
QUAD CITIES CELIAC NEWS

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**Mark Your Calendar
Quad City Celiac Group Picnic
Saturday, July 16th**

Bring your family along to the annual picnic.

11:00am set-up Eat at Noon

Location: Bettendorf Middle Park, Lagoon Shelter
(this is the same location as the past few years)
18th Street and Parkway Drive, Bettendorf.

Please bring a gluten-free main dish, side dish,
salad, or dessert to share. Please include recipe.

Also bring your own beverages, tableware, and
table cover.

Bring your fishing gear if you would like to fish
in the lagoon.

**Come and enjoy a stress-free meal. All food
will be gluten-free and safe to eat.**

**Rain: If heavy rain, picnic cancelled. May be
rescheduled. If just light rain picnic still on.**

Tips and Recipes Shared at May Meeting

***Quick Muffins**

4 bananas, smashed
2/3 cup sugar
2 c. gf flour mix
2 tsp. baking powder
2 tsp. baking soda
1/4 c. oil
1 egg
raisins & nuts (optional)

Mix all together. Put in lined muffin tin. Bake at 350 degrees
for 20-25 minutes.

* Uses CSA and Hy-Vee Gluten Free Product Guides. Finds
them very helpful in determining if a product is gluten-free
or not.

*Organizes information about Celiac Disease and the
Gluten-free diet by using a 3 ring binder with dividers.
Divides information by topic a few examples are:
restaurant information, safe and unsafe ingredients, useful
websites

***Peanut Butter Cookies**

1 cup peanut butter
1 cup sugar
1 egg
1 tsp. vanilla

Mix all together. Roll into 1-inch balls. Place on parchment
lined cookie sheet. Flatten balls with fork. Bake at 350
degrees for 16-20 minutes.

*Favorite cake mix is Dietary Specialties Angel Food Cake
Mix. Available at Better Life Nutrition Center, Moline.

*Someone likes the Really Great Food Company mixes.
The Hy-Vee store, Ave of the Cities, Moline did carry these
mixes but not sure if they still do.

www.reallygreatfoodco.com

*Favorite Bread: Glutino Corn Bread and Glutino Fiber
Bread. Can order online at www.glutino.com

**"Cause You're Special" Mixes, available at Heritage
Natural Foods, Moline. Really likes these mixes.

*Sunstart Cookies, available at Wal-Mart.

\$2.74 per box. Chocolate chip, Ginger, Coconut, Raspberry

**"Wheat-Free, Worry-Free" by Danna Korn. Found to be a
great resource and very helpful book with lots of information
on CD and the gluten-free diet.

*Puffed Amaranth Cereal from Nu-World Foods. Good in
nutrition. 105% niacin, 138% vitamin E, 29% Iron, 3 grams
fiber, all in one serving. Not sure if any QC store carries it
but you can ask if the store can order it.

*Toll House Chocolate Chip Cookie recipes converts easily
to be gluten-free. Substitute flour with Bette Hagman gf
flour mixture and add 1 teaspoon of xanthan gum.

*Van's frozen waffles have 5 grams of fiber.

*Eat plain foods, meats, vegetables, fruits, to start with when
first diagnosed.

*Organization Tip: Creates files on computer to store information. Keeps recipes in file on computer. Easy access when needed.

*Gluten-Free Smore's
Health Valley Rice Bran Crackers
Hershey Chocolate Bar
Marshmallow
Put marshmallow and part of the chocolate bar between 2 rice bran crackers. Microwave until marshmallow is soft.

Gluten-Free Products

Skinny's Gluten-Free Pizza. Beef, Pepperoni, and cheese. Found at Hy-Vee Health Markets, W. Locust and W. Kimberly, Davenport. Also both Health Markets have the Bard's Tale Gluten-Free Beer in stock right now.

Stashu's Crustless GF Pizza is available frozen at Hy-Vee Health Market, W. Locust ST., Davenport.

Burke Foods Swedish Style Meatballs. They are gluten-free and available in the freezer section at Hy-Vees and Fareway. I tried them and thought they were really good.

Phillyswirl Frozen Treats are gluten-free and I found them at Wal-Mart, W. Kimberly Road, Davenport. Most Wal-Mart Super Centers probably carry them.

Kraft Macaroni and Cheese. Just the cheese sauce packet is gluten-free. Use your own gluten-free pasta and use the sauce packet.

Ian's Gluten-Free Chicken Nuggets and Fish Sticks are available at Greatest Grains, Davenport. I tried the chicken nuggets and thought there were good. Kids would really like them.

Not Gluten-Free: Mrs. Butterworth's syrup is not gluten-free.

Celiac Disease in the Media:

Prevention Magazine, June 2005, has an article titled "7 Diseases Dr.'s Miss". Included is Celiac Disease. One statement in the article says that those diagnosed with osteoporosis are 17 times more likely to have Celiac Disease than those who do not have osteoporosis.

Better Nutrition Magazine (free at Greatest Grains), May 2005 issue, has an article titled: Friendly Fire, Gluten Intolerance is surprisingly hard to identify.

Grandma Ferdon's Gluten-Free Products.
1-800-464-2415 or www.grandmaferdons.com
Outlet store at 16052W. U.S. Hwy. 63, Hayward, WI.

Frequently Asked Questions from Celiac Disease Center at Columbia University May/June 2005 Newsletter.

Does Celiac Disease have a genetic predisposition?

Yes, Celiac Disease is a genetic disease, meaning that it runs in families. Sometimes the disease is triggered or becomes active for the first time after surgery, pregnancy, childbirth, viral infection, or severe emotional stress. Because it is hereditary, family members – particularly first-degree relatives of people who have been diagnosed should be tested for Celiac disease. About 10% of an affected person's first-degree relatives (parents, siblings, children) will also have the disease. The longer a person goes undiagnosed and untreated, the greater the chance of developing malnutrition and other serious complications. This delay dramatically increases an individual's risk of developing other autoimmune disorders including type 1 diabetes, thyroid disease, rheumatoid arthritis, liver disease, lupus or even cancer. The only treatment for Celiac disease is to follow a gluten-diet.

When should children be tested?

Children can be tested at anytime for the gene (HLA DQ2/8) this will determine if they have the possibility ever getting celiac disease. To have the disease, they need to be eating gluten. We recommend that children eat a regular diet and be tested at age 5 to 7 years, unless symptoms occur prior to that.

Are oats safe to eat?

We generally recommend clean oats for people with Celiac disease because most can tolerate them fine. Oats add fiber and diversity to the diet. The problem is cross contamination. McCann's Irish Oats are manufactured, handled and packaged in a dedicated facility that eliminates the cross contamination issues.

Is it possible to outgrow Celiac disease?

No. It is a life long illness. There does appear to be a period in which people outgrow the symptoms. This occurs when people who are ill with the disease, are diagnosed and go on a gluten-free diet, after a period of time they find they can ingest gluten and not have diarrhea. But in fact, each time they are ingesting gluten, they are creating an ongoing inflammatory process in the intestine that may lead to the long-term complications of celiac disease without ever having diarrhea again. This most frequently occurs in childhood celiac disease when it is known in adolescence that the ingestion of gluten may not the symptoms.

Upcoming Events:

July 16, noon: QC Celiac Group Picnic, Bettendorf Middle Park Lagoon Shelter

August 15, 7:00pm, QC Celiac Group Meeting.

September 17, 9:30am, QC Celiac Group Meeting

September 24, Iowa Celiac Informational Meeting
Des Moines, IA. More info to come.