

[ladonnakbrock@yahoo.com](mailto:ladonnakbrock@yahoo.com) or by phone 501-733-9026

Please continue to send recipes, information about restaurants, stores, favorite websites, articles, sightings of new GF foods and anything else you would like to share with the group. Did you have a GF vacation? Did you go on a cruise? Did your GF child go to a camp? We would love to hear from YOU.

This is your group and your newsletter. We can learn from each other. You will find items submitted by your GF friends in this newsletter. If you sent me an item, and you don't see it in the newsletter, let me know. I have been known to misplace emails.

## **Gluten Free in Central Arkansas, branch of GIG**

[www.centralarkansasgig.org](http://www.centralarkansasgig.org)  
[www.gluten.net](http://www.gluten.net)  
**February 2009**

### **Table of Contents**

#### **Calendar - GFCA**

#### **New from GIG**

#### **Meetings in Arkansas**

#### **Peanut recall- Links to FDA sites**

#### **Travel Help**

#### **Restaurants - Brave New Restaurant; Izzy's Stores**

#### **Recipe Corner - Cheese Biscuits; Cupcakes; Banana dessert**

#### **Websites**

#### **Articles and abstracts - Restless legs; Coeliac Disease**

Please send any donations to our GFCA treasurer, Terri Murdoch. Make checks payable to GFCA.

[paul.terri@sbcglobal.net](mailto:paul.terri@sbcglobal.net)  
11 Berwyn Dr  
Little Rock, AR 72227  
Phone: 501-312-1689

**Gluten Free 101 classes are held on demand. Please contact either Terri Murdoch or me for more information on classes in Little Rock. LaDonna Brock will be available for GF 101 in Conway. She can be contacted by email at**

All general meetings are held in the community room of Whole Foods unless otherwise specified. Whole Foods kindly allows us to use their community room for our meetings. We are not affiliated with Whole Foods. GFCA is a branch of Gluten Intolerance Group (GIG)

Whole Foods  
10700 N Rodney Parham Rd  
Little Rock, AR 72212  
(501) 312-2326  
For directions go to: <http://snipurl.com/3duie>  
[maps\_google\_com]

### **Calendar for GFCA**

**Monday, February 16, 6-8pm** - Dr. Charles Bower, an otolaryngologist from ACH, will be speaking. The topic will be "Wheat and Brains" - Pediatric neuropsychological problems and gluten sensitivity.

**Monday, March 16, 6-8pm** - Dr. Betsy Hendricks will speak.  
[www.betsyhendricksmd.com](http://www.betsyhendricksmd.com)

**Monday, April 20, 6-8pm** - Penny Rudder will speak.  
<http://www.naturalfoodscooking.com/> Penny is a nutritionist and health advocate. She holds formal classes in eating healthy and living gluten free. Please see the attached pdf about the class that starts January 5.

### **What's New at GIG**

There is a new printable brochure called **Hospital Stays Made Safe**. It provides a quick explanation of the needs of a GF patient and includes specific information to be given to the various caregivers who might have contact with the GF patient. <http://gluten.net/publications.php>

Please check out the GIG home page too. There you will find links to recipes, GIG accomplishments for 2008, the upcoming conference in 2009, the Gluten Free Restaurant Awareness Program, the Gluten Free Certification Organization and so much more.

**Meetings in Arkansas**

Arkansas R.O.C.K. For information about the next meeting on Sunday, February 22nd at 4:00p, you may contact Melanie at 479-582-9232 or email her at [melaniefaught@cox.net](mailto:melaniefaught@cox.net) This group is based in Fayetteville. There is also an active Yahoo group to join <http://health.groups.yahoo.com/group/ArkansasROCK/>  
\*\*\*\*\*

NWA Celiac Sprue Association Support Group meets on the 3rd Saturday of the month at the new Mercy (St. Mary's) Hospital. The next meeting is Saturday, February 21 and it will start at 10am. For more information you may contact Carolyn McKinley at 479 644 9909 or email [glutenfreefriends@yahoo.com](mailto:glutenfreefriends@yahoo.com)  
\*\*\*\*\*

