

**MADISON AREA GLUTEN INTOLERANCE CHAPTER
M.A.G.I.C.**

<http://www.madison.com/communities/gluten-free/>

CSA/USA, INC. – Madison Area Chapter #41 – Affiliated 1993

Next Gathering: Saturday, October 14, 2006

10a.m. – 12 p.m.

Prairie Park Apartments—6530 Schroeder Rd., Madison

Panel Discussion from those who attended CSA Convention in Green Bay

Magic Meeting Minutes

September 9, 2006

Attendance: Aaron & Charlene Avery, Leigh Barczi, Kathy Beringer, Kathy Borner, Teresa Brausen, Sue Caldwell, Bob & Penny Coffin, Laura-Claire Corson, James Evans, Jacki Friend, Barb Hennings, Rollie Krogstad, Sean Lamb, Jo Matzner, Dan & Tammy Moodie, Kay Newton, Sarah Rose, Jane Ross, Mary Lee Rossmassler, Brenda Schilke, Darlene Schulenberg, Nancy Spencer, Dick & Margret Siedschlag Joy Thompson, Linda Watson, Marge Westergard, Sarah Wieckert

Treasurer's Report:

Bank balance as of Friday, Sept. 8, is \$4,057.91. Planned liabilities against that are:

- \$210 (est.) for monthly expenses: newsletter & new members for end-of-September net of approx. \$3,850.
- Currently have 47 members renewed for 2006-2007. At the time of last year's September meeting, 62 had renewed
- Dues are payable for next year ~July 1 to June 30, 2007.

New Member:

Kathy Borner introduced new member Laura-Claire Corson. Welcome.

Announcements:

Kathy Borner expounded on the wonderful attributes of Expandex. It's a modified tapioca starch marketed by Heartland. The Expandex website address is: www.expandexglutenfree.com It is available at C's Specialties.

Imperial Garden (University & Allen Blvd.) has gluten free noodles. They also serve g.f. beer. Check with Karen the manager.

Members had good experiences recently at Flat Top Grille (Hilldale), Market St. Diner (Sun Prairie). Also heard several good comments on Bunkies (Atwood Dr), when making reservations—let them know about the gluten free requirement. They often have g.f. lasagna. Texas Roadhouse will open soon on East Washington/90-94.

Mary Lee Rossmassler shared with us her diagnosis of Microscopic Colitis in addition to her celiac status. Some members with continuing digestive problems in spite of their gluten free diet may benefit from discussing this with their physician.

Program

Aaron and Charlene Avery shared their recent travel adventures with the group. The Averys went on the "Safari in Kenya II / Mass Migration" trip organized by Bob and Ruth's Gluten-Free Dining & Travel Club (<http://www.bobandruths.com>). The cost was approximately \$6,000 per person, and included just about everything. The safari company was Rhino Safaris and they were terrific.

Photos from the trip are posted at http://new.photos.yahoo.com/aavery_6
Click on the "Kenya 2006" album for a properly sorted view. This was an absolutely amazing trip! The photos just give a taste of being there.
The food was quite good, with lots of variety and a constant supply of fresh tropical fruits. It was very nice not having to deal with the gluten-free specifics at every place and every meal. We wish we could go again next year, but it's a real luxury to be able to go even once.

Aaron and Charlene flew from Chicago->Amsterdam->Nairobi Kenya. Each leg was 8 hours long. Below is the itinerary:

- First night at the Fairview Hotel in Nairobi.
Morning sightseeing at the Giraffe Center, Sheldrick animal orphanage and Karen Blixen museum. Lunch at Karen Blixen Coffee Garden Restaurant.
- Two nights at the Mount Kenya Safari Club with on-site activities.
- Two nights at the Samburu Serena Lodge with game viewing in the Reserve.
- One night at Sweetwaters Tented Camp with game viewing, bush dinner, Chimpanzee Sanctuary, and tame black rhino viewing.
- One night at Lake Nakuru Lodge with a stop at Thomson Falls en route. Game viewing (and Flamingos!) in the Reserve.
- Short flight to Mara Serena Lodge, followed by a three-night stay with lots of game viewing and a "hippo breakfast".
- Longer flight back to Nairobi, dinner, and then the flights back home.

Gluten-free pancake recipe from the Samburu Serena Lodge:

250 grams (1 1/4 cup)	Rice Flour
500ml (2 cups)	Milk
2	Whole Eggs
2 Tbs	Sugar
25ml (1 1/2 Tbs)	Corn oil

Prep: In a bowl beat together the eggs, milk and sugar until well mixed.
Add in the rice flour and corn oil and beat until smooth (well blended). Allow to rest for about 5 minutes.

