
QUAD CITIES CELIAC NEWS

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Becky Wentworth, Editor

August 2006

Summer is flying by. It is August already and the kids are getting ready to go back to school. The group picnic in July was a good time for all. Of course the weather was hot and humid but I think starting an hour earlier helped. All the gluten-free food was delicious. Thanks to everyone for bringing the wonderful food.

There is no regular meeting in August but I have scheduled a **Stashu's Pizza night for August 21st**. See attached flyer. Please RSVP by August 16.

September 16 @ 9:30 am is the next regular meeting for our support group. Please plan on attending. I will need **volunteers** to stay after the meeting to help collate the information packets for the state meeting.

The Iowa Celiac Informational meeting is set for September 23 in Cedar Rapids. This day-long meeting includes guest speakers: **Dr. David Elliott**, Univ. of Iowa Celiac Research Center, **Shelley Case**, Canadian Dietitian and author, **Lisa Kimm**, Family Counselor from Iowa City, **Anna Sobaski**, Breads from Anna. Plan on attending this very informative meeting. Registration letter will be coming out soon. If you do not receive one by August 23rd. Please contact me and I can get one to you. Contact me @ 391-2968 or email me at Wentworth@netexpress.net

29th Annual CSA Conference
A Winning Combination Research –
Education - Support
Oct.6-8, 2006 Regency Suites/KI
Convention Center
Green Bay, Wisconsin
Call 877-CSA-4CSA to register or go to
www.csaceliacs.org for more information

CSA 10th Edition of the Gluten-Free Product Listing is out of stock. The 11th Edition (2006) will be available in October.
www.csaceliacs.org

Is There Hope on the Horizon?



Enzyme could degrade gluten in stomach

A new enzyme originally developed for commercial food processing also breaks down whole gluten molecules, as well as the T cell stimulatory peptides that cause celiac disease. The break down is done quickly and almost completely. Celiac disease is a digestive disease with no current effective treatment, other than the dietary avoidance of wheat, barley, or rye products.

The enzyme operates best in just the kind of physiological environment found in the human stomach, and works 60 times faster than an earlier promising enzyme. That earlier enzyme was not effective in acidic conditions and was inactivated by pepsin, both of which are found in the stomach.

"On the basis of our results, there now is a realistic chance that oral supplementation with an enzyme can ensure gluten degradation in the stomach before reaching the small intestine, where it causes problems for people with celiac disease," according to Frits Koning, researcher at the Leiden University Medical Center, The Netherlands, who headed the team that has published a new research paper on its work.

The paper, "Highly efficient gluten degradation with a newly identified prolyl endoprotease: implications for celiac disease," is in the online *American Journal of Physiology- Gastrointestinal and Liver Physiology*, published by The American Physiological Society. Research was by Dariusz Stepniak, Liesbeth Spaenij-Dekking, Cristina Mitea, Martine Moester, Arnoud de Ru,

Renee Baak-Pablo, Peter van Veelen and Frits Koning of Leiden University Medical Center, the Netherlands, and Luppó Edens of DSM Food Specialties, Delft.

Celiac disease affects about 2 million Americans and is also found in Europe, India and parts of the Middle East.

Currently, the only way to elude the disease symptoms is by avoiding wheat, barley and rye products. "It sounds easy, but gluten especially is widespread in Western diets," Koning said. Gluten is often used as a food additive because it adds protein content inexpensively and also gives dough its elasticity and stickiness, which helps in manufacturing. For instance, Koning said, "Celiac patients can eat potato chips, but not if they have added paprika or other spices because they're 'glued' to the chip with gluten."

NATIONAL INSTITUTE OF HEALTH LAUNCHES CELIAC DISEASE AWARENESS CAMPAIGN

The National Institutes of Health (NIH) today announced the launch of a campaign to heighten awareness of celiac disease, an autoimmune disorder that interferes with the absorption of nutrients from food. The campaign stems from consensus recommendations of an independent panel of experts convened by the NIH to assess current diagnosis, treatment, and management of the disease.

"We now know that celiac disease is more prevalent than previously thought - affecting nearly 1 percent of the U.S. population - and remains under-diagnosed," said Griffin P. Rodgers, M.D., acting director of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), the NIH institute leading the effort. "Through the campaign, we hope to increase physician awareness of the disease, resulting in earlier diagnosis and better outcomes for celiac patients."

