

Gluten Free in Central Arkansas, branch of GIG

www.centralarkansasgig.org
www.gluten.net

June 2008

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 newsletter. We can learn from each other. You will find items submitted by your GF friends in this newsletter.

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Calendar for GFCA

There is no meeting on Monday, June 16

Saturday, June 21 starting at 2pm. - A Happy Birthday Party for kids and adults. Have you had or are you going to have a birthday this year? If so, you are invited to join in the GF celebration. Cake, ice cream, presents and more.

Monday, July 21 from 6-8pm - Bob's Red Mill has sent us some packages of their new pizza dough mix. Terri Murdoch will be making GF pizza. We will also have sampling of other baked goods.

Meetings in Arkansas

Arkansas R.O.C.K. For information about the next meeting, you may contact Melanie at 479-582-9232 or email her at melaniefaught@cox.net This group is based in Fayetteville. There is also an active Yahoo group to join <http://health.groups.yahoo.com/group/ArkansasRUCK/>

Gluten Free Fort Smith will hold its next meeting on Monday June 23 at the St Bartholomew Episcopal Church at 6pm. There is no meeting in May. For more information, contact Wood, Cindy cwood@Rheemac.com

Hot Springs Village meetings are (almost) always held on the third 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 or Jeannie Shapley, 501-321-8171, cjshapley@cablelynx.com

Whole Foods Emily thought you may be interested in this meeting on Thursday, June 19 from 6pm to 7:30pm. Learn about food systems and their impacts on culture, society and our earth. This course offers practical suggestions on creating and supporting a more sustainable food system, explores the effects of modern industrial agriculture on both human and ecological health, and highlights sustainable agriculture. The course will be held in the Community Room at Whole Foods Market and snacks will be provided. \$20 fee covers cost of study guide. For more information, contact Shelley at the Arkansas Earth Institute, info@arkansasearth.org, 501-213-5388.

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All meetings at Whole Foods can be viewed on their calendar
<http://www.wholefoodsmarket.com/stores/calendars/LTR.html>

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### **Meetings around the country**

**It's All About Food** - GIG's Annual Educational Conference will be held in Irving, TX at the DFW Marriott Hotel June 6-7  
<http://www.gluten.net/events.htm#conference> If you are attending this conference, call me when you get to the hotel. I hope all the people from Arkansas can meet with each other. 501-681-5544.

If you are not attending, I am sorry that you will be missing this wonderful conference. I will be writing a summary, but reading that will not be the same as being there.

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### **Access to Gluten-Free Lunches at School -- SURVEY**

A major goal of the American Celiac Disease Alliance (ACDA) is to improve the availability and access to gluten-free meals in schools for students with celiac disease. Recently, the ACDA was approached to work on a collaborative project which will help move us closer to achieving that goal. One of the first steps of the project is to determine the level of interest for gluten-free school lunches.

The ACDA has launched a brief online survey to find out who is providing lunch for student's with celiac disease - parents, school, or a combination.

If you have a child with celiac disease attending school, please complete the survey by going to:  
[https://www.surveymonkey.com/s.aspx?sm=83OFWWSzHfAtSoh9vRH8Pg\\_3d\\_3d](https://www.surveymonkey.com/s.aspx?sm=83OFWWSzHfAtSoh9vRH8Pg_3d_3d)

Your input is vitally important to demonstrate that our children want and need gluten-free meals at school. The survey will close on July 2, 2008.

If you have any questions about the survey, or issues regarding the accessibility of gluten-free foods in school, please contact the ACDA at [info@americanceeliac.org](mailto:info@americanceeliac.org) .

Thank you for helping us help our kids!

Andrea

Andrea Levario  
Executive Director  
American Celiac Disease Alliance  
[www.americanceeliac.org](http://www.americanceeliac.org)  
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### **Beer**

There is a new beer that is now available in AR. You may have to ask your store to order it.

**Bard's Tale Beer** Now Available in Little Rock, Arkansas!!!  
<http://www.bardsbeer.com/index.html>

May 15, 2008  
Gluten-Free Central Arkansas Support Group:

We are pleased to announce Bard's Tale Beer Dragon's Gold is now available in the Little Rock Arkansas area! We are also pleased to announce our exclusive distributor for the region is Harbor Distributing Company. We kindly ask you to share this news with your members.

If your members would like Bard's Tale Beer carried at their favorite establishment, they can give the attached letter to the manager asking to stock Bard's Tale Beer. These requests will help make the brand readily available around the state. Harbor Distributing Company will provide us with a complete list of retail establishments which we will forward to your organization.

