



A Branch of the
Gluten Intolerance Group
of North America

Quarterly News

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Dr. Cynthia Rudert speaks at Middle Georgia GIG Conference

by Yesmin Wilson, R.N.

On Thursday, September 11, 2008, the Middle Georgia GIG sponsored Dr. Cynthia Rudert, Gastroenterologist and Celiac Disease Specialist from Atlanta, Ga. Dr. Rudert is a highly sought out speaker across the United States and we were privileged to have someone of her caliber to speak in Middle Georgia. Dr. Rudert was encouraged at the size of our group and was amazed by our accomplishments in our short existence.

Dr. Rudert referred to Celiac disease as the “great chameleon” because it mimics many other diseases and the symptoms are sometimes vague. It is very under diagnosed in the U.S. It can affect many organ systems such as the intestinal tract, the teeth enamel, pancreas, skin, thyroid, and even the neurological system. It is common in people with Type 1 Diabetes.

Symptoms may be vague and they may include (but are not limited to) weight loss, fatigue, abdominal pain, diarrhea, heartburn, itchy rashes, headaches and fibromyalgia. Specific blood testing may be done to indicate disease, followed by endoscopy and biopsy being the “gold” standard. ■



Pizza Extravaganza

comes to the Middle Georgia GIG meeting

by Ginger Carter Miller

Mama mia! Want to learn the latest news in gluten-free pizza making? Join the Middle Georgia Gluten Intolerance Group at its Oct. 18 meeting for a special gluten-free pizza party.

This month's meeting, which will be held at 10:30 a.m. at Central Baptist Church in Warner Robins, will feature a special session on gluten-free pizza preparation. Board members of the branch will provide pizza crusts and toppings, and participants will get a chance to sample the latest gluten-free pizza crusts on the market today.

"Several companies, including Bob's Red Mill, have new pizza crusts available to the gluten-free community," said Middle Georgia GIG branch manager Carol Hinton. "We'll also provide salads to go with the pizzas for a great gluten-free lunch." Reservations for the lunch are requested, and admission for non-GIG members is \$5 per person. Guests are also asked to bring a gluten free dessert (and a list of ingredients) to the meeting. Please call 478-397-5061 or 478-328-0314 by Oct. 14 to reserve your spot at the meeting. Central Baptist Church is located at 1120 Lake Joy Road in Warner Robins.

Membership in Middle Georgia Gluten Intolerance Group is \$20 per year, per family. Members of the Middle Georgia Gluten Intolerance Group will receive the quarterly newsletter,

use of the lending library and free monthly informational meetings. Visitors are welcome at meetings but may be charged a nominal fee to cover the cost of the program expenses. The Middle Georgia Gluten Intolerance Group serves the entire Middle Georgia area, including Warner Robins, Macon, Gray, Eatonton, Milledgeville, Dublin, Cochran, and Cordele. Its mission is to provide support to persons with gluten intolerances, including celiac disease, dermatitis herpetiformis and gluten sensitivities.

For more information, contact Branch Manager Carol Hinton at 478-397-5061. Or email middlegeorgiagig@yahoo.com for more information. The group's website is <http://middlegeorgia.gigbranches.org/> ■

Middle Georgia GIG

Pizza!
Pizza!
Pizza!

October 18, 2008 • 10:30 am
Gluten-free pizza demonstration
at Central Baptist Church • Room 189

Have you given up on making your own gluten-free pizza crust? We'll show you how! Come see a demonstration on making gluten-free pizza — then stay for lunch! Everyone please bring a gluten-free dessert to share.

(include an ingredients list for all food allergies/sensitivities)

\$5 for non-members

RSVP by Oct.15

call 478-397-5061 or 478-328-0314

WELCOME NEW MEMBERS!

We have had 10 families join us since August! Remember we will draw for a \$45 Dinner for Two from Bonefish Grill at our October meeting. You must become a member prior before the drawing to be included.

Our membership dues are \$20 per year. If you choose to join the National GIG organization you may do so through us for a total of \$55 per year. Membership to your local chapter helps us to better support you and all those in Middle Georgia with Celiac Disease, Gluten Intolerances and Dermatitis Herpetiformis. ■

Label Reading

Made Easy for the Gluten Free Diet

There are long lists of ingredients that are allowed and those that are not allowed on a gf diet. In reality, since the Food Allergen Labeling and Consumer Protection Act (FALCPA), took effect in January 2006, label reading is simple. FALCPA requires that wheat always be labeled clearly, but it does not cover barley, rye, or oats.

This document discusses products that would be gluten free in ingredients, and does not speak to the potential of contamination with gluten grains during processing and manufacturing. If you are concerned about potential manufacturing contamination, contact the company for more information on their manufacturing practices. When in doubt, call the company or do not use the product.

For all meat and poultry products: any plant protein (wheat, barley, rye) will be listed. Meat and poultry are regulated by the USDA, and on 1, 1990, FSIS published the final rule, Ingredients That May Be Designated as Natural Flavors, Natural Flavorings, Flavors, or Flavorings When Used in Meat or Poultry Products. The rule stated that any plant protein that was added to a product must be listed. Therefore, for any meat product, read the label, and if the words “wheat, barley, or rye” are not present, the product is gluten free in ingredients.

