

Eugene GIG March 09 Bulletin

As many of you remember, Dr. Kenneth Welker spoke at our November meeting. We asked him to return and he agreed to speak at our meeting on Thursday, March 12th. His topics of discussion will be energy dysfunction as it relates to gluten intolerance and why we don't get completely better when we are off gluten. He will also answer any burning questions you may have. So please join us and listen to this very informative speaker from 6:30-8:30pm at the clubhouse at 1800 Lakewood Court, Eugene.

Wendy Cohan (last month's speaker) will be giving a cooking demo at our June meeting. She has asked for input from our members. Is there any food that you've cooked repeatedly that ends up in the garbage? Breads, scones, cookies, cakes, muffins? She will gear her demo to our requests for help with those pesky problem foods. She used to be a baker and loves to cook. So take advantage of her expertise and send those requests to egl656@gmail.com or dianecon@comcast.net.

The Gluten Intolerance Group of North America (GIG) has added a new consumer handout to their website for you to download – FREE. The new publication “*Hospital Stays Made Safe*” provides a quick explanation of the needs of a gluten-free patient and includes specific information for the various caregivers that might have contact with the GF patient. GIG's materials are designed to be printer friendly. Check out this excellent educational publication, print for your or a family member's next hospital stay. To see this resource and the many other free educational resources from GIG visit: <http://gluten.net/publications.php>

Michele Graf, a member of our group, asked me to include this warning in the bulletin:

ALERT! Costco hot dogs, for sale in their food court, NOW CONTAIN WHEAT! She picked up a “tell us how we're doing form” to send to their Corporate Offices about this change. She has also added a post to her blog at <http://glutenfree-travel.blogspot.com/>, and will pass the word to all the GF groups and forums that she is on. Maybe if we all say something, someone at Costco will listen ... (She just found this out today. Her husband ordered her a ‘dog without a bun’ and was told by the counter person that “the new ‘dogs’ contain a little bit of wheat to help them hold their shape”.)

GIG of North America is launching a Chef-to-Plate National Awareness Campaign--Celebrating Restaurants Serving Up Gluten-Free Awareness. On Sunday, May 3, 2009 plan to eat at your favorite restaurant--one that already listens to you and fixes food you can eat. Bring the names of restaurants you'd like to see participate to our March meeting. If you can't make the meeting, please email Michele with your info: Michele Graf gluten.free@roadwriter.net. We'll provide more details in our next bulletin.

Classes and Conferences

A free public Autism outreach event will be held at Lane Community College's Center for Learning on April 8th. If you know anyone who is touched somehow by autism or other neurological disorders, encourage them to go and learn more about play therapy, supplements and other beneficial techniques that may change their lives and offer hope.

<http://docs.google.com/gview?a=v&attid=0.1&thid=11f6242dc5ae1b7d&mt=application%2Fpdf>

The GIG Annual Education Conference is being held in Seattle on June 5th and 6th (the 4th is leadership training only). Members can attend one or both days. Saturday is the Teen program. To see all the details visit <http://www.gluten.net/events.php> and scroll to conference info and register online.

OSU Extension Service-Lane County, Master Food Preserver, is offering a class on HOW TO BE GLUTEN-FREE -- Tips for keeping gluten out of your kitchen and out of your life. Emphasis will be on baking. It includes lunch and a booklet of class recipes. It will be held April 4th; 9:00 a.m. to 2:00 p.m. at the Food For Lane County Building on 770 Bailey Hill Road in Eugene. Cost \$30.00. Limited to 25 Students. Questions? Call 541-682-4246. (This facility has a very clean, stainless steel kitchen. The Agahs uses this kitchen to make their Chocolate Chewies.)

Another reminder that Rachel Carlyle-Gauthier, "The Gluten-Free Mama", is coming to the Corvallis GIG branch on March 21st. She will give a demonstration on making GF pizza crust, bagels and cake. The doors open at 10:00. The demo is from 11:00 until 2:00. It will be held at the Corvallis senior center at 2601 NW Tyler. Rachel has a daughter who is celiac and she has also written a book, Gluten Free Mama's Best Baking Recipes. There is a \$5.00 admission fee. She is also giving a presentation on March 20th at the First Alternative Coop on 1007 SE 3rd Street, Corvallis, across from Papa's Pizza from 5:00-7:00 pm.

Diane Gonzalez Adams is a celiac living in Florida. She is a member of the Sarasota Manatee support group. She currently teaches hands on gluten free cooking. Beginning 3/1/09 she will begin web cam classes so members nationwide can take a GF cooking class. This is done through Skype and you must have a web cam in order to participate. The website address is <http://www.deesglutenfreekitchen.com/>. There are many recipes you can print and try as well.

Trips

Bob & Ruth's Gluten Free Dining and Travel Club is offering an Egypt & The Nile Gluten-free Getaway November 9-20th. If you are interested in this adventure or any others they're offering, go to <http://bobandruths.com/>.