Bard's Tale Beer Company was founded by Craig Belser and Kevin Sepowitz, both celiacs.

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They missed real bread, hot pizza, and a great tasting cold beer on a hot summer's day.

Our guiding principle is to use only the highest quality whole grains and ingredients in our craft-brewed beer. Using only sorghum, hops, yeast, and water, we have created a beer that is pure, refreshing, satisfying and gluten free. As we control the ingredients and processes from the farm to the retailer's shelf and independently test each batch, you can be assured that our beer is truly gluten free.

Craig and Kevin, along with the whole company, are very active in the celiac community. In the past, we have participated in events with the Gluten Intolerance Group, the Celiac Disease Foundation, and the Celiac Sprue Association. Please let us know how we can become involved with your local celiac community. If you have events coming up, we'd like to hear about them. If you have a newsletter that you publish, we'd like to be on your mailing list.

Thank you for your support. Contact me at [tkardaris@bardsbeer.com](mailto:tkardaris@bardsbeer.com) or 877-440-2337 with any questions or comments.

Cheers,

Tasha Kardaris  
VP, Marketing  
[tkardaris@bardsbeer.com](mailto:tkardaris@bardsbeer.com)

cc: Craig Belser – Founder, Celiac, Beer Lover

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Dark Hills Brewery update

This is the beer we sampled last year and had been told it would become available last winter. Getting a new business off the ground can be a bumpy ride. <http://www.darkhillsbrewery.com/> "Our progress is not where we would like it to be.... We have been working on this project since 2004. Last September 2007, we had \$335,000 pledged to start the brewery, federal licensing had begun, the building was under contract to us, most of the bank paperwork had been approved,

the ingredient and distribution network had been set up, but then the local land market crashed and took our investors with it. The entire deal fell apart. Back to square one.

By December we had a new, smaller plan and found a new location, but then--did you hear about the world-wide hop shortage?
http://www.foxbusiness.com/markets/industries/retail/article/trouble-brewing-hops-shortage-slams-beer-makers_538996_7.html
http://www.boston.com/lifestyle/food/articles/2008/01/09/with_fewer_hops_prices_jump/
We will be unable to secure a hop contract until next January...maybe, after all the other breweries have their contracts fulfilled (350 are waiting in line--just at one hop store, HopUnion). Back to square one.

We will still strive for our brewery, but we will take this year off to regroup. Congratulations are due for our brewer, she is expecting her 3rd child this fall.
As soon as she is ready, we will begin again--at square one.

Thank you for your continued patience."

Restaurants

B. J. Saunders has been busy writing restaurants.
Reply from Arbys
Your request for information and question were forwarded to me, Charles Papa, Food Safety and Regulatory Affairs Compliance Officer for Arby's Restaurant Group, Inc. Thank you for your interest in Arby's, and especially for considering our menu as something that might help to meet the dietary need you indicate. ... I imagine you ask this either for yourself or someone dear to you.

I'll start by answering your direct question first, "As it is, Celiacs cannot have the Martha's Vineyard Salad, because of the Diced-Grilled Chicken (not the croutons)." There are things that can be done, and I explain some of that below. But now allow me to show you the short list and the text that I send to those people

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wanting to know what is truly gluten-free (GF) in our restaurants, as follows:

Proteins, without bread or buns: roast beef, roast chicken, roast ham, roast turkey, corned beef and Grilled Chicken Fillet. *[Note below.]

Cheeses, natural and processed.

Peppered bacon.

Baked potatoes only [Plain, or with butter and other GF condiments. About 10% of our restaurants offer baked potatoes.]

Fresh Fruit Cup or Applesauce.

Milkshakes.

*[Note: Breaded chicken fillet, Tenders, Popcorn Chicken and the Diced-Grilled Chicken are NOT GF. Diced-Grilled Chicken is the protein used in many of the salads and wraps and the Pecan Chicken Salad on our menu.]

I cannot recommend any of the other potato products, though, because, in their cooking at the restaurant, there is the chance they will share fryer-space with wheat flour-based coated items.

And please note that the Curly Fries are coated, and there is gluten added as a part of that formulation and preparation by our supplier.

Their preparation in the same oil as that used for Home-style Fries and Potato Cakes takes out all three as options.