For all other food products, regulated by the FDA, here are the seven words that should stop someone from eating a product immediately if they have CD: wheat, barley, rye, oats, malt, beer, natural flavors—for some of these, it means the product has a gluten protein that causes the autoimmune reaction of CD, for others, the ingredient should be investigated to determine if it is gluten based or if it would be safe for someone with CD.

1. WHEAT – avoid everything with the word “wheat” Wheat contains the gluten protein called gliadin, which causes the autoimmune reaction in those with CD. Wheat is not safe on a gf diet. All wheat should be avoid-



ed. FALCPA mandates that wheat always be listed, if present. That is, wheat can never be hidden in any ingredient in a food product. For example, for hydrolyzed protein, the label will say “hydrolyzed wheat protein,” or something similar, if it is wheat based.

2. BARLEY – avoid everything with the word “barley.” Barley contains the gluten protein called hordein, which triggers the autoimmune response in those with CD. Barley is not safe on a gf diet.

3. RYE – avoid everything with the word “rye.” Rye contains the gluten protein called secalin, which triggers the autoimmune response in those with CD. Rye is not safe on a gf diet.

4. OATS – avoid everything with the word “oats”, unless certified gf oats. Oats contains the gluten protein called avenin. In the majority of individuals with CD, avenin does not trigger the autoimmune response that gliadin, hordein, and secalin do, and therefore, in theory, oats are

(Continued on page 4)

(Continued from page 3)

safe for those with CD. However, contamination with the other gluten grains during processing has been shown to be high in the commercial market, and commercial products with oats or oat flour have a high chance of having been contaminated with the other gluten grains. Therefore, they are not safe for those with CD. A product made with certified gf oats would be considered safe.

There are a small percentage of those with CD who will have an autoimmune reaction to avenin (like they do to the gliadin in wheat); it is important for anyone who is eating gf oats regularly to have antibody tests to ensure that they are not one of those individuals.

5. MALT – malt is nearly always barley; check source if not indicated on label. If “barley malt” is listed, the product should not be consumed. If “malt” is listed, it is likely to be barley, but check with the manufacturer

(there is corn malt) if you really would like to use the product. If its not from a gluten grain, then it would be safe.

6. BEER – beer is made with barley and should be avoided. Beer is made with barley, and therefore not safe on a gf diet. If a product is made with gluten free beer, it would be safe, but as of June 2008, I’ve never encountered a commercially available product made with GF beer.

7. NATURAL FLAVORS – check on any product with natural flavors. Natural flavors can have barley, and must be checked on. Most natural flavors are likely gf, but it is possible that barley is present and therefore, the product should be checked. ■

*Prepared June 2008 , Jennifer Riordan
Used by permission from www.delphi.com/celiac*

RETURN TO EDEN



2335 Cheshire Bridge Road, 404-320-3336

Located between Buckhead and the Highlands, this fairly large, vegetarian, health food store should be a mandatory stop for any local looking to shop allergen-free. With a phenomenal selection, it's easy to fill the pantry with safe foods for any diet.

They underwent a transfer of ownership several months ago, but they've reopened with an even bigger selection. In fact, they even have a staff member (Jennifer) dedicated to gluten and allergy issues who gives tours of the store and helps new shoppers, which flips things around, instead of struggling through the store, you can feel pampered and experience the fun of your own friendly gluten-free assistant.

The staff is also very receptive to requests. Heard of a new product? Let them know; they'll research the item, see if it warrants stocking in the store, and let you know what they find out. Sounds like a winner! ■

This article appeared in the September issue of "Easy Eats", a free, online magazine. This issue also includes an article on several Atlanta restaurants. To subscribe visit www.glutenfreemag.com or email: easy.eats@yahoo.com

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RECIPES



Pizza Crust

Carol Fenster, *Gluten Free 101*

- 1 Tablespoon dry yeast
- 2/3 cup warm milk (110°F ^ cow, rice, soy)
- 1/2 teaspoon sugar
- 2/3 cup garbanzo/fava bean flour or brown rice flour
- 1/2 cup tapioca flour
- 2 teaspoons xanthan gum
- 1/2 teaspoons salt
- 1 teaspoon gelatin powder
- 1 teaspoon Italian seasoning
- 1 teaspoon olive oil
- 1 teaspoon cider vinegar

1. Preheat oven to 425°F. Dissolve yeast and sugar in warm milk for five minutes. In food processor, blend all crust ingredients, including yeast mixture, until ball forms. Dough will be soft.
2. Put mixture into greased 12-inch nonstick pizza pan. Liberally sprinkle rice flour onto dough; then press dough into pan with hands, continuing to dust dough with flour to prevent sticking. Make edges thicker to contain toppings.
3. Bake pizza crust 10 minutes. Remove from oven. Add sauce and toppings to crust. Bake another 20-25 minutes or until top is nicely browned. Serves 6.

See *step-by-step guide to making gluten-free pizza at www.glutenfree101.com*. Click on *Recipes*, then on *Pizza 101*.

Baillie's Peanut Butter Banana RollUps

by Sharon Eliason

- 1 Banana
- 2 Corn tortillas
- Peanut Butter
- Honey

- Heat tortillas for 1 minute in microwave to make more pliable.
- Spread with peanut butter to taste.
- Top with drizzle of honey.
- Place 1/2 banana on each; wrap up and "seal" — enjoy!