Hot Springs Village meetings are (almost) always held on the fourth Tuesday of the month, at 10:30am at Cranford's Grocery store on Highway 5 right outside of Hot Springs Village. There are two contact persons: Marcia Clark, 501-915-9024, [marciarclark@suddenlink.net](mailto:marciarclark@suddenlink.net) or Jeannie Shapley, 501-321-8171, [cjshapley@cablelynx.com](mailto:cjshapley@cablelynx.com)  
\*\*\*\*\*

Gluten Free Fort Smith will now be meeting on the First Thursday of the each month, beginning Feb. 5, 2009. We will still meet at St. Bartholomew's Episcopal Church, 6:30 p.m. For more information contact Majetta Green 479-221-4372 or [itsjett@hotmail.com](mailto:itsjett@hotmail.com)  
~~~~~

**Peanut Recall**

Every day I receive more alerts from the FDA recalling peanut products. This has affected products with and without gluten. For a full list of recalled products and to stay current with the

peanut recall, go to <http://www.fda.gov/oc/opacom/hottopics/salmonellatyph.html> This recall has also involved some pet food products. The FDA's Office of Criminal Investigations is now involved.

**Major national brands of jarred peanut butter found in grocery stores are not affected by the PCA recall.**

*On January 29, PCA issued an expanded voluntary recall of all peanuts and peanut products processed in its Blakely, Georgia facility since January 1, 2007. The expanded recall includes all peanuts (dry and oil roasted), granulated peanuts, peanut meal, peanut butter and peanut paste. All of the recalled peanuts and peanut products were made only at the company's Blakely, Georgia facility.*

Here is a link to the list of recalled items by type of product <http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm>

~~~~~  
**Restaurants**

Denay wanted us to know that she found **Brave New Restaurant** to be friendly to gluten free people. "They seem to know what they are doing, and the chef or waiter always comes to my table to tell me the ingredients that are in the dish I ordered, just to be sure it's ok."

