

RECALL: FOR IMMEDIATE RELEASE - August 12, 2011 - **Whole Foods Market** announces that it is recalling two beer-flavored marinades sold in Kentucky, Maryland, Ohio, Pennsylvania, Virginia, Princeton and Marlton, New Jersey and Washington, D.C. because of undeclared wheat and soy allergens on the label. The recalled marinades are **Whole Foods Market Stout Beer Marinade**, UPC code 000000305716, and **Whole Foods Market Lager Beer Marinade** UPC code 000000305723, both made in Landover, Maryland. The products come in 15-ounce, plastic bottles and were sold between July 3 and August 3, 2011.

Consumers who have purchased Whole Foods Market Stout Beer Marinade and Whole Foods Market Lager Beer Marinade may return the product to the store for a full refund. Consumers with questions may contact Whole Foods Market at 301-683-0060 weekdays between 8:00am and 5:00pm eastern standard time.

Warnings About Candy: I see Halloween candy is on the shelves, so it is time to remind you that we have to be extra careful during this time. You may know certain candy that you can eat to be GF, but if it changes its size or shape, then be wary. Sometimes Reese's peanut butter cups are guilty of this. The shape changes and wheat has been added. Sometimes the poppable candies are the same way. So whether it is an old standby, or your usual in a different shape, always, always, ALWAYS read the labels.

Columbus Celiac Conference: The annual conference is October 29, 7:30 a.m. to 4:00 p.m.

- Keynote: Restaurants Preparing GF Foods with Chef Michael Rice
- Medication Update: Steve Plogsted, PharmD
- What to Tell your Doctor About Your CD with Sylvia Bower, RN
- Mindful Eating: Discovering the Joy in Food with Amy Jones, MS, RD, LD
- Label Bingo with Mary Kay Sharrett, MS, RD, LD, CNSD
- Pre-conference Workshop: A Primer with Jolanda Denham, MD
- Keynote: Gluten Free Diet: Fad or Fact with Michelle Pietzak, MD

\$35 per person for registrations postmarked by September 16 which is the early registration deadline. After that date, registration fee is \$40 per person. Children 11 and under attend free. **Call 614-355-0662**

You're Invited!! The Celiac Disease Foundation Northeast Ohio Chapter (formerly NE Ohio Celiac Support Group) cordially invites you to join them for a Gluten-Free Dinner at Maggiano's Little Italy on Sunday, October 9th. Appetizer are from 5 to 6 p.m., with dinner served at 6 p.m. Cost: \$36 (\$40 if after September 25th deadline)

Location: Maggiano's Little Italy (Beachwood Mall), 26300 Cedar Rd, Beachwood, Ohio 44122

Maggiano's Gluten-Free Event Menu:

Appetizer served 5-6 p.m. Barb's Spinach & Artichoke al Forno with Vegetables

Menu is Classic Family Style served at 6 p.m.

Freshly Baked Bread by Udi's

Chopped Salad

Gluten Free Pasta with Alfredo Sauce

Gluten Free Pasta, Marinara Sauce, and Meatballs

Chicken Marsala

Green Beans

Dessert & Beverages

Flourless Chocolate Cake

Crepe Brulee

Coffee, Hot Tea, Iced Tea & Soft Drinks included; Additional beverages available at cash bar Join your fellow gluten-free friends for a night out! We have a room to ourselves so we can sit back & relax. Mail in Registration & payment deadline: Sunday Sept. 25, 2011. To register go to www.neohioceliac.com Questions? trishalyons@gmail.com

Support Group Survey: Approximately 104 emails were sent out. 50 people responded. Here are the responses:

How many meetings have you attended? 43% said 1-5.

If you no longer attend, why? 45.9% are comfortable with the diet. 29.7% find info online. 16.2% use the group's website. 35.1% find their schedule is too busy. Some comments were about travel, doing well on their own, other health issues or allergies, lost interest, and market is flooded with items, making the diet easier.

Rate various aspects of meeting: Leadership 67.4 responded with excellent. 50% responded with Good for presentation of materials. 56.4% said Good for speakers. 47.6 % said Good for Discussion time.

Have you ever attended a meeting that turned you off and you never came back? 90.7% said no, but 9.3% said yes (which equaled 4 people saying yes).

Do you find the information helpful in managing your diet and understanding CD? 100% said yes.

If meeting times changed, which would suit you best? 40% said quarterly; 28.6% said monthly; 20% said none from Jan. through April, resuming in May; and 14.3% said every other month.