New Food Products

French Meadow Bakery offers Gluten-Free Par-Baked Pizza Crusts. Their crusts are certified gluten-free, lactose-free, and casein-free. The Pizza Crusts are packaged individually in aluminum tins for your convenience and to minimize the risk of cross-contamination. Each package offers 6 – 10.5 inch crusts for just \$13.50. They are certified gluten free by the Gluten-Free Certification Organization. Visit <http://www.frenchmeadow.co/> to order and to find out about all their gluten free products.

So Delicious has a new line of coconut milk ice cream novelties. They state that “they are lower in fat, calories and sugar than most premium ice cream novelties and the ice cream center is sweetened with low-glycemic agave syrup”. They have both ice cream bars and sandwiches, but only the bars are gluten-free.

http://www.purelydecadent.com/products/So_Delicious_Coconut_Milk_minis.html

Last month I mentioned the new Gluten Free Café frozen dinner products. I recently learned that all Gluten Free Café entrees are fortified according to the FDA's science-based recommendations, with essential B Vitamins (Thiamin, Riboflavin, Niacin, and Folic Acid), Vitamin D, minerals (Calcium and Iron), and Inulin, that provide the benefits of fiber. Most gluten-free foods are not fortified so this company is leading the way to help add more minerals and vitamins to our food.

Product Additions at Market of Choice

Market of Choice on 29th is now carrying The Divine Cupcake's gluten-free cupcakes. They are on their gluten-free rack and packaged to avoid any contamination. Right now, you can buy single cupcakes at Market of Choice or at Holy Cow Cafe on campus. Ordering directly from them is more cost effective per cupcake, but the minimum order is 1 dozen. Prices are listed on their website, <http://www.divinecupcake.com/>, and are broken down into Standard and Gourmet flavors. They have also started selling cupcake mixes.

Vitamin D

Since I have been on a gluten free diet for 16 years, I was startled to find out that I had Vitamin D and B12 deficiencies due to malabsorption. As most of you know, our skin makes Vitamin D when exposed to sunlight. We need vitamin D for several reasons, including calcium absorption and maintenance of healthy bones. However, many of us don't get enough. We live in a northern region that doesn't get much sun in the winter. We use sun block year round to prevent skin cancer. Most gluten-free foods are not fortified with Vitamin D.

How can you find out if you are getting enough vitamin D? The best way is a blood test that checks your vitamin D level. Talk to your healthcare provider about the test. If you find you are deficient, they can help you determine the best way to increase your levels.

Recently, the National Osteoporosis Foundation (NOF) issued updated recommendations for Vitamin D intake. Adults under age 50 should get 400-800 International Units (IU) of vitamin D every day, and adults age 50 and older should get 800-1,000 IU of vitamin D every day.

Last October, the American Academy of Pediatrics (AAP) also released new guidelines on vitamin D for infants, children and adolescents. The new pediatric guidelines recommend a daily dose of 400 international units of vitamin D per child per day -- doubling the group's old recommendations.

So what can you do to help increase your intake of Vitamin if you are deficient?

Eat more fish, drink fortified milk and/or soy and nut milks, take a multivitamin and mineral supplement or a Vitamin D supplement.

Recipe

Do you need more fish in your diet? Try this recipe that comes from Cooks.com, although I have changed it slightly to add a bit more flavor.

Salmon Loaf

1 can (24 ¾ oz) or 3 cans (7 ½ oz) pink salmon	2 eggs
2 c soft GF bread crumbs (I use hard bread, but decrease the quantity)	1 tbsp lemon juice
1/3 to 1/2 c. finely minced onion	¼ tsp dill weed (I use more)
1/3 to 1/2 c. finely minced celery	¼ tsp salt
1/2 large carrot, shredded	¼ tsp garlic powder or one clove garlic mashed in the garlic press
1/4 c milk or dairy substitute	dash of GF Worcestershire sauce (opt)
	dash of GF hot sauce for a little pzazz (opt)

Drain the salmon; flake it. Combine all ingredients.

Place in well greased 8 ½ x 4 ½ x 2 ½ inch loaf pan. Refrigerate for about 1 hour.

Bake 350 degrees for 45 minutes. Makes 4-6 servings.

A Cookie Tip

For years I haven't been able to make decent GF cookies. They either spread too much or not enough or turned into little rocks. I recently tried several cookie recipes from *The Gluten Free Cookie Lady Cookbook*—snickerdoodles and oatmeal-raisin. They were excellent. She uses a number of different flours, all of which I had in my pantry. I did have to alter the recipes slightly as I can't tolerate bean flours and I'm dairy free. I simply used sorghum flour in place of bean. As a butter substitute, I used equal parts Earth Balance margarine and Earth Balance shortening, i.e., ¼ c of each to replace ½ c butter.

We have her book in our library and I encourage you to check it out and try some of her delicious cookie recipes, especially if you have as much trouble with them as I have had.

Upcoming Speakers

- April 9th Patricia Kortekaas – Physical Therapist treating humans and animals. She is knowledgeable about gluten intolerance
- May 14th Alisha Wimberly – Nutritionist , O Nutrition (U of O group) She will give a talk and bring healthy recipes and samples.
- June 11th Wendy Cohan – RN and Celiac Disease and Gluten Intolerance Educator will give a cooking demo.

For more information call Diane 343-0459 or dianecon@comcast.net