

APRIL 2008 HANDOUTS

CELIAC WALK: Our annual walk is scheduled for May 17, 2008 at North Lake Park. The pavilion building will be open for our use, and its bathroom facilities are available. The shirt color this year is Green. To register for the walk, it is \$10 and includes a celiac shirt. Anyone may walk and can register the day of the walk. We hope that we can get a lot of donations. Shirt orders had to go in by the end of March. There might be a few extra available, but it is not guaranteed.

GLUTEN-FREE DAY AT MEDCENTRAL: We are planning our annual GF Day at MedCentral for May. The date at this time is still not firm. We spend about 4 hours there over the lunch breaks handing out Celiac Information. The chef, Greg Brandes, generally prepares a GF meal that day for us. This year I am planning to give him a recipe for a dish rather than leaving it up to him, and maybe the food will taste better.

SUPPORT GROUP EVENTS FOR 2008: To get a total listing of our events for 2008, go to our website at www.rccsg.com and click on Events.

GLUTEN FREE DRUGS ONLINE: If you need to check on any drug that you need to know is gluten-free, please go to this website. It might save you a lot of time finding the answer. <http://www.glutenfreedrugs.com/list.htm>

GF SOUPS: Go to this website and find a listing of 35 gluten-free soups for your enjoyment. http://www.secretgardengourmet.com/index.php?main_page=index&cPath=23

MONO- AND DIGLYCERIDES

There still seems to be some concern over the safety of mono- and diglycerides. There needn't be. These are merely fats made from oil (usually soybean, sunflower, cottonseed, or palm oil) and glycerin. They are added to products to prevent the separation of ingredients, to help stabilize the consistency of processed food products, and to help baked goods stay fresher longer.

Occasionally the 'glycerides' are mixed with a miniscule amount of an additive. But the FDA has ruled that if that additive is one of the 8 most common food allergens (eggs, wheat, fish, milk, peanuts, tree nuts, or shellfish), then the additive must be listed on the label.

If you do not see "wheat" listed on the label of a food product made in the United States, then the mono- or diglyceride is gluten-free.

NEW GLUTEN-FREE FLOUR ON THE MARKET?

If you come across a bag of jowar (or jawari or juwar) flour, it is gluten-free. Chances are, you may have already used this flour in your baking and just not realized it. The more common name in America for this flour is sorghum and sorghum flour is fairly familiar to celiacs. Sorghum/jowar flour is more nutritious than many of the alternative flours and excellent to use along with your regular flour mixture when baking breads. This flour is also used for coating foods before frying to give a crispy outer cover.

This flour is available at some grocery stores and most health food stores. If you don't mind purchasing products processed abroad, you can usually save money on jowar flour by getting it from an Indian market. The flour will stay fresh for up to 4 months when stored in an airtight jar.

Gluten-Free Care Package:

The University of Chicago Celiac Disease Center's Gluten Free Care Package has helped thousands of people with Celiac Disease get started with proper treatment to manage the disease.

The Gluten-Free Care Package is a basket of gluten-free resources, including a gluten-free food guide, support group information and food samples to instruct dietitians and patients on the gluten-free diet.

Since the founding of the program in 2001, we have distributed thousands of Gluten-Free Care Packages to newly diagnosed patients with celiac disease, all over the country.

If you or your child has been diagnosed with celiac disease through a biopsy in the past three months, please contact us at: (773) 702-7593 for your Gluten-Free Care Package. It will contain all the information you need to start the gluten-free diet so that you can spend your energy getting well instead of looking for information.

Which is the correct Screening Test for Celiac Disease?

Anti-Tissue Transglutaminase (tTG-IgA) -- A screening test is commonly used when an individual is in a risk group for Celiac Disease, whether or not he/she has symptoms. This test is usually the one offered for Celiac screening events, as it is the most sensitive test available.

Other Tests

Total Serum IgA -- This one tests for IgA deficiency, a condition which can affect the accuracy of an antibody test)

Anti-endomysial antibody test (EMA-IgA) -- EMA-IgA are very specific for Celiac Disease but they are not as sensitive as teh tTG-IgA.

HLA-DQ2 and HLA-DQ8 gene tests -- The "gene tests" are not antibodies. They can be used to exclude Celiac Disease (if negative) in doubtful cases.

Note:

Anti-gliadin antibodies (AGA-IgG and AGA-IgA) are no longer used to test for Celiac Disease due to a low level of accuracy in people who have not yet been diagnosed.

Why is it necessary to have the endoscopic biopsy?

It is important to know that the blood testing can only confirm that you do not have celiac disease. This is why the biopsy is necessary if your test results are positive, to confirm the results. It is important to definitively establish the presence of celiac disease and rule out the presence of other conditions, including food allergies, a far more common condition

What do I do if I have a negative blood test (or panel) but I'm still having symptoms?