If the group folded, would you be lost without it? 26.1% said yes.....12 people. 73.9% said no, totaling 35 people.

Do you go to the website for handouts and articles? 38.3% said yes; 36.2% said occasionally; 25.5% said never.

What is your feeling about support groups? 44.4% said a real need; 37.8% said nice to have around when you need them; 13.3% said only need them to get started. 2.2% said they can do without them, and only phone support needed.

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Which format works best for meetings? 68.4% said education with discussions; 28.9% said social hour with discussions; 21% said cooking demos by members; 18.4% said cooking demos by chefs. Only 2 people said pot luck dinners every month, dining out monthly, or a different member taking over each month for meeting.

Restaurant Dining: We all go out to eat and hope that we can find something to eat that will be safe. Below are a few good questions to ask and some tips to help make your restaurant visit a little easier

- ★ Are your steamed vegetables cooked in pasta water?
- ★ Are there croutons on the salad? Can you please leave them off?
- ★ Do you make the salad dressing from scratch? What's in it?
- ★ Do you make the soup from scratch, or does it come from a can?
- ★ Can I see the label?
- ★ Has the food been marinated in any sauce?
- ★ Do you make the sauce yourself, or is it canned?
- ★ Has the food been dusted with flour before being sauted or fried?
- ★ Is the oil used for French fries also used for other breaded products?
- ★ Are artificial bacon bits/ meat substitutes used on potato skins and salads?
- ★ Are your mashed potatoes from a mix, or from real potatoes?
- ★ Do you use imitation crab meat or seafood?
- ★ Will the ice cream have a cookie stuck into it?

- Don't assume that anything is gluten-free. Even if a menu item looks safe, you might not realize that the chef's secret recipe includes gluten.
- Egg omelets can contain pancake batter. Baked potatoes can be coated with flour to make the skins crispier. Green tea can have barley in it.
- You might find it easier to be the last person in the group to place your order. That way you'll know the server is going directly back to the kitchen and is less likely to forget what you've told him.

Gorton's Seafood Announces: Grilled Fish Now Gluten Free:

Gorton's Seafood has announced that its Grilled line of fish is now gluten free, with a variety of flavors and grilled fish species including Grilled Salmon, Grilled Tilapia, All Natural Grilled Fillets made from Alaska Pollock, and Grilled Haddock. Procedures have been implemented at the production location to avoid the risk of cross-contamination, and there is ongoing monitoring and testing to ensure that Gorton's Grilled Fish is gluten free.

To promote their gluten free Grilled Fish, Gorton's is also giving away 100 subscriptions to Living Without magazine, the leading title serving the gluten free market. This is a great tool for those living with celiac disease or those with gluten intolerance. For more information on Gorton's gluten free Grilled Fish and to enter to win a year's subscription to Living Without, please visit: <http://www.gortons.com/glutenfree.htm>.

Gorton's is also offering downloadable coupons at <http://www.gortons.com> and a free digital newsletter that provides monthly recipes and coupon offers.

Vanilla Cupcakes (This recipe was submitted by Peg Snyder)

1 c. sugar	1 1/2 tsp. baking powder	1 tsp. vanilla
2 large eggs	1/2 tsp. xanthan gum	1 tsp. almond flavoring (optional)
1 1/4 c. gf flour mix	1/2 c. canola oil	
1/4 tsp. salt	1/2 c. half and half or milk	

Preheat oven to 350*. Position rack in center of oven. Place cupcake baking liners in 12 cupcake baking pan. Beat sugar and eggs in large bowl of electric mixer at medium speed for 1 minute. Add flour, salt, baking powder, xanthan gum, oil, milk and vanilla. Beat at medium speed for 1 minute. Pour batter into prepared pan. Place in center of oven and bake for about 20 minutes or till center springs back when touched and cupcakes are very lightly browned. Bake about 35 minutes for 9-inch round or 40 minutes for 8 inch-round cake. Cool on rack for 5 min. Remove cupcakes from pan onto rack and cool completely before icing.

Tommy's Pizza Chicken & Ribs 8th GLUTEN-FREE PIZZA & CHICKEN BUFFET!

Date: Saturday, September 10th, 2011! Time: Choice of 3 Seatings: 1 pm, 4 pm, or 6:30 pm

Place: Tommy's Pizza Chicken & Ribs www.tommyspcr.com 440-327-1212

North Ridgeville, OH 44039 (Corner of Center Ridge & Pitts – Directions available on [Tommy's website](#))

RESERVATIONS REQUIRED. Please tell Tommy you are affiliated with the NE Ohio Support group in order for their group to receive a donation.