Mary Lee Rossmassler's conversion states 1 3/4 cup of Rice Flour. She notes she makes about 3 cups worth. It was quite thin and made almost a crepe-type pancake.

Gluten-free Blogs:

(Information from the Milwaukee Celiac Sprue Crew)

Think of blogs as online diaries. This list of favorites was compiled by a celiac listserv member who noted "These people are actually inspired by living life without gluten (with lots of great photos!)—Maybe you will be inspired too. I at least TRY to be!" GF food never looked better!

<http://glutenfreegirl.blogspot.com/>

<http://www.celiacchicks.com/>

<http://somethinginseason.blogspot.com/>

<http://vegetarianceliac.blogspot.com/>

<http://glutenfreegoddess.blogspot.com/>

<http://www.gfzing.com/>

Media Articles Raise Mainstream Celiac Awareness

"Recently celebrating its 15th anniversary, Food Product Design magazine delivers practical, use-it-new, take-it-to-the-bench editorial for those in the food industry who develop products for retail, foodservice and functional food markets. Subscribed to by more than 30,000 R&D and corporate management professionals, Food Product Design is the industry's leading product development content and information source." <http://www.foodproductsdesign.com/articles/671health.html#>

This is a two-part article celiac disease and diabetes on www.ediets.com

The author, Christine Miller, attended the session on celiac disease presented by Shelley Case at the Florida Dieticians Conference in July. http://customer.ediets.com/sxdhls_mukqisql.html

http://customer.ediets.com/xiewswz_rgnaezal.html

Product News:

As the FDA works to provide guidelines for "gluten-free" labeling, celiacs are faced with a new question...*"If a product starts with ingredients derived from wheat, rye or barley, is it possible to remove enough gluten to render it as gluten-free as one that starts without those ingredients?"* While minute trace amounts of gluten or the short peptide chains that result after fermentation many not register on tests for gluten content, many celiacs seem to be more sensitive than the tests. Hopefully, the eventually gluten-free labeling will devise a method, even if it's just 'naturally gluten-free,' which will allow celiacs who want to maintain a zero-tolerance to differentiate between the two...At the very least, full disclosure labeling should be the norm since it would allow consumers, rather than the manufacturers, to make decisions regarding our health. The undisclosed wheat-derived flavoring in McDonald's French fries is an example of what NOT to do. Below are a couple of products that are raising concern currently. So, "Buyer Beware"....Even though labeling has improved, we still need to read "Every label, every time."

Benefiber by Novartis Consumer Health, Parsippany, NJ. At www.benefiber.com or 1-800-452-0051. A brand new formulation (with red banner marking "new dosage") will completely replace the guar gum with wheat dextrin, which contains less than 10ppm and is therefore not completely gluten free. The Capsules and caplets are NOT gluten free. The status of the powder with calcium has not been determined. In a post of the celiac listserv, Janet Rinehart, chairman of Houston CSA, noted that the FDA will probably set the threshold for gluten for labeling a product g.f. at 20 ppm. She also suggested to a Benefiber representative that celiacs will probably not buy their product when they learn it contains some gluten, even though the FDA considers this a safe amount.

Teccino, a coffee alternative, although the labels says "gluten-free," but ingredients say different. Thanks to MCSC member for passing this along after experiencing symptoms. According to the company rep they spoke to the product is only g.f. "when brewed in a drip coffee maker"...Even if gluten could be removed in that manner, the label does not specifically give that information. This was posted on their website..."Does Teccino contain any gluten?: Although Teccino contains barely, an independent laboratory at the University of Nebraska that specializes in gluten testing found no detectable levels of gluten in Teccino. Although gluten is present in barley, it most likely does not extract out of the barley using conventional coffee brewing techniques. Gluten is not extracted by boiling water although it can be extracted using ethanol alcohol, which of course is not present in Teccino. www.teccinocom/images/webpaper.gif

Alerts on Ingredient Reformulations

Hello,

General Mills has reformulated their **Cocoa Puffs** cereal and new boxes contain wheat. Read the label. If wheat is listed as an ingredient, it is NOT GLUTEN FREE. If there is no wheat listed in the ingredient label, it's part of the old formulation which may be on the shelves for the next half year or so and it is gluten free.

General Mills says it's reformulated **Trix** cereal (regular) and the new boxes contain gluten. Read the label. If wheat starch is listed as an ingredient, it is NOT GLUTEN FREE. If there is no wheat starch on the label, it's part of the old formulation (which may be on the shelves for the next year) and it IS gluten free.