While it is rare, it is possible for patients to have a negative antibody test results and still have celiac disease. ***IgA deficiency*** is one example where this could occur. Further medical evaluation is important for anyone who is still experiencing symptoms, to establish the diagnosis or to rule out celiac disease as a part of establishing another diagnosis

Recipes

Carolina Casserole (from Peg Snyder)

From the late seventeenth century until the Civil War, rice was the major crop of the coastal Carolinas. Georgetown, South Carolina, exported more rice than any seaport except Calcutta. Though the Carolinas no longer grow rice commercially, you can still buy Carolina rice. It's a generic long-grain, all purpose rice that works well in most rice recipes. Carolina Rice (with a capital R) is also a registered brand name. This simple rice casserole makes a great brunch or lunch; it's also a good way to use up leftover cooked chicken or turkey.

Ingredients	1 serving	2 servings
long-grain white rice	1/4 cup	1/2 cup
water or defatted chicken broth	3/4 c.	1 1/2 c.
salt	1/8 tsp.	1/2 tsp.
dried thyme	1/8 tsp.	1/4 tsp.
1 % low-fat milk	1/3 cup	2/3 c.
diced cooked chicken/turkey	1/3 cup	2/3 c.
mushrooms, thin sliced	2	4
Worcestershire sauce	dash	1/4 tsp.
frozen green peas	1/4 c.	1/2 c.
coarsely shredded Cheddar cheese	2 tbsps.	1/4 c.

combine the rice, water or broth, salt and thyme in a quart (2 qt.) microwave safe casserole. Microwave on high for 5 min. Stir well. Microwave on med. power (70%) for a toatal of 10 min. - stop and stir after 5 min.

Stir in milk, chicken or turkey, mushrooms and Worcestershire sauce. Cover and microwave on med. for a total of 3 (5) min. Stop and give the casserole a quarter turn after 1 1/2 (2 1/2) min. Stir in the peas and sprinkle with the cheese, cover and microwave on med. for 2 (3) min. - or till peas are tender. Let the casserole stand for 5 min before serving.

Per serving, 387 calories, 8 g. total fat, 4.2 saturated fat, 66 mg. cholesterol, 485 mg. sodium, 29.3 g. protein, 47.3 carbohydrates, 2.1 g. dietary fiber.

CORNBREAD: (Peg Snyder)

Cornbread Basics

There's a big difference between cornmeals available in different parts of the country. South of the Mason-Dixon line and east of the Mississippi, you'll find white "water-ground" or "stone-ground" meal so finely ground, it's almost floury. Elsewhere, cornmeal is uniformly yellow and generally coarser; it absorbs less liquid than the fine stuff. You can make good cornbread with either variety. Subtract a tablespoon or two of liquid when you're using yellow cornmeal in a recipe that calls for fine, white cornmeal.

To reheat cornbread, wrap it loosely in aluminum foil and heat it in a 350 degree oven until it is warmed through. To microwave, wrap it loosely in a paper towel.

SOUTHERN SKILLET CORNBREAD

Well-made Southern cornbread has crumbly, moist innards with an exterior so crisp it crackles, produced by pouring the batter into a sizzling-hot cast iron skillet. I prefer cornbread made with the fine Southern white cornmeal. If you are making this recipe with coarse Yankee yellow cornmeal, reduce the buttermilk or yogurt slightly; the batter should just mound on a spoon.

<u>Ingredients</u>	<u>for 2 servings</u>	<u>for 4 servings</u>
Crisco	1 tsp.	2 tsp.
white cornmeal	1/2 c.	1 cup
baking powder	1/2 tsp.	3/4 tsp.
baking soda	-----	1/4 tsp.
salt	1/8 tsp.	1/4 tsp
egg	1 yolk or white	1 large
nonfat buttermilk or plain yogurt	1/2 c.	1 c.

(I used Bob's Red Mill corn flour to make this.)

Preheat the oven to 425 degrees.

Place the shortening in a 5" (or 8 ") ovenproof cast iron skillet and heat the pan in the oven for 5 minutes, or until the shortening is sizzling hot. While the pan is heating, make the cornbread batter: In a medium mixing bowl, stir together the cornmeal, baking powder, baking soda (if using) and salt. In a large measuring cup, beat the egg till foamy. Add the buttermilk or yogurt and beat until well-blended. Stir into the cornmeal mixture. Remove the skillet from the oven. (Remember the handle will be hot - protect your hands.) Quickly pour the batter into the hot skillet and bake the cornbread on the middle shelf of the oven for 20 to 25 minutes, or until it is well browned and pulls away from the sides of the pan. Turn the cornbread onto a serving plate, cut into wedges and serve piping hot.

I did add about a tsp. of sugar to this, but that's up to you. I thought this tasted quite good and I was able to slice it and stick it in the toaster the next day without crumbling.