Alternate version: Replace banana with raisins

Carol Fenster's Gluten-Free Sorghum Flour Blend

- 1-1/2 cups sorghum flour
- 1 cup tapioca flour
- 1-1/2 cups potato starch or cornstarch
- 1/2 cup corn flour or almond flour or bean flour

Makes 4-1/2 cups mix
Arrowhead mills makes gluten-free corn flour
Used by permission



Crustless Cheese Cake

by Florence Jones

This recipe has been used in our family for over 30 years.

- 4 8 oz cream cheese (32 oz total) softened
- 6 large eggs
- 1-1/3 cups sugar
- 1 teaspoon vanilla
- 1 pint sour cream
- 6 Tablespoons sugar
- 2 teaspoons vanilla

1. Preheat oven to 350
2. Beat cream cheese, eggs, 1-1/3 cup sugar and vanilla until smooth. Pour into a buttered 9 x 13 pan.
3. Bake for 20 minutes.
4. Take out of oven and cool for 15 minutes.
5. Mix sour cream, 6 Tbs sugar and 2 tsp vanilla. Pour over cheesecake and bake 10 minutes. Sprinkle with cinnamon if desired.





R E C I P E S



On Sweet Potatoes and Brown Sugar

by Carol Hinton

Have you enjoyed sweet potatoes with brown sugar while dining out? There has been a great deal of talk online this past month about this very thing online. As you know, brown sugar has a way of drying out and becoming very hard over time. Restaurants, just like home cooks, may add a slice of bread to



the brown sugar to maintain its soft texture and making something that should be gluten-free a problem for us. Outback is planning a training session for its restaurants so they are aware of the problems this creates. I checked with our Warner

Robins Outback, they do not use bread to keep their brown sugar moist. We would probably be wise to inquire if this practice is used the next time we order a baked sweet potato with brown sugar in any restaurant.

Does this practice work? It does, even with gluten free bread. I had a 2 pound bag of brown sugar that had become hard. The brown sugar was placed in a container with a tight fitting lid along with the slice of bread. I checked it twice a day to see that the bread had not molded and that the sugar was softening. By the second day my sugar had returned to the normal "softness", I removed the bread and kept my sugar in a tightly sealed container. An apple slice in the container will also work.

Hot Chihuahuas

by Amy

Warm your favorite GF hot dog, we like Hebrew National

- Take a corn tortilla and spread some refried beans on it
- Sprinkle with shredded cheese
- We like to add a few chopped onions
- Warm in the microwave for about 25 seconds, or until the cheese gets melty
- Place the warm hot dog in the middle of the tortilla and fold it over like a taco.
- We serve ours with salsa or creamy salsa (salsa with sour cream stirred in)

Hot Chihuahua, you've got a fun lunch!



Spinach Quiche

by Diana Day

- 1 gluten-free Whole Foods pie crust
 - 2/3 of 10 oz. pack frozen spinach
 - 5 eggs, average size, lightly whisked
 - 1/2 cup chopped onion
 - 1/3 cup sour cream
 - 1/2 cup orange or red pepper sliced into thin segments about 1/2" wide x 1-1/2" long
 - 1 cup sliced mushrooms, wild mushrooms are good for this
 - 2 pinches salt, pepper to taste
 - 1 cup grated white cheddar cheese
- Preheat oven to 350 degrees.
 - Thaw spinach in microwave. Be sure to get all the water out of it. You can squeeze it with a paper towel or through a strainer.
 - Combine eggs, chopped onion, sour cream, salt, pepper and spinach. Then add the mushrooms and bell pepper, stir.
 - Pour into pie shell. Top with grated cheese.
 - Bake about 40 minutes or until cheese is light gold in color.

Serves 6 - 8





R E C I P E S



Apple Stuffed Acorn Squash

"Living Without", October/November 2008

This sweet and savory apple-squash combination makes a great holiday side dish or a main course offering for vegetarian guests.

- 2 medium acorn squash
- 3 Tablespoons olive oil or coconut oil, divided
- 1/2 cup minced shallots
- 2 apples, peeled, cored and cubed, about 2 cups
- 1/2 cup dried cranberries or dried cherries
- 1/2 cup maple syrup or maple sugar
- 2 Tablespoons fresh-squeezed orange juice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon each salt and pepper

1. Preheat the oven to 400° F.
2. Cut acorn squash in half lengthwise and scoop out the seeds and strings.
3. Brush 1 tablespoon olive or coconut oil over the cut surface. Place squash cut side down in a glass or clay baking dish. Add water to cover the bottom of the pan (about 1/2 inch) and bake in preheated oven for 30 to 35 minutes, until tender, discard water.
4. Heat the remaining oil in a large skillet and sauté the shallots for about 3 minutes, stirring until softened. Add the apples and cook about 3 minutes more, stirring until blended.
5. Add the cranberries, maple syrup or sugar, orange juice, cinnamon, salt and pepper. Cover and cook about 5 minutes.
6. Spoon the stuffing into the squash cavities and bake uncovered 15 to 20 minutes more. Serve hot.

Each serving contains: 336 calories, 11g total fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 64g carbohydrate, 302mg sodium, 5g fiber, 3g protein.

Pumpkin Dip

by Charlotte Albritton

This pumpkin dip tastes just like pumpkin pie. It's perfect with apples or gluten-free ginger snaps — or other gf cookie. Serve in a hollowed out pumpkin for the perfect centerpiece.