Developed by the NIDDK, with coordination among the professional and voluntary organizations working on celiac disease, the campaign offers materials and resources for health professionals and the public about the symptoms, diagnosis, treatment, and management of celiac disease. The campaign offers fact sheets, booklets, practice tools for health professionals, NIH research information, and resources from professional and voluntary organizations that focus on celiac disease.

Celiac disease is an autoimmune response to gluten, a protein found in wheat, rye, and barley. Symptoms of celiac disease range from gas, diarrhea, and abdominal pain, to delayed growth, certain skin rashes, infertility, and osteoporosis. Treatment for celiac disease is adherence to a gluten-free diet.

"One of the challenges with celiac disease is the vast array of symptoms associated with the disease," said Stephen P. James, M.D., director of the Division of Digestive Diseases and Nutrition (DDN) at the NIDDK. "We are hoping to educate health professionals and the public that celiac disease is not only a gastrointestinal disease."

For more information about the campaign or to download any of the campaign materials, visit <http://www.celiac.nih.gov>. For more information about the consensus development panel's recommendations, visit <http://consensus.nih.gov/2004/2004CeliacDisease118html.htm>.

The NIDDK, part of the National Institutes of Health (NIH), conducts and supports research on diabetes; endocrine and metabolic diseases; digestive diseases, nutrition, and obesity; and kidney, urologic and hematologic diseases. Spanning the full spectrum of medicine and afflicting people of all ages and ethnic groups, these diseases encompass some of the most common, severe, and disabling conditions affecting Americans.

The National Institutes of Health (NIH) - The Nation's Medical Research Agency - includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. It is the primary federal agency for conducting and supporting basic, clinical and translational medical research, and it investigates the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

Craving bagels and buns? Gluten Solutions features new sesame and poppy seed bagels by Sterk's Bakery - just toast 'em and serve.

www.glutensolutions.com. or 1-888-845-8836

In addition to bagels, Gluten Solutions is now featuring hot dog and hamburger buns for the perfect BBQ, as well as some great sponge cakes - just click on "New Products" to see all our newest treats. Be sure to visit www.glutensolutions.com

Celiac Disease Center at Columbia Univ. hosts the XII International Celiac Disease Symposium 2006

November 9-11, 2006

Hilton NY Hotel

New York, NY 10019

Register before August 15, 2006 to receive the early registration rate...

http://www.celiacdiseasecenter.columbia.edu/symposium/attendee_categories.html

Visit this website: www.celiacfoundation.com

The National Foundation for Celiac Awareness (NFCA) is a nonprofit organization dedicated to finding a cure for Celiac Disease.

NFCA, a national organization, is affiliated with the leading researchers in the US who are working toward this goal.

The Foundation will support collaboration and partnership among scientists and institutions to optimize research potential. We have created an expert panel and competitive grant-making process to fund cutting edge research in the diagnosis and treatment of the disease.

NFCA will promote careers in Celiac Disease and fund fellowships in order to attract the best and the brightest to join the fight.

Culver's Restaurant

Culver's has an Allergen & Sensitivity Menu Guide in their restaurants. This guide lists which items contain gluten. You can also view this guide on their Web site. www.culvers.com

Gluten Alerts from 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.

June 6, 2006:

Food SmartList subscribers should note that the manufacturer of **Carnation Instant Breakfast - Ready to Drink (strawberry)** says this product is no longer gluten free. It contains barley.

June 6, 2006:

Duncan Hines Creamy Homestyle Frostings: We placed another call to Duncan Hines regarding their Creamy Homestyle Frosting since the labels no longer list barley malt as an ingredient. The company states they are gluten free. There are no gluten containing ingredients in the product, but there is a possibility of cross contamination since they are not made on dedicated lines.

May 5, 2006:

Outback Steakhouse has changed their menu and there are numerous changes to the comments field of various items. To [view](http://www.outbacksteakhouse.com) changes go to www.outbacksteakhouse.com

From foodnavigator.com
**Breaking News on Food & Beverage Development
North America**

Gluten-free market set to boom, says report

July 7, 2006. The US gluten-free market has soared in recent years, according to a new report, and is likely to receive another significant boost as the nation's mega food firms jump on the bandwagon after the FDA definition of 'gluten-free' is established in 2008.