I stopped at **Izzy's** for lunch today for grilled chicken and salad. They do have a GF menu. The french fries are fried in a dedicated fryer.

~~~~~  
**Travel help**

There is a new US map with placemarks for gluten free resources. I have found it very helpful to contact people in the cities I have visited. This is a great way to find out where to eat and shop. Here is one way to find help. <http://glutenfreecityguide.blogspot.com/>

Other helpful resources - you can contact the people in another GIG group <http://www.gluten.net/branches.php>

For travel in Arkansas I made this map where you will find restaurants that have GF menus and stores. Please let me know if there is a store or restaurant I need to add to the map. [http://www.communitywalk.com/little\\_rock/ar/gluten\\_free\\_friendly/map/223899](http://www.communitywalk.com/little_rock/ar/gluten_free_friendly/map/223899)

### Rice Flour

Cindy Hodnett will be buying a 50 pound bags of white and brown rice flour. She wants to know if you want to buy some of the flour. She is willing to split it into 5lb increments. "I am also willing to bake for people if they don't have time for bread making."  
[cindy.hodnett@yahoo.com](mailto:cindy.hodnett@yahoo.com)  
501-868-7858

### Stores

Although these stores are placing many of the GF items together in one section, don't overlook the rest of the store. You will find GF foods are scattered throughout all the stores.

Both **Kroger** and **Cranford's**(Harvest Foods) have a selection of GF specialty foods in the "Health Food" areas.

**Whole Foods** is still in the process of increasing their Orgran line. I have seen the Glutenfreeda frozen cookie dough from time to time. If it is there, it is near the ice creams. A good selection of Whole Foods GF Bakehouse goodies are in the freezer. Our GF contact, Matt, is no longer working at the Little Rock store. He did a wonderful job of organizing the shelves of GF food. Now if you need assistance ask for Scott Kimzey(assoc store team leader) or Charlotte Hall. They will be happy to assist you. Whole Foods will be having Gluten Free Day the first Saturday of each month for Gluten Free day. (11am-2pm)

<http://www.wholefoodsmarket.com/stores/littlerock/storecalendar.php>

Saturday, Feb. 7th

### **Gluten Free Day**

11am-2pm free

Live Free! Gluten Free! Taste, see & learn how good & easy Gluten Free Living can be! Take a tour at 12pm to learn new GF recipes & how to find GF items quickly

**Cook's** located across from Sam's on Bowman carries many GF products. There you will also find organic produce and organic frozen meats.

**Drug Emporium** continues to carry many GF items. Here is where you will find Kinnikinnick frozen breads. Sherri tried the Kinnikinnick graham crackers and described them as "Yummy".

**The Station Grocery and Deli** - opening date is set for February 21st. If there is something you would like for Holly and Casey to carry in this store, please contact them  
[thestationgrocery@gmail.com](mailto:thestationgrocery@gmail.com)

**Wal-Mart** will be stocking more GF items and will be testing a GF section in some stores.

### Recipe Corner

Do you miss the cheese biscuits from Red Lobster. Leslie W found this GF version.

Red Lobster Style Cheddar Bay Biscuits (Gluten Free)

Ingredients:

- 1/3 Cup Butter (room temp)
- 1/4 cup Shortening
- 1/2 Cup Potato Starch
- 3/4 Cup corn starch
- 1 3/4 Teaspoon xanthan gum
- 1 Tablespoon Baking Powder
- 1/4 teaspoon Baking Soda
- 1 Tablespoon Sugar
- 1/2 teaspoon salt (can use garlic salt)
- 1/2 Cup shredded sharp cheddar cheese
- 1 1/2 teaspoon garlic powder
- 3/4 Cup Milk (sour) – 1 Tablespoon lemon juice added

Another 1/4 cup butter, melted, mix with 1/2- 1 teaspoon garlic powder

### **Directions:**

Preheat oven to 375F. In medium bowl, mix butter and shortening with a Pastry blender, till soft. Add all other ingredients except for second butter and garlic powder. Dough will be quite sticky. Spoon Biscuits onto lightly greased cookie sheet. Bake until lightly brown. Could be 30 min or more. As soon as they come out of

the oven, Brush with melted butter/garlic combination.

Makes about 8-9 biscuits.

\*\*\*\*\*

Sherri wrote "My cupcakes are the best. I use the Kinnikinnick white mix and replace the oil with butter and the water for a small can of pet milk. (Follow package directions.) We keep them in the freezer for birthday parties. Finally a cake that isn't so heavy!" She told me the cooking time may be a few minutes less so check early.

\*\*\*\*\*

Need a quick and easy dessert? Terri recommends this one.

### **Banana, Cocoa and Coconut Dessert**

Two ripe bananas  
Plain cocoa  
Unsweetened, flaked coconut

Slice the bananas into angled coins. Roll the edges in cocoa. Press both sides of the slice into the flaked coconut.

---

### **Websites**

There are so many great websites and blogs. Here are a few I have found. Some are new and some I have mentioned in other newsletters.

Gluten Free College Student  