Best wishes,
Lani K. Thompson
www.clanthompson.com

July 21, 2006:

Smuckers: Smuckers has temporarily withdrawn its list of gluten free foods. According to the company, the jams, jellies, spreads, syrups, magic shell products and preserves do NOT contain any wheat, rye, oats, barley, spelt, triticale or other gluten containing grains. However, they will not call them gluten free until they can double check the possibility of cross-contamination of raw materials they receive from outside suppliers. They hope to have this information in a few more months. Their natural peanut butter IS gluten free and there is no cross contamination, according to the manufacturer.

July 13, 2006:

Hidden Valley Packaged or Bottled Salad Dressings: Company now states that none of these products are gluten free as all varieties may contain either gluten-derived ingredients or traces of gluten.

July 6, 2006:

Taco John's Chicken Strips: The company says, *"These products aren't made with gluten containing ingredients. But they're fried in the same oil as foods containing gluten."*

June 29, 2006:

Jimmy Dean's Fresh Taste Fully Cooked Bacon: Jimmy Dean's states that this product is no longer gluten free. We do not have information yet as to what has changed, but we are working on it.

FDA REPORTS TO CONGRESS ON CROSS CONTAMINATION

Clan Thompson Celiac Newsletter, Issue #89 September 21, 2006
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The FDA's report to Congress regarding cross-contact with food allergens during food manufacturing and distribution, and consumer preferences about advisory labeling is out. This report was required as part of the Food Allergen Labeling and Consumer Protection Act (FALCPA) and states that foods may become unintentionally contaminated with major food allergens at almost any step of manufacturing prior to final packaging. For instance, contamination can occur as a result of allergens in raw ingredients or in processing aids, or as a result of allergen carry-over from the use of shared equipment and from clean-in-place fluid used to clean shared equipment. Dedicated facilities or production lines can help control cross contamination, but their use is limited due to cost, space limitations or equipment utilization needs.

It is difficult to determine the prevalence of cross-contamination for several reasons, according to the FDA. Many instances of cross contamination are not observable. For example, a raw ingredient can contain an undeclared allergenic ingredient or processing aid. If the manufacturer doesn't know about the presence of allergens in raw materials, they can produce food products that are contaminated.

There is no known processing technology that can be used to automatically or continuously exclude major allergens from all foods at risk of contamination. However, good manufacturing practices help reduce or eliminate unintentional cross contamination. A report prepared for the Center for Food Safety and Applied Nutrition (CFSAN) by the Institute of Food Technologists (IFT) states the following: "Most food companies include allergen control as part of their prerequisite program; most of the food companies have Sanitation Standard Operating Procedures to delineate their cleaning practices in their allergen control plan; the majority of the

targeted food companies have validated the effectiveness of their allergen cleaning approaches;" and "the majority of included food companies train employees on an annual basis on topics related to allergens."

Between FY2002-FY2004, the FDA conducted over 2,000 allergen-focused inspections. Investigators determined that allergen cross-contact was likely to occur in 25% of all inspected facilities during processing of food products. Sources of contamination included residues of allergen-containing product on equipment, build-up of product above the processing zone, and presence of airborne food particles. Overall, equipment residues were judged to be the most likely source of cross contamination, followed by airborne food particles, and build-up of product above the processing zone.

Investigators also determined that 76% of all facilities handled unpackaged, exposed product in a way to protect it against cross contamination with an allergen.

Inspections done in FY2003-2004 found similar results with respect to receiving, equipment, processing, testing, and labeling. However, for FY2003-2004, 79% of the inspected facilities used one or more control measures associated with production equipment to prevent allergen cross-contact compared to just 8% of the FY2002 facilities. In the FY2003-2004 inspections, of the facilities that tried to control cross contamination from equipment, 33% used dedicated equipment, 74% used shared equipment with clean up in between manufacture of the allergen containing product and the non-allergen containing product, 41% used shared equipment with production scheduled to run allergenic product last, and 8.5% used other methods.

For facilities inspected in FY2003-2004, FDA investigators judged that 24% were likely to have cross contact during processing compared to 25% in FY2002.

Data from these inspections are not a representative sample of all manufacturers using the most common food allergens, and the results should not be generalized to all food production facilities, according to the FDA. The facilities were selected based on certain criteria and not in an entirely random fashion. Nevertheless, the results of these inspections provide insight into current efforts to address the risks of food allergen cross contamination. Taken together, the findings in the report suggest that a certain percentage of facilities do attempt to address potential concerns associated with the use of allergens in food products, but the extent to which a company does so varies. Some companies did not apply any control measures in the handling and use of allergens.