Our redesigned website (www.arbys.com) allows one to check the ingredient statements of almost all the components of the menu items, as follows: select "nutrition" from the cover page; select the category of interest—let's use the Arby's Chicken Naturals as an example—then select to view the allergen listings and "go." Next, beside any specific menu item in a category—for example, Chicken Fillet Sandwich – Grilled—hit the triangle that appears to the left of the name, and see that a component listing displays with an option to look at ingredient statements—just wand over that option, and the ingredients appear. Unfortunately, one cannot print from this display. Or, you can look at the dots indicating the presence of major allergens or sensitivity agents (gluten is included) in each component. ... On this last point, I tell customers to be sure to consult the website to be

certain of menu items, such as condiments, being GF. There are also printable ingredient and allergen listings that can be selected as an option from the main nutrition page. Sometimes this suits peoples' needs very well, too.

About the salads. ... It all depends on your relationship with the local Arby's management. I know there are some stores across the country that, when notified in advance, will make a salad that does not contain the Diced-Grilled Chicken, but instead has the whole-muscle Grilled Fillet cut up, or a portion of the Roast Chicken, placed on the salad. That way it is gluten-free. But it all depends on having some working relation with your local Arby's. For the Santa Fe Salad, one must forego all use of the Chicken Tenders or Popcorn Chicken and substitute either the whole-muscle Grilled Fillet cut-up, or top with a portion of Roast Chicken. ... Perhaps this is not the same as quick-service and fast food, but that is exactly the way it is for now.

Again, B.J., thank you for your interest in Arby's. If you need any further information or additional details, please feel free to contact me directly. And best wishes in this matter to you or your loved one going forward.

Sincerely,

Charles Papa, Ph.D.

Food Safety and Regulatory Affairs Compliance Officer

Technical Services

Arby's Restaurant Group, Inc.

1155 Perimeter Center West

Atlanta, GA 30338

Phone: (678) 514-4315

Mobile: (678) 778-9730

cpapa@arbys.com

The reply from Olive Garden:

Thank you for your inquiry regarding menu items for Gluten Intolerant guests. We can recommend the following items with some adjustments. Let your server know you are interested in menu items especially for Gluten Intolerance. Your server will be happy to accommodate your

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request.

Salads

Garden Salad - Order without croutons
Caesar Salad - Order without croutons

Entrees

Steak Toscano brushed with Italian herbs and served with seasoned broccoli
Pork Filetino marinated in extra-virgin olive oil and rosemary and served with seasoned broccoli
Herb-Grilled Salmon brushed with Italian herbs and extra-virgin olive oil accompanied by seasoned broccoli

While Olive Garden has made an effort to provide complete and current gluten content information, changes in recipes, and the hand crafted nature of our menu items, mean that variations in the ingredient profile of a particular menu item may occur from time to time. Therefore, we make no guarantees regarding the gluten content of any of these items. Guests with gluten intolerance or other special food sensitivities or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item, and are individually responsible for ensuring that any such menu item meets their individual dietary requirements. Olive Garden assumes no liability for your use of this information. Any medical concerns regarding the consumption of these items should be directed to your physician or other health care provider.
If you would like to speak with an Olive Garden representative, please call us at 1-800-331-2729.

Erich

Olive Garden Guest Relations

And the Cracker Barrel

Thank you for taking the time to contact us here at Cracker Barrel Old Country Store. We appreciate receiving your inquiry and we do understand your concern.

The following is a list of menu items that do not

contain wheat, barley, or rye products as an ingredient (the modified food starch in the fried apples is from corn). However, we have an open kitchen where biscuits and dumplings are made from scratch several times daily. Many of our grill items do not contain glutens but are prepared on the same equipment as products that do. There is always a chance that cross-transference may occur.

Please inform a manager of your sensitivity when you visit one of our stores to ensure that every effort is made to prevent the accidental transfer of glutens via the handling and preparation of your meal.

Grill Items: hamburger steak, ribeye and sirloin steak, grilled catfish, grilled trout, grilled pork chops, country ham, city ham, bacon, eggs, pork sausage, turkey sausage

Side Items: carrots, cole slaw, corn, fried apples, green beans, mashed potatoes, baked potato, pinto beans, turnip greens

Excluding the fried chicken tender salad and chunky chicken (homemade chicken salad) salad, salads ordered without croutons would not contain glutens. See the ingredient statements below for our salad dressings choice.

The vinegars used in the salad refined distilled grain vinegars. According to the American Celiac Disease Alliance, "Distilled alcoholic beverages and vinegars are gluten-free. Distilled products do not contain any harmful gluten peptides. Research indicates that the gluten peptide is too large to carry over in the distillation process. This leaves the resultant liquid gluten-free."