- 1- 8 oz. package cream cheese, softened
- 2 cups confectioners' sugar
- 1-15 oz. can solid pack pumpkin
- 1 tablespoon ground cinnamon
- 1 tablespoon pumpkin pie spice
- 1 teaspoon frozen orange juice concentrate

In a medium bowl, blend cream cheese and confectioners' sugar until smooth. Gradually mix in the pumpkin. Stir in the cinnamon, pumpkin pie spice, and orange juice until smooth and well blended. Chill until serving.



Contributions to the newsletter are welcome!

If you have a good restaurant experience, favorite recipe or experience you would like to share, email middlegeorgiagig@yahoo.com with your contribution. If you see some interesting item that would be of interest to our community, please share it along with source.

Program Ideas:

Tell us what you would like to see/hear!



How much gluten is 20 parts per million?

by Tricia Thompson

If you have read about the definitions of “gluten-free” proposed by both the Food and Drug Administration and the Codex Alimentarius Commission you may be wondering just how much gluten is in a product containing 20 parts per million gluten...

The proportion 20 parts per million is the same as .002%. This is also the same as 20 milligrams of gluten per 1 kilogram of food or 20 milligrams of gluten per 35.27 ounces of food. To put this amount into context, a 1-ounce (28.35 grams) slice of gluten-free bread containing 20 parts per million gluten would contain 0.57 milligrams of gluten.

You also may be wondering how much gluten might be eaten each day if grain foods (bread, pasta, breakfast cereal) contained 20 parts per million gluten (remember, under FDA’s proposed rule, gluten-free foods must contain less than 20 parts per million gluten. This is a maximum amount and many products are likely to contain less than this amount).

If you require 1,800 to 2,000 calories a day you should eat 6 1-ounce grain equivalents each day. Six ounces of grain food containing 20 ppm gluten would contain 3.42 milligrams of gluten.

If you require 2,200 calories a day you should eat 7 1-ounce grain equivalents each day. Seven ounces of grain food containing 20 ppm gluten would contain 3.99 milligrams of gluten.

If you require 2,400 calories a day you should eat 8 1-ounce grain equivalents each day. Eight ounces of grain food containing 20 ppm gluten would contain 4.56 milligrams of gluten.

If you require 2,800 to 3,200 calories a day you should



eat 10 1-ounce grain equivalents each day. Ten ounces of grain foods containing 20 ppm gluten would contain 5.70 milligrams of gluten.

So now you might be wondering whether eating 3 to 6 milligrams of gluten daily is safe. In 2007 Catassi and colleagues assessed the effects of consuming capsules containing 0, 10, and 50 milligrams of gluten on the intestinal morphology of persons with celiac

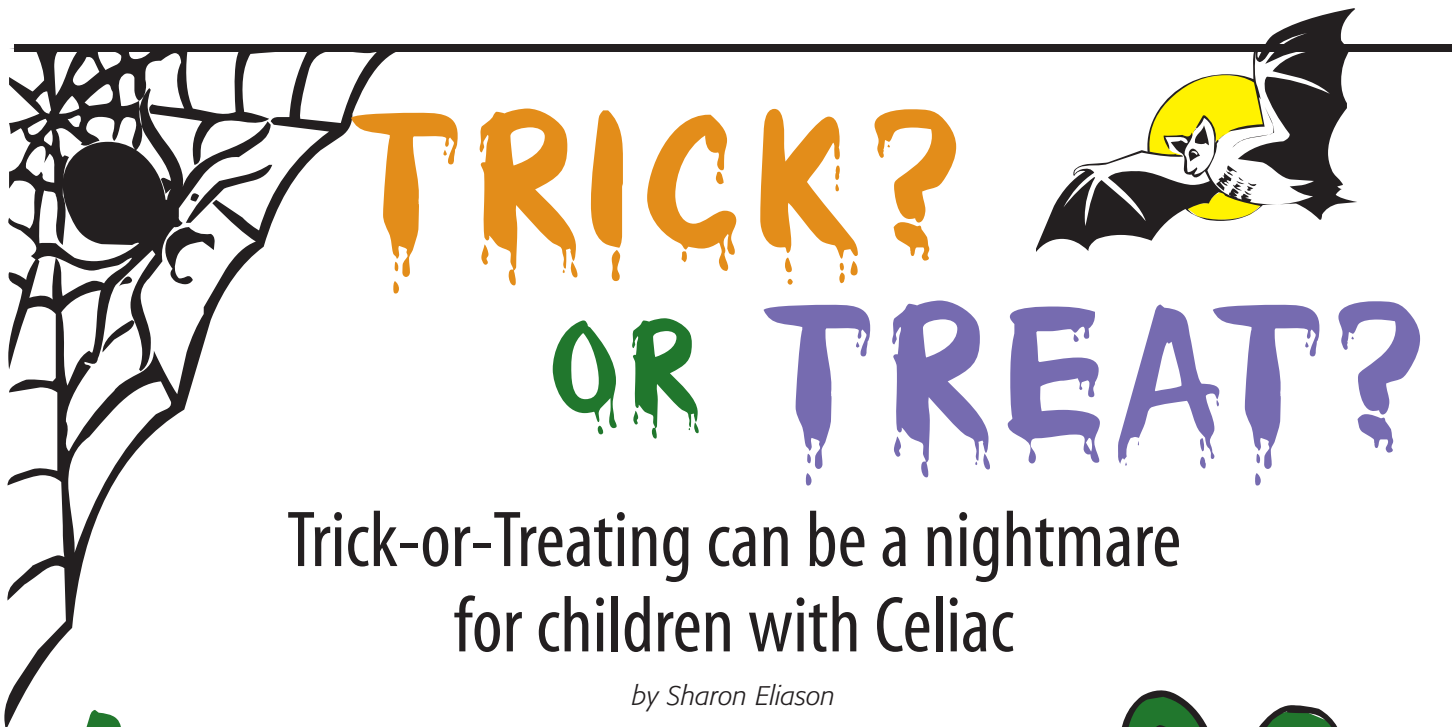
disease who reportedly were compliant with a gluten-free diet (*Am J Clin Nutr* 2007; 85:160-166). During the study participants maintained a strict gluten-free diet and were only allowed to consume specially marked gluten-free cereal foods containing less than 20 parts per million gluten. Gluten intake from the diet was estimated to be less than 5 milligrams. Researchers found a significant decrease in the villous height to crypt depth ratio in the group taking the 50 milligram capsule. No significant change was found in the v/h/cd ratio in the group taking the 10 milligram capsule.

