten protein drinks or energy bars.

Purple Corn is very similar to table corn except for its deep purple color. The pigments that give this corn its rich dark purple are also high in antioxidants. Purple corn flour can be used in any recipe that normally calls for corn flour or corn meal. Use it to make breads, tortillas, pancakes, muffins, and cakes and those dishes will have the added benefit of amazing color and nutrition.

The sweet potato is an amazing source of fiber, vitamin A, iron, and calcium. Since Sweet Potato flour stays moist and has a smooth texture and semi sweet flavor it is a great ingredient to use in gluten-free baking which often depends of potato flour to prevent GF baked goods from being to dry or grainy. Though this flour makes a great addition to baked goods, such as breads, cookies, muffins, pancakes and crepes, cakes, and doughnuts, it can also be used in soups, as a thickener for sauces and gravies, and in breading for fish.

In addition to being gluten-free Zocalo Gourmet's offers these flavor and nutrition packed flours free of preservatives or additives, GMO, Trans Fat, Sugars, Nuts, Wheat, Soy, Casein, and Dairy. To find out more about these products as well as all the products Zocalo Gourmet offers visit [www.zocalogourmet.com](http://www.zocalogourmet.com). If you like the idea of these products but are not exactly sure how to implement them or just want a few new ideas, visit Zocalo Gourmet's Blog for useful recipes.