Buttermilk Dressing: cultured buttermilk, soybean oil, water, egg yolk, distilled vinegar, salt, corn syrup, sugar, spices, lactic acid, xanthan gum, guar gum, onion*, potassium sorbate and sodium benzoate added as preservatives, garlic*, disodium inosinate, disodium guanylate, calcium disodium EDTA added to protect flavor. *DEHYDRATED

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Peppercorn Dressing: soybean oil, water, sour cream solids, egg yolk, distilled vinegar, salt, spices, dehydrated garlic, xanthan gum, potassium sorbate and sodium benzoate added as preservatives, natural flavor, calcium disodium EDTA added to protect flavor.

Honey French Dressing: high fructose corn syrup, soybean oil, corn-cider vinegar, distilled vinegar, tomato paste, salt, paprika, spices, xanthan gum, onion*, honey, invert sugar, beet juice concentrate, garlic*, natural flavor.

*DEHYDRATED

Honey Mustard Dressing: soybean oil, water, high fructose corn syrup, distilled vinegar, honey, egg yolk, mustard seed, sugar, salt, spice, white wine, natural flavor, xanthan gum, citric acid, tartaric acid, artificial color (including yellow #5), calcium disodium EDTA added to protect flavor.

1000 Island Dressing: soybean oil, water, pickles, sugar, tomato paste, distilled vinegar, high fructose corn syrup, egg yolk, salt, spice, sodium benzoate, and potassium sorbate added as preservatives, natural and artificial flavors, onion*, bell peppers, garlic*, calcium disodium EDTA to protect flavor, xanthan gum, guar gum, polysorbate 80. *DEHYDRATED

We look forward to having the opportunity to serve you again soon.
Sincerely,

Sylvia Harper
Guests Relations Representative
Cracker Barrel Old Country Store, Inc.

Getting to Know You

Connie Rieper-Estes wrote this for the Yahoo Rock Group in Fayetteville.

My son went to 3rd grade in public school at the Benton County School of the Arts in Rogers. They were very cooperative!

I gave the teacher some information handouts before the semester started; my book, [Kids with](#)

[Celiac Disease: A Family Guide to Raising Happy, Healthy, Gluten-Free Children](#) by Dana Korn (for a week); and a big bag full of GF treats (for emergencies) . I also contacted the classroom's teacher's helper and found out the birthdays of the other classmates (so I wouldn't be surprised).

Then I went to the school nurse and let her read the above mentioned book and gave her the handouts, too. She liked the book so much, I let her keep it. I also gave the school nurse a clear pencil box filled with his GF medicines (an Epi-pen, GF Tylenol, and Benadryl). [her son has food allergies too - al]

Talking with the lunch staff, I found some GF options, but mostly I sent him with lunch. The lunch room attendants pulled aside one table for all the kids with food allergies... it kind of set them apart, but then again, everyone at the table understood that they couldn't share or trade foods, and no one tried to "see what would happen if they snuck him some wheat".

After a couple of months, the school nurse started seeing celiac tendencies in some of the other kids and talked to their parents. She helped several of them receive a diagnoses for celiac! How great is that?

I've read some stories on the [Silly Yak Yahoo group](#) that helped me prepare. They talk about kids and school a lot. I think the best advise is to read up so you will be prepared.

Recipe corner

[Things your can do with Namaste Pizza Crust](#)
<https://www.namastefoods.com/shopping/storefront/cgi-bin/news.cgi?Category=Recipes>

Our pizza crust makes a great breading for fish, chicken, veggies, etc.

Wrap pizza crust dough around hot dogs to make Pigs in a Blanket.

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Add 2 eggs and 1 package of yeast to make a thicker Chicago style pizza.

Roll the dough thinner, brush with olive oil, and sprinkle with kosher salt. Bake until crisp. Makes great crackers!

For bread sticks, half the ingredients but don't roll out as thin as for pizza crust. Cut, separate, brush with olive oil, Italian seasoning, salt and pepper.

Prepare the dough per instructions, wrap in plastic and refrigerate overnight, then roll it out to about 1/4 of an inch or a bit less, cut into strips (I do 1 inch by 4 inches in length) and deep fry them, they make amazing breadsticks! Optional: Sprinkle with cracked salt and black pepper as soon as they come out of the fryer. When deep frying the pizza crust sticks, you must use a proper, covered deepfryer as when they puff up, they often burst causing oil to be splattered. (I don't know if refrigerating it is necessary, but it just happened that I had a bit left over, but no time to use it, so I refrigerated it, and since then, I've just stuck with the procedure since it worked well.) They basically puff up and are partly hollow, so you could even split them and fill with your favourite stuffing and serve as a nice appetizer.