What this means

Even if all of the gluten-free grain foods you ate contained 20 parts per million gluten (and they probably won't) you would have to eat a lot more than the recommended number of servings to approach an intake of 10 milligrams of gluten.

For more information on the definitions of “gluten-free” proposed by both the Food and Drug Administration and the Codex Alimentarius Commission go to the Newsletter home page at www.glutenfreedietitian.com and click on “Codex standard for gluten-free foods” and “FDA gluten-free labeling.” ■

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Trick-or-Treating can be a nightmare for children with Celiac

by Sharon Eliason

As most of you parents of Celiac children out there know, it's always a crazy time each year when Halloween rolls around — how do you let your child participate in all the fun festivities and still keep them safe from the evil **GLUTEN?!**

Well, truth be told, we face these kinds of situations all year long — birthday parties, school parties, sleepovers, outings with friends — but for some reason this one can stump us a bit.

For me, I want my daughter, Bailie, to feel as much a part of the ritual of trick-or-treating as possible (even though she is rapidly approaching the age of becoming too old to traipse up to doorbells garbed in strange clothing asking for candy from strangers!). So, we are starting a new tradition this year — the Candy Trade. For every piece of non-gluten-free candy she receives from trick-or-treating, she gets to trade in for a safe, gluten-free piece (that I have previously bought). This way, there is no explaining to pals why she can't eat this or that and she can just have fun! Plus, this keeps the excitement going until after the great "cash in".

Other ideas can include a point-value for each piece of non-gluten-free candy that can be "cashed in" for money or other prizes. In addition, hosting a special party for all your child's friends where everyone can enjoy the fun of Halloween while knowing that your child is safe is also becoming a more popular solution. No matter what you choose, make sure your child knows that he or she can still have fun and lead a "normal" life without gluten.

Below are listed some websites where you can gain some other ideas for safe candy choices, including gluten-free candy listings. But, as with all listings, check with the manufacturer before consuming anything, as ingredients change. Happy Trick-or-Treating! ■



GLUTEN-FREE HALLOWEEN TIPS

- ▶ <http://www.glutenfreeda.com/oct07-halloween-candy2007.asp>
- ▶ http://www.celiaccentral.org/Volunteer/Kids_Corner/Halloween_Treats/Gluten_Free_Candy/186/
- ▶ http://www.ehow.com/how_4527981_halloween-trick-treating-gluten-free.html

Middle Georgia GIG Lending Library

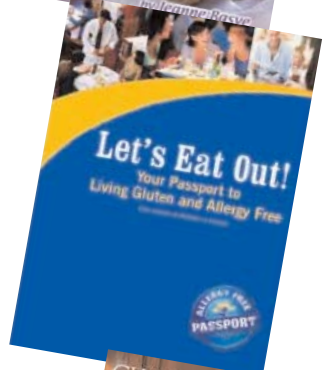
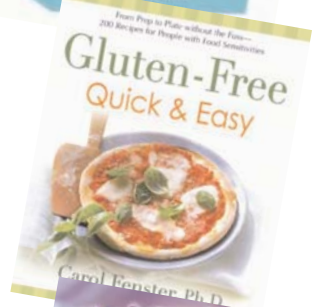
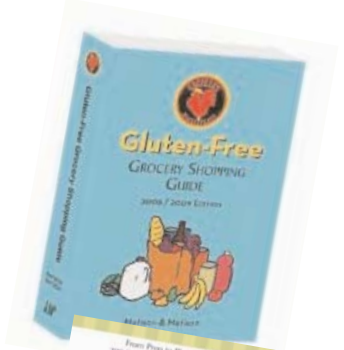
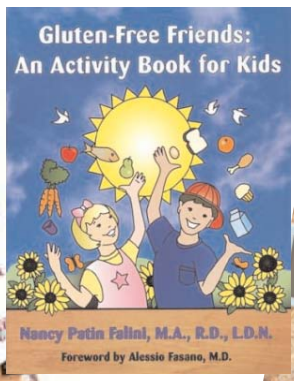
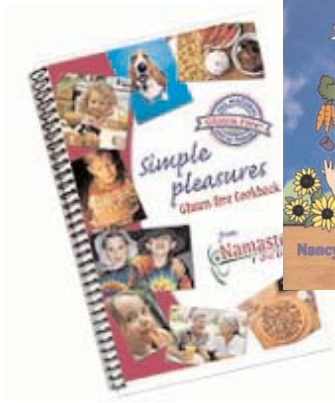
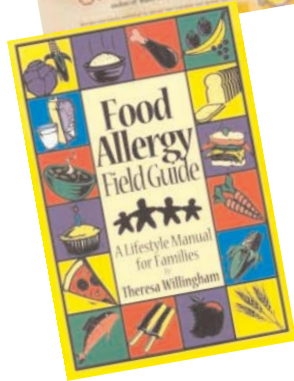
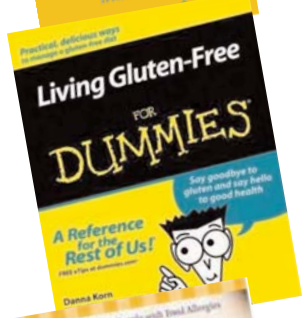
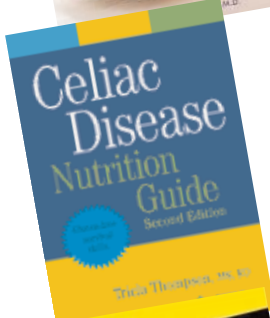
Check it Out!