Published by Packaged Facts, the new report reveals that the market for gluten-free foods and beverages in the US currently stands at almost \$700m, and is due to reach around \$1.7bn by 2010.

Demand for gluten-free products has surged in recent years on the back of an increased diagnosis of celiac disease. This is characterized by an intolerance to gluten, a protein found in wheat, rye and barley that contributes to the viscosity of baked products.

According to the latest figures, around three million Americans, a little less than 1 percent of the population, currently suffer from gluten intolerance, although estimates suggest that 97 percent of celiac sufferers remain undiagnosed and go untreated.

Indeed, it is estimated that the number of known sufferers of celiac disease will increase worldwide by a factor of 10 during the next few years, findings that present an opportunity for the development and marketing of gluten-free foods, said Packaged Facts.

Most gluten-free products are alternatives to traditional grain-based goods, including bakery products, pasta and cereals. These are made with alternative grains and flours, such as rice, corn, amaranth and quinoa.

In 2001, the market for gluten-free products was valued at \$210m, and has grown at a compound annual growth rate of 27 percent since then, to reach \$696.4m in 2006. The market is estimated to continue to grow at 25 percent per year until 2010.

But despite the strong performance of this sector, and the opportunities it entails, major food marketers have largely not entered the market as yet. According to Packaged Facts, this is because they are reluctant to invest in research and product development until fixed regulations for gluten-free are in place.

"It is these mega-marketers that have in recent years become the target of consumer activist groups and FDA policy informers, and, for the most part, these companies have learned to proceed more cautiously in such areas," said the market researcher.

"Once FDA establishes regulations for use of the term gluten free, it is very likely that the mega food marketers of the world will jump on the gluten-free bandwagon," it added.

The FDA is required to propose a regulation by August 2006, and to issue a final regulation by August 2008, to define the term 'gluten-free' for voluntary use in food labeling.

For the time being, the majority of gluten-free products- around 40 percent- are sold in health and natural food stores, such as GNC, Whole Foods and Wild Oats. Some 20 percent of sales in 2006 occurred through specialty food website or catalog purchases, with mainstream supermarkets coming in third with a 14 percent share of sales.

And although these products are largely bought by celiac sufferers, very often the entire family of a celiac will switch to gluten-free products primarily to avoid buying different versions of the same goods, but also as a preventative step- as celiac disease is known to be hereditary.

There are also some consumers who avoid gluten because of a perceived belief of intolerance, and others who are migrating to the market from organic and natural foods and other segments. This shift- consisting mostly of white, middle-to upper-class consumers- is being driven by the belief that certain major allergens and food components also play a role in exacerbating a wide

range of other health conditions, from migraine to menstruation.

Some consumers also opt for gluten-free in the hope of preventing their young or unborn children from developing food allergies. But this remains a luxury of choice available only to those able to afford it, said Packaged Facts.

Indeed, the high cost of foods free from gluten prevents many celiac sufferers from adhering precisely to their restricted diet, while most diagnosed celiacs are largely white, educated and at least middle-class- the group of citizens most likely to have access to decent healthcare and to be able to afford the higher cost of the products that comprise this market.

Celiac disease is also primarily restricted to North American and European populations, where wheat is a staple food, but is infrequent among native descendants of China and Japan and those with an African-Caribbean background where wheat is not as widely consumed.

**Quad City Celiac Group
Pizza Night @ Stashu's Pizza & Deli
4200 44th Ave, Moline, IL 797-9449**

Monday, August 21, 6pm

**This will be an informal gathering to enjoy gluten-free pizza and learn
about Stashu's new
All-purpose Gluten-free Flour Mix**

If you plan on attending please RSVP to Becky by August 16. I need to know how many gf pizzas you will be ordering. I can then give Stashu's a count of how many crusts they will be using. Each person will be responsible for ordering their own pizza that night of the meeting. Stashu's will take call ahead orders too.

**Please call, email or mail me your RSVP
Becky 563-391-2968, wentworth@netexpress.net,
6130 N. Hancock Ave, Davenport, IA 52806**

Name_____Phone_____
#GF Pizzas_____