

You're invited to the next CharlottesVILLI Celiac Support Group Meeting!

Saturday, April 25, 2009

All meetings are supported by the University of Virginia's Digestive Health Center.
Unless otherwise specified, meetings are held from 10 am to noon,
Dining Conference Rooms at the UVaHS Main Hospital.
Meetings are open to the public at no charge.

University of Virginia Digestive Health Center's Celiac Support Website can be accessed at:
<http://www.healthsystem.virginia.edu/internet/digestive-health/nutrition/celiacsupport.cfm>

February 21 - Meeting Highlights

➤ Travel tips...How to travel Gluten-Free

a. Do your research

- i. Ask for a hotel room with a refrigerator and/or kitchen
- ii. Check out restaurant websites in advance:

November 2006 - Cureton, P., [Gluten-Free Dining Out: Is it Safe?](#) Practical Gastroenterology 2006:XXX(11):61. Available at the website above.

b. Plan

- i. Pack a cooler with GF foods and snacks.
- ii. ...Or find a portable cooler and hit the grocery store when you get to your destination
- iii. On travel or touring days, bring handy GF snacks with you (GF trail mix, fruit, GF crackers, string cheese).

c. Communicate

- i. Speak with the manager on site, not just the wait-staff.
- ii. Don't be shy in explaining to restaurant staff how you need your food to be prepared. Be polite but firm. It's okay to be a little dramatic and firm (but polite) if that's what it takes to get the point across. It's for your health!
- iii. If the staff is not willing to listen and accommodate you, why give them your business?

2. Member restaurant success stories!

- a. Panera's – a comprehensive list of gluten-free foods is available
- b. Pies and Pints, Fayetteville, WV
- c. Good News Griddle, White Hall, NY
- d. Yellowstone National Park

➤ **Check out the Charlottesville Celiac BLOG**

Thanks to Paul Schwartz, group members can now connect online to share tips and experiences!!!

www.celiacvirginia.blogspot.com

News Updates

ASPEN (American Society for Enteral and Parenteral Nutrition)

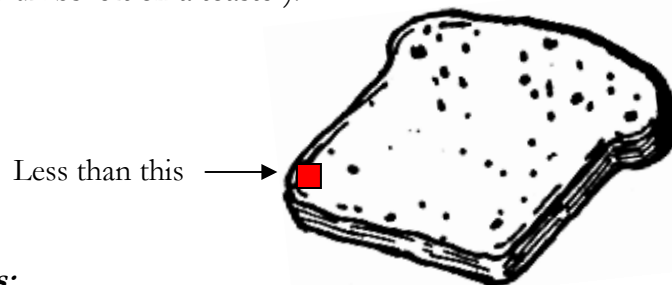
Conference update, February 2009

Dr. Linda Muir – Pediatric Gastroenterologist, Wilmington Delaware

Dr. Donald George – Pediatric Gastroenterologist, Jacksonville Florida

→ Predicted that by 2010, GF industry will progress from a \$700 million industry (2007) to a \$2 billion industry

→ How much gluten does it take to cause symptoms? In some patients, only 1/50-1/500th of a slice of bread (equal to crumbs left on a toaster)!



➤ ***Future innovations:***

Polymeric Binders to Suppress Gluten in the Gut

Pinier et al. Gastroenterology 2009.

Celiac disease is characterized by the immune response to ingestion of gliadin-containing grains. These researchers investigated the ability of a polymeric binder to reverse toxic effects induced by gliadin in human intestinal cells and also in gliadin sensitive mice.

Researchers found that the binder inhibited digestion of gliadin and attenuated gliadin-induced changes in the intestinal barrier. It is unclear what role, if any, this may have in treating patients with celiac disease.

Innoculation with *Necator Americanus* (Human hookworm)

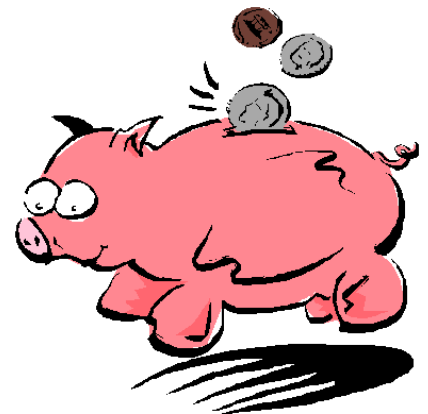
Reddy A, Fried B. Parasitol Res. 2009

May have potential implications in Crohn's and other autoimmune diseases, such as celiac disease.