We are adding three titles to our library this month! Two of the books have been donated by the authors: *Celiac Disease Nutrition Guide*, Tricia Thompson and *Gluten-Free Cookies*, Jeanne Bayse. The third book, *Living Gluten-Free For Dummies*, Dana Korn was purchased by the group.

Our other cookbook titles are *Cooking Free*, *Gluten-Free Quick & Easy*, *Gluten-Free 101* and *Wheat Free Recipes & Menus* were all donated by Carol Fenster. Other cookbooks are *Simple Pleasures Gluten-Free Cookbook*, Namaste Foods; *The Complete Book of Gluten-Free Cooking*, Jennifer Cinquepalmi and *Gluten-Free Baking Classics*, Annalise Roberts, We are grateful to the authors and companies who have donated books and helped us establish our library.

We have several titles that are not cookbooks: *Gluten-Free Grocery Shopping Guide 2008/2009*, Matison & Matison; *Gluten-Free Friends: An Activity Book for Kids*, Nancy Falini; *Food Allergy Field Guide*, Theresa Willingham, a set of Clan Thompson Guides for 2008 and the *Let's Eat Out! Your Passport to Living Gluten and Allergy Free* including four of the individual cuisine books from Koeller and La France.

Members are invited to check out one of our books for a one month period. We are requesting a small refundable deposit (\$20) that will be returned when the book is returned. This only ensures that lost books can be replaced. This is a good opportunity to preview a book or try recipes from a cookbook prior to purchasing. ■



“Gluten-Free Quick & Easy”

Carol Fenster

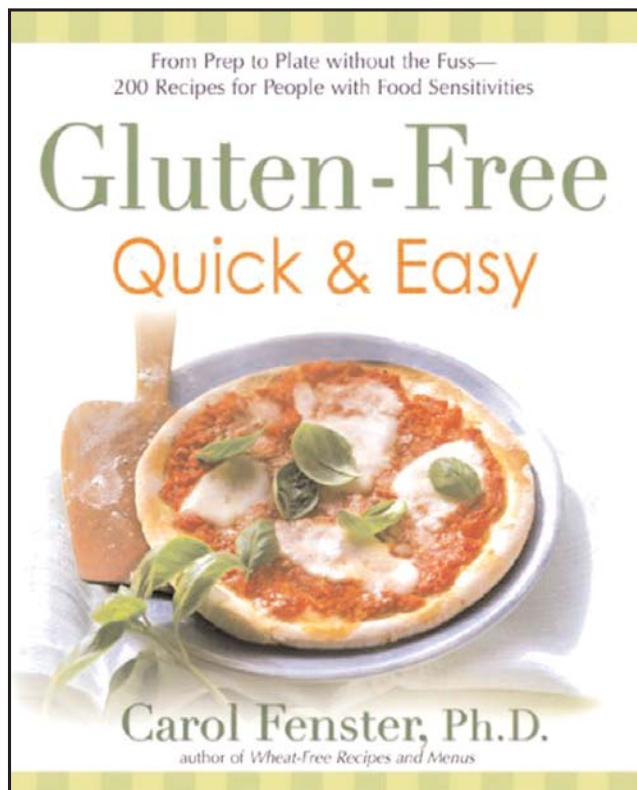
by Carol Hinton

This is the third cookbook published by Carol Fenster and full of tips and suggestions for gluten-free living and cooking. In Part One, find an overview of gluten-free cooking, suggestions for stocking a gluten free pantry, time saving tips and suggested menus for an 8 week period that include many “planned overs” to save time in the kitchen.

Those new to gluten free baking may become discouraged with the results of early efforts. There is a brief summary of common mistakes encountered in baking. While Carol’s earlier books focused

on a mix of sorghum, potato starch, tapioca flour and corn flour, this book omits the corn flour from her mixture. For those unfamiliar with gluten-free flours, a flour mixture produces the best results in baking. The flours in the mixture each have their own properties.