Gluten Free Buffet Menu \$14.99 + Tax & Tip

If you'd like a change, Tommy's now has GF Calzones, Ribs, and Nachos on the GF regular menu.

Green Bay Packers running back James Stark has entered the football season fully healthy for the first time in two years by switching to a gluten-free diet. His senior year at University of Buffalo was sidelined by a shoulder injury, and he spent almost three months of his rookie NFL career benched by a hamstring injury. Although he returned (leading the league in post-season rushing), Stark wanted to ensure that this season wasn't going to be effected by poor health. Hamstrings shouldn't take that long to heal.

Stark used the same organization wide receiver Terrell Owens consulted to heal from a broken leg in December 2004. Both athletes were tested in a hyperbaric chamber to determine the best way to heal from injuries. Based on the results, a nutritionist recommended that Stark eliminate gluten from his diet. Gluten is a protein found in wheat, rye and barley and the products produced from those grains. This includes many traditional "carbs" such as bread and pasta, but gluten can be found in a wide variety of processed foods.

While Stark has not released his official diagnosis, this new diet may indicate that he has Celiac's disease. Stark is not the only pro athlete to go gluten-free. Kyle Korver of the Chicago Bulls has gone gluten-free, citing the diet for his improved post-game recovery. US swimmer Dana Vollmer won her first gold medal at the 2011 World Swimming Championships after battling severe stomach aches and fatigue for several years. She was diagnosed with several food allergies including gluten intolerance, and has since gone gluten-free. UFC fighter Dennis Hallman has Celiac's disease, discussing his diagnosis and diet adjustments in an interview with USA Today.

After seven years, why can't the FDA define 'gluten-free'?

What, exactly, does "gluten-free" mean?

The question matters deeply to a fast-growing number of people who try to avoid gluten, a protein found in wheat, barley, rye and a large number of things made from those grains. But at the moment, a "gluten-free" label doesn't mean that a food contains no gluten at all, or even that it's free of all but trace amounts. "Gluten-free" means pretty much whatever the manufacturer wants it to mean.

In 2004, Congress passed a law requiring the Food and Drug Administration to define the phrase. In 2008, the FDA blew its deadline. And in 2011, we still have no official ruling.

This matters to a lot of people. Among the most at risk are the estimated 3 million Americans — 1 in 133 - who suffer celiac disease, an autoimmune disorder in which even trace amounts of gluten trigger the immune system to misfire, attacking the body's own tissues. Symptoms vary wildly from person to person; they include digestive problems, stunted growth, infertility and neurological conditions.

Scientists say that an even greater number of people have other good reasons to avoid gluten. University of Maryland researchers estimate that 18 million Americans - 6 percent of the population - suffer gluten sensitivity; symptoms include abdominal pain, headaches, fatigue, "foggy mind" and tingling body parts. And in addition, there's evidence that gluten worsens the problems of some schizophrenic patients and autistic children.

For all of those people, the treatment is simple: Don't eat gluten.

But that's surprisingly hard to do. Sometimes a product with no obvious gluten-containing ingredients - corn tortillas, say, or roasted peanuts - has picked up smidgens of gluten from factory equipment used for other foods. And sometimes gluten hides deep inside an ingredient list: "caramel coloring," "emulsifiers," "natural juices" and dozens of other common additives might or might not contain gluten; it depends on where and how those ingredients were made.

A "gluten-free" label ought to offer peace of mind, but so far, the phrase has been better for corporate bottom lines than for consumers. While the FDA has dithered about the meaning of "gluten-free," the market for those products has exploded. In 2003, it was \$100 million; next year, it's estimated to be \$2.6 billion.

Some manufacturers go to great lengths to ensure that their gluten-free products are, in fact, free of gluten: They test ingredients, scrupulously avoid contamination in their factories, then test the final products to make sure no stray molecules sneaked in. Other manufacturers don't do any of that. And without a meaningful label, consumers can't tell the difference.

The Center for Celiac Research complains that the FDA has spent far too long studying the subject, and the group argues that it's high time the agency established a uniform definition. We agree

For millions of Americans, it's important that "gluten-free" means that their food is safe to eat.

(Side Note: The following statement was picked up off another website: ***The FDA has proposed that new labels with stringent and standardized measures of gluten, go into effect next year.***