<http://gfcollegestudent.gfcsuccess.com/>

Gluten Free Search Engine and GF info  
<http://www.glutenfreefox.com/> The search engine is by Google.

Celiac disease and gluten-free diet information since 1995 at [www.celiac.com](http://www.celiac.com)

A new site with short videos can be found at Gluten Free Central [www.gfcentral.com](http://www.gfcentral.com)

A great resource. Abstracts and articles about gluten sensitivity and celiac disease in The Gluten File  
<http://jccglutenfree.googlepages.com/>

The Sensible Celiac  
<http://sensibleceliac.com/> has information, news

and more. It links through Amazon grocery and glutenfree.com to give you a listing of all the GF items available.

---

### **Articles and Abstracts**

Sleep Med. 2009 Jan 10. [Epub ahead of print] **Celiac disease as a possible cause for low serum ferritin in patients with restless legs syndrome.** Manchanda S, Davies CR, Picchietti D. University of Illinois at Urbana-Champaign, College of Medicine, 506 S. Mathews Avenue, Suite 190, Urbana, IL 61801, USA.

**OBJECTIVE:** To describe celiac disease (CD) as a possible cause for low serum ferritin in patients with restless legs syndrome (RLS).

**BACKGROUND:** Low iron stores have been found to be a risk factor for RLS with serum ferritin levels less than 45-50ng/mL associated with increased severity of RLS. It has become routine clinical practice to test serum ferritin in the initial assessment of RLS. CD is a common genetic disorder that can cause iron deficiency. **METHODS:** Consecutive case series of four patients with RLS and serum ferritin below 25ng/mL, who had positive screening tests for celiac disease. **RESULTS:** We report four patients who had serum ferritin <12ng/mL and positive screening tests for CD. All had CD confirmed by duodenal biopsy and response to a gluten-free diet. RLS symptoms improved in all four, with two able to discontinue RLS medication and two responding without medication. **CONCLUSIONS:** In patients with RLS and low serum ferritin who do not have an obvious cause for iron deficiency, we suggest looking for CD by simple, inexpensive serologic testing. Diagnosis and treatment of CD is likely to improve the outcome for RLS, as well as identify individuals who are at risk for the significant long-term complications of CD.

PMID: 19138881 [PubMed - as supplied by publisher]  
<http://www.ncbi.nlm.nih.gov/pubmed/19138881>

\*\*\*\*\*

Here is a free full text review article about Coeliac Disease  
<http://bmb.oxfordjournals.org/cgi/content/full/88/1/157>

### **Coeliac disease.**

**INTRODUCTION:** Coeliac disease is a common but often under diagnosed condition with important complications. It is due to immune-mediated gluten intolerance and may present in a number of ways. It has become more frequently diagnosed due to the recognition of the atypical presentations. In recent years, more sensitive and specific serological markers have been developed but the gold standard of diagnosis remains duodenal biopsy. Compliance with a strict, lifelong gluten-free diet is the cornerstone of management, improving symptoms and reducing complications of the disease.

**SOURCES OF DATA:** For this review, we focused on papers published on coeliac disease in recent years. Particular emphasis was given to clinical papers examining new methods for the diagnosis of coeliac disease or newer therapies for managing complications. The main source was PubMed and the major gastroenterology journals. **AREAS OF AGREEMENT:** Coeliac disease is more common than once thought with a prevalence of around 1%. Diagnosis should always be confirmed with a duodenal biopsy. Management of coeliac disease with a gluten-free diet remains the cornerstone of treatment.

**AREAS OF CONTROVERSY:** Some complications of coeliac disease, especially neurological, are not widely accepted despite growing support from the literature.

Management of enteropathy-associated lymphoma has been difficult, and the optimal therapy is not known. **GROWING POINTS:**

Current understanding is such that coeliac disease is the most widely understood autoimmune condition. 'Atypical' presentations are becoming the most common presenting features of coeliac disease. **AREAS TIMELY FOR DEVELOPING RESEARCH:** Alternatives to the gluten-free diet are about to go into clinical studies. Similarly, better serological screening tests may obviate the need for duodenal biopsy. This review will try to summarize the current understanding of coeliac disease with regard to diagnosis, management, complications and future perspectives.

PMID: 19073695 [PubMed - in process]

Hope to see you at the next meeting, Monday, February 16th.

Anne Luther  
501-681-5544

Information in this email/letter is not medical advice. Please contact your medical team for diagnostic and treatment concerns

If you do not have computer access and want copies of any articles mentioned in this newsletter, send me a self addressed stamped envelop and I will print it for you.