Main dish recipes include several of your old favorites adapted to the requirements of your new diet. You will find chicken pot pie, beef stroganoff, sweet and sour pork, crunchy fish sticks and crab cakes. When an ingredient is listed such as “jerk seasoning” suggestions of gluten free choices may follow: Durkee, Tone’s, or Spice Island. The author does state that the manufacturer may change ingre-



dients so they should be checked each time you purchase a product. Looking for side dishes, don’t overlook homemade stuffing mix and green bean casserole. Perhaps soup is called for, it is included here.

My husband and I enjoyed the Jamaican Jerk Chicken with Corn-Mango Salsa. By cooking three chicken breast for the initial meal, we enjoyed two for dinner the first evening and the third was sliced and used in a salad with the left-over salsa the next evening. Since many convenience foods are not available to us, it is nice to do the prep for two

meals at once.

Although baked goods are not overlooked here, they are not the main focus. You will find breads both oven and bread machine recipes, sweet breads, muffins and cookies along with cobblers and puddings. I’ve used many of the recipes from Carol’s previous books and have been happy with the results.

Whether you are new to the gluten free diet and wishing to adapt former recipes, wishing to shorten your time in the preparation of your evening meals or just looking for something to add variety to your menus, I believe you would find this book useful. ■

FDA Requests Comment on Advisory Food Labeling

Kathy Taylor, MG-GIG, Vice President

Do you ever wonder who the “may contain” labels on food containers are meant to protect? I often wonder if they are more for the protection of the product manufacturer than for celiacs and others that are sensitive to gluten or food allergens. Industry representatives say these

“...a grocery trip can become a walk through a gluten minefield for the celiac.”

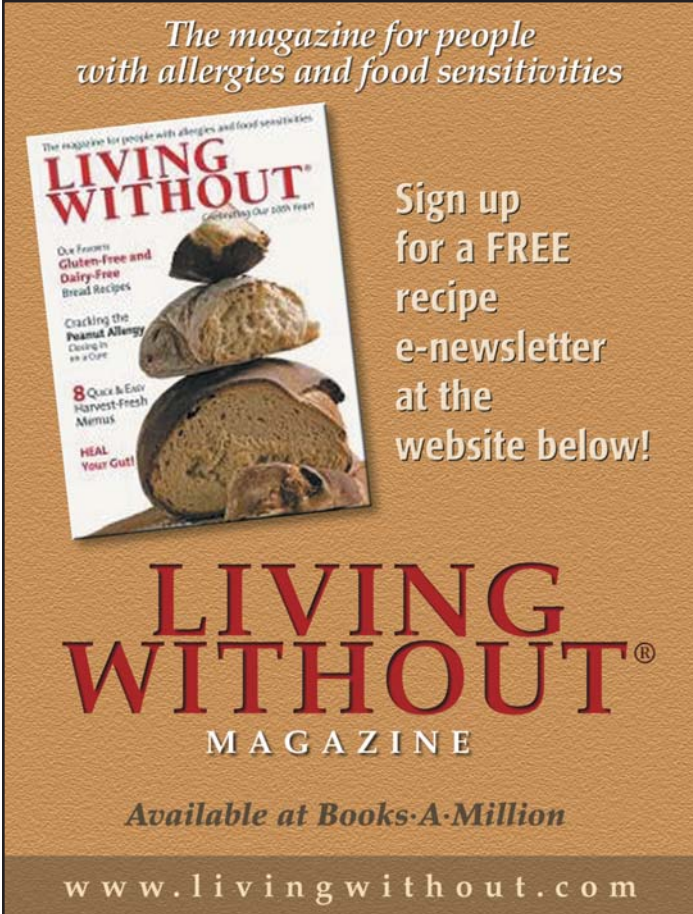
labels are intended to protect allergic and intolerant consumers from risk, but consumer advocates say the advisory statements appear to be designed to protect the manufacturer from potential litigation.

For example, some gluten-free products have advisory statements that say “Made in a plant that also processes wheat” or “Made on shared equipment that also processes wheat”. Yet numerous mainstream foods that should not contain gluten, will be similarly labeled. So labeling often appears to unnecessarily limit food choices. On the other hand, some labels have very little in the way of advisory statements. Thus a grocery trip can become a walk through a gluten minefield for the celiac.

Adding to the confusion is whether the “may contain” label warning is based upon a gluten level of 200 ppm or 20 ppm. Unlike allergens, at this time there are no standards for gluten free labeling. Many believe we will adopt 20 ppm but that is not yet been decided. Europe lowered their standards from 200ppm to 20 ppm. Gluten free labels are done so without guidelines.

There was a public hearing on advisory labeling for food allergens on September 16, 2008. It was concluded that in their present use, labels are often confusing and ineffective. The FDA panel said that the hearing was a first step in getting food manufacturers to use truthful, clear and effective advisory labels. The agency is accepting public comment on advisory label practice until January 14, 2009. We encourage you to provide your comment to the following:

Division of Dockets Management (HFA-305)
Food and Drug Administration
5630 Fishers Lane, Room 1061
Rockville, MD 20852
FDADockets@oc.fda.gov ■



The magazine for people with allergies and food sensitivities

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35th GIIG Annual Education Conference

Marriott Seattle Airport Hotel SeaTac, Washington

Leadership Training > June 4th
Conference and Exhibits > June 5 and 6, 2009

Hotel Information:

- > *Marriott Seattle Airport Hotel*
3201 South 176 St, Seattle WA 98188
Reservations: 206-241-2000 or 800-228-9290
- *Conference Room Rate: \$115 per night*
(plus applicable taxes)
- *Room rate guaranteed if reservations are made before May 6, 2009*
- *A complimentary hotel shuttle to and from airport is available.*



From 2008 Conference in Houston, TX:

(below) Tower of Bread;
(right) Dr. Alessio Fasano,
Celiac specialist, Univ. of Maryland speaking
at the Saturday evening banquet.