TAX DEDUCTION: Gluten-free foods may be included as a medical expense for those diagnosed with celiac disease.

Refer to the following website for a complete description:

www.celiac.com/articles/279/1/Tax-Deduction-for-Gluten-Free-Foods-as-a-Medical-Expense-for-Diagnosed-Celiacs-Only/Page1.html



Announcing the National Foundation for Celiac Awareness (NFCA) 2nd Gluten-free Lifestyle Webinar: Parenting the Gluten-free Child.

February 27, 2009 at noon EST - For more info and to sign-up: www.celiaccentral.org

Speakers include:

Elaine Monarch - Executive Director, Celiac Disease Foundation - **Effective child programming and support groups for kids.**

Nancy Baker, MEd - NFCA: Director of Education - **Using the school curriculum to empower your child.**

Loretta Jay, MA - NFCA: Director of Program Development - **Emotional support for Children.**

Nancy Patin Falini, MA, RD, LDN - Author: Gluten-free Friends: An Activity Book for Kids - **Social skill sets for kids.**

Margaret Masiello RD - Kogan Celiac Center, St. Barnabas Health Care System - **Menus that work and school lunch.**

Jessica Hale - Glutenfreeda - **Kid Friendly Recipes**

Resources, products and services

The following education materials are now available on the UVaHS Digestive Health Center Website:

- ✓ Gluten Free Status of Commercial Fiber Supplements
- ✓ Gluten Free Energy Bars and Gels

<http://www.healthsystem.virginia.edu/internet/digestive-health/nutrition/celiacsupport.cfm>

Gluten Free Fox – The World’s Gluten-Free Search Engine

A glorified Google search engine. This site saves you from having to type “gluten-free” in the search bar. This site also contains several blogs. ****Use caution when obtaining information from a blog. Blogs are excellence avenues for sharing experiences, but are not appropriate for medical information or advice.****

www.glutenfreefox.com

TORO – Gluten-Free Baking Mix and Food Company based in Norway.

From their website: According to European Standards, the total gluten content of the food cannot exceed 20 parts per million (0.002%). Specially formulated wheat starch, also referred to as “Codex wheat starch,” may be used. Codex wheat starch undergoes a thorough process in which all but a trace amount of the gluten is removed. This specially formulated wheat starch can dramatically improve taste and texture for many products, especially breads. If this wheat starch is included, the total gluten content of the food cannot exceed 20 ppm (.002%).

www.TastesLikeRealFood.com

319-365-1718

GFree Cuisine

A Gluten-Free Recipe Website Offers an Automatic Grocery List Creator

GFree Cuisine offers claims to offer simple, delicious and healthy gluten-free recipes. The company will assist with menu planning, allowing you to choose weekly gluten-free recipes (including bread recipes, freezer recipes and desserts). The website will create your grocery list for you automatically based on the meals you choose. Cost for subscription is \$10/month, which includes 5 dinners and side dishes.

www.gfreecuisine.com

Ellwood Thompsons Local Market

4 N. Thompson St.
Richmond, VA 23221
804-359-8529

www.ellwoodthompsons.com

Questions Kroger products?
Kroger Dietitian: 1-800-632-6900

Coconut flour

Coconut flour has been recommended by support group members as a strategy to increase fiber content of foods while baking.

Coconut flour is available for purchase at:

- 1) www.tropicaltraditions.com/organic_coconut_flour.htm?gclid=CO7F_Yj97pgCFQwNGgodN3NB1Q
- 2) www.bobsredmill.com

Coconut flour

Nutrition Facts	
Serving Size 3.5 oz (100 grams)	
Servings 10	
Amount Per Serving	
Calories 413.4	Fat Cal. 77.06
%Daily Value*	
Total Fat 8.7g	13%
Saturated Fat 8.0g	40%
Transfat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 64.8g	22%
Dietary Fiber 38.5g	154%
Sugars 8.7g	
Protein 19.3g	38%
Iron 5%	
<small>*Percent Daily Values are based on a diet of 2,000 calories.</small>	

Stay tuned....Upcoming meeting ideas

- ✓ Local chefs for cooking demonstration.
- ✓ Whole foods, Rebecca's, Trader Joe's, Ellwood Thompsons or Wegman's grocery store tour

We would love to hear from you.

Please email us if you have an idea for a topic or speaker!

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**Please let us know if
your contact information
has changed!**

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