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### *Luscious Lemon Cake*

*1 package Namaste Vanilla Cake Mix*  
*3 eggs*  
*1/2 cup oil*  
*4 lemons*  
*water*  
*1 1/2 cups powdered sugar*

*1. Heat oven to 350 degrees. Lightly spray 9 x 13 pan with non-stick spray.*

*2. Using a lemon zester or peeler, peel the lemons (just the exterior, not the white pith)*

*and finely chop the peel. Juice the lemons and divide the juice into two equal portions. Take one portion of the lemon juice and add water to make 1 cup total. Mix the cake batter using the eggs, oil, the chopped lemon peel and the lemon water.*

*3. Pour into pan and bake for approximately 35-40 minutes.*

*4. While the cake cools, stir together the remaining lemon juice and the powdered sugar. Poke holes all over the cake with a fork and pour the lemon glaze all over the top of the cake.*

### *Recipe Variation:*

*Use 3 oranges in place of the lemons for a lovely orange cake variation.*

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Are you using gluten free oats? You will find more recipes on <http://www.glutenfreeoats.com/recipes.aspx> and <http://www.bobsredmill.com/recipe/> and http://www.creamhillestates.com/en_order.php

Oat Flour Crepes from Gluten Free Oats

3 eggs
1 1/3 cup milk
1 cup oat flour (put 1 1/2 cup Gluten Free Rolled Oats in a blender to make flour)
1/2 cup tapioca flour
1/2 teaspoon salt
2 Tablespoons butter.

Beat 3 eggs in a bowl; add in 1 1/3 cup milk. Add 1 cup oat flour and 1/2 cup tapioca flour with 1/2 tsp salt. Melt 2 Tbsp. butter in a skillet, pour it in, and mix well. This should make a thin batter.

In the skillet, at medium-high heat, pour enough batter to make a thin pancake. When the top is set, the bottom should be lightly browned. Flip and lightly brown the other side. Add a bit more butter, and keep making cakes. This should make about 8 crepes.

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These can be filled with savory or sweet fillings, or they are good rolled and eaten plain

Articles and Abstracts

Lactose intolerance is very common in those with newly diagnosed celiac disease. Lactose is a milk sugar. In order to digest this sugar, one needs the enzyme lactase that is made by the tips of the villi. Therefore, if the tips of the villi have been damaged by gluten, one does not make lactase. As the tips heal, one may be able to tolerate products with lactose again.

Regression of lactose malabsorption in coeliac patients after receiving a gluten-free diet.

OBJECTIVE: In a recent study by our group, it was shown that a large proportion of patients with lactose malabsorption and with no bacterial overgrowth are affected by silent coeliac disease (CD). Our aim was to evaluate the effect of a gluten-free diet on lactose malabsorption assessed using the hydrogen lactose breath test (LBT) and also the relationship with normalization of duodenal biopsies in coeliac patients. **MATERIAL AND METHODS:** Fifteen patients (11 F, 4 M; mean age 35.8+/-6) affected by CD with a positive LBT and negative glucose breath test were enrolled. All were started on a gluten-free diet and were re-evaluated after 6 months by LBT and after 12 months by both LBT and upper gastrointestinal endoscopy with biopsies. **RESULTS:** LBT normalization was observed in 1 out of 15 patients (6.7%) after 6 months and in 9 of the remaining 14 (64.2%) after 12 months. Duodenal biopsies showed normal villi in 8 patients, partial villous atrophy in 5 and total atrophy in 2. **CONCLUSIONS:** The present study shows that a large proportion of CD patients experience a regression of lactose malabsorption after receiving a gluten-free diet. This may be related to normalization of the brush border with an improvement of lactase enzyme activity. LBT should be performed after 12 months in CD patients on a gluten-free diet in order to assess the persistence/disappearance of

lactose malabsorption, thus avoiding an unnecessary lactose-free diet.

PMID: 17917999 [PubMed - indexed for MEDLINE]

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## **News on Celiac Disease: Where Are We? Where Are We Going?**

Posted 05/21/2008 Alessio Fasano, MD  
"The trend of exponential growth in the reports and special sessions on celiac disease continued at this year's Digestive Disease Week (DDW) meeting."

This report is divided into 4 sections. It is too long to copy here. You can read it at <http://www.medscape.com/viewarticle/573934> You will have to register, but registration is free

- Celiac Disease: Where Did It Come From and How Does It Work?
- Diagnosis: Can We Eliminate the Intestinal Biopsy?
- Reaction to Gluten: Not Always Celiac Disease
- Potential New Therapy Alternatives to the Gluten-Free Diet: The Future Is Coming

Remember - there is no meeting on Monday, June 16. The June meeting is a GF birthday celebration for everyone on Saturday, June 21 at 2pm. I do hope you will be able to attend this fun event.

Anne  
501-681-5544  
501-223-3981

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