- > **Make plans now to attend!**
- > **More details to come...**
- > **Review of 2008 Conference in next issue!**



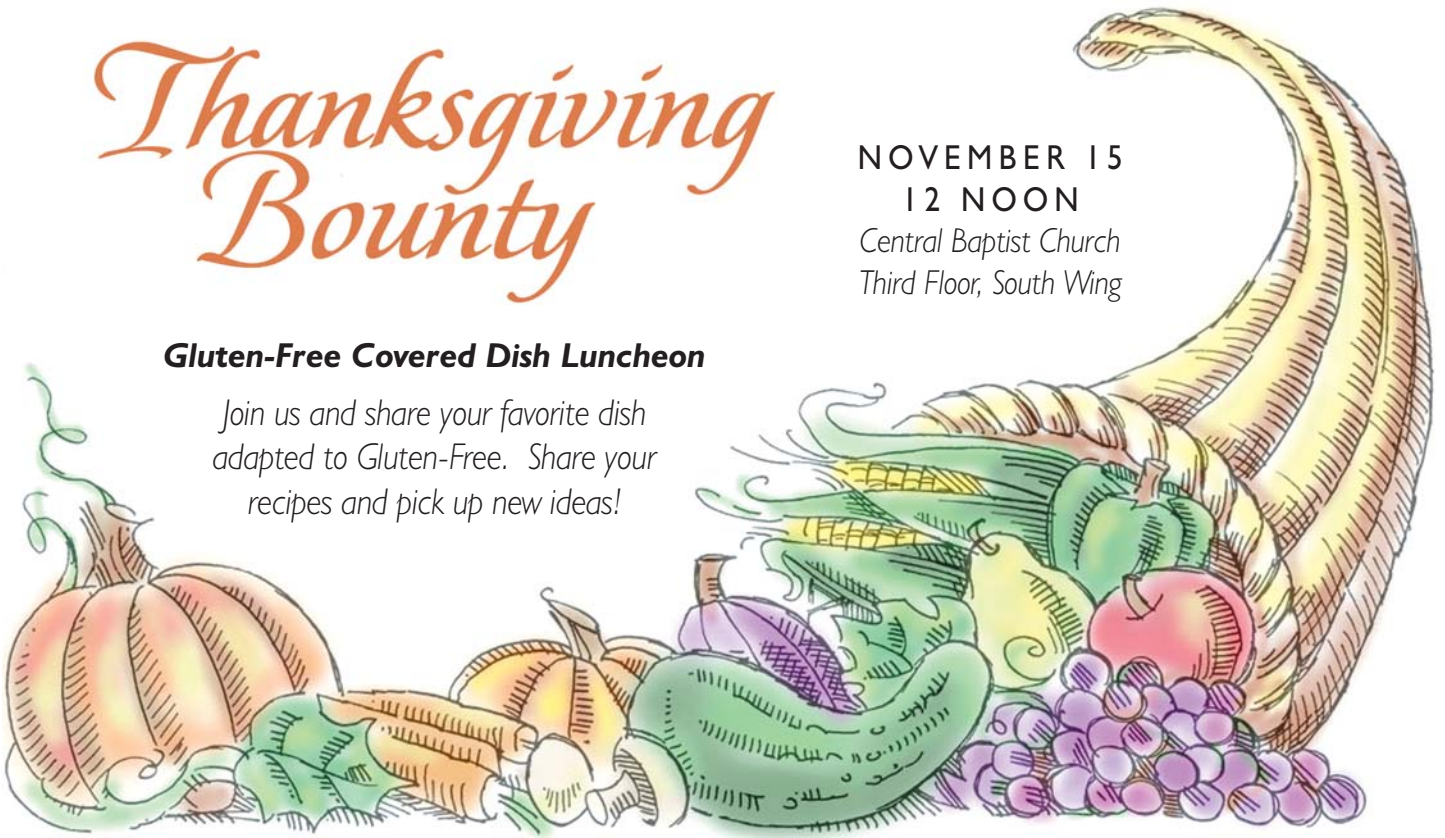
Thanksgiving Bounty

NOVEMBER 15
12 NOON

Central Baptist Church
Third Floor, South Wing

Gluten-Free Covered Dish Luncheon

Join us and share your favorite dish adapted to Gluten-Free. Share your recipes and pick up new ideas!



Christmas Dining Out

Join us for a Gluten-free Christmas Celebration! We are continuing our newly-founded tradition of dining out for our December meeting. Last year we had a wonderful meal at Carraba's in Macon. This year, we will be gathering at **Outback in Warner Robins!** Mark your calendars for **Saturday, December 13 at 12 Noon!** More details to come later. Remember, that this is not our usual third-Saturday meeting.