You can read the entire FDA report here:
<http://www.cfsan.fda.gov/~acrobat/algrep.pdf>

Letters from Manufacturers:

Seaton Smith, President of **GlutenFree Oats** writes:

We are still on track to have our product after the first of the year. If your group would like to do a joint order, it will save money. We will still package in individual packages for easy distribution. When you agree upon an amount you can place your order on our website at www.glutenfreeoats.com for prompt shipment as soon as we have the product available. Phone 307-754-2058 Fax 307-754-2028. E-mail sales@glutenfreeoats.com

Shawn Durgin, Consumer Affairs Specialist,
McCormick & Co., Inc.:

We are aware of special allergies and intolerances to certain ingredients such as peanuts, tree nuts, shellfish, fish, eggs, milk, soy proteins, wheat proteins, red pepper,

sulfites and yellow No. 5&6. We declare these ingredients on our label in the ingredient statement. Federal regulations require us to list sulfites if they are over 10 parts per million (ppm), so we use that as our label declaration limit.

Of a product does not have an ingredient statement, it is a pure spice or herb and is gluten free. The alcohol in all of our extracts does not come from grain and is gluten free.

We follow good manufacturing practices. Our employees are trained in the importance of correct labeling and the necessity of performing thorough equipment wash downs to eliminate cross-contamination of ingredients.

Although we cannot guarantee our products to be 100% free of allergens not listed on the label, we do take this situation seriously and have taken extra precautions to eliminate mislabeling or cross contact.

Recipes:

Potato Casserole

2 lbs southern style frozen hash browns
½ c chopped onions
1 c grated cheddar cheese
1 can Progresso cream of mushroom soup
1 c sour cream
½ c melted butter
1 t salt

Mix all together in a 9 x 13" pan. Top with crushed potato chips. Bake at 350 for 1 hr.

Rich Bars

1 ½ c gluten-free crackers (ex. Ener-G)
¼ lb butter
Melt butter, crush crackers—combine and pat in a 9 x 13 pan.
Add on top:
1 c chocolate chips
1 ½ c coconut
1 can Borden sweetened condensed milk

Bake at 325 -350 until light brown

Reese's Chewy Chocolate Cookies

2 c GF flour (used 1 2/3 c Bob's Red Mill All Purpose baking flour & 1/3 c Montina Pure Baking Supplement)
1 t xanthan gum
1 t baking soda
1 ¼ c butter or margarine
2 eggs
1 2/3 c Reese's peanut butter chips
¾ c cocoa
½ t salt
2 c sugar
2 t vanilla

Preheat oven to 350. Stir together flour, xanthan gum, cocoa, baking soda, and salt. Beat butter and sugar in large bowl with mixer until fluffy. Add eggs and vanilla, beat well. Gradually add flour mixture, beating well. Stir in peanut butter chips. Spread batter in greased 15 ½ x 10 ½ x 1" jelly roll pan. Bake at 350 for 20 minutes or until set. Cool completely in pan on wire rack. Cut into bars. Could make cookies by dropping rounded teaspoons onto ungreased cookie sheet and bake 8-9 minutes. Cool slightly and remove to wire rack.

Quinoa Tabouli Salad

1 c red quinoa
1 c white quinoa
Cook with sea salt and a little olive oil in 4 cups water. Bring to a boil, then simmer for 15 minutes covered or until water is absorbed. Cool in refrigerator.

1 c fresh cilantro—chopped
2 Roma tomatoes--diced
¼ red bell pepper--diced
¼ green bell pepper--diced
½ red onion--diced
2 stalks celery--diced fine
2 cloves of garlic—minced
½ t Allspice
1 c or more of bottled salad dressing

Combine all ingredients and let flavors blend at least ½ hour before serving.

Polynesian Ambrosia

Crust:

2 c crushed rice bran crackers
¼ c melted butter/margarine
Mix together and press into 9 x 13 pan.
Freeze while making filling.

Filling:

6 egg yolks
1 can sweetened condensed milk
1 6 oz can frozen lemonade—thawed
Beat together until thick. Fold into 1 pt whip cream that has been whipped.
Pour over crust. Place back in freezer.

Meringue: Beat 6 egg whites until stiff.
Gradually beat in ¾ c sugar

Spread meringue mixture on top of dessert and put under broiler until lightly browned 400. Watch closely. Cover with foil and place back in freezer. Keeps for weeks.

Recipes from the LaCrosse Area Celiac Sprue Group

