

Southern Arizona Celiac Support Group
CSA/USA Chapter 15, Tucson, Arizona

**Basics
of a
Gluten-Free
Diet**



P.O. Box 0905, Cortaro, AZ 85652
www.SouthernArizonaCeliacSupport.org
e-mail: info@SouthernArizonaCeliacSupport.org

GETTING STARTED WITH CELIAC DISEASE

BEGINNING A GLUTEN-FREE DIET



Not being able to eat grains seems downright un-American. Even the patriotic song *America the Beautiful* refers to the “amber waves of grain.” Grains have been a dietary staple in the diets of civilized society for centuries. They are so prevalent in our modern culture that it is difficult to get away from them. Wheat, at least, seems to be everywhere. You’ll be surprised to learn just how many places grains can turn up. They sneak their way into foods that seem completely harmless for Celiacs. You have to read labels, check menus, call restaurants, question cooks, and do anything it takes to make double-sure you are not eating any of the offending grain products.

It may take a while to get used to your new lifestyle. Since you will often no longer be eating the same as everybody else, you may feel “different.” Being different is very difficult for some, yet comes easily to others. But you do not have to be an “oddball.” Having a positive attitude is everything with this diet. By preparing your own meals at home, “brown bagging” at work, and calling ahead when you go out to restaurants, you can be a part of the group and fit in just like everyone else. However, it will take a bit more work and time than before.

WHAT AM I GOING TO EAT?

Cheer up! You do not have to live on bananas and rice. You will be pleased to learn that there are plenty of food choices available for Celiacs. First, you can eat any food that does not contain wheat, rye, barley or oats. This includes meat, fish, salads, vegetables, and fruits. Just make sure there is no grain involved in the preparation or with the serving of the food. For instance, avoid breading or flour on fish, meat or fried vegetables, cracker crumbs, croutons on salads, wheat in salad dressings, meats with marinades made with grain vinegars or soy sauce.

There are numerous substitutes for all of the things you cannot eat. Many gluten-free vendors exist who make gluten-free breads, flours, pizza crusts, pastas, cookies, cakes, pancakes, etc. Many items are available in health food stores, by ordering online or in major chain grocery stores.



With the new labeling laws in effect, you should be able to read the labels and determine safe foods. One thing to look out for is possible cross-contamination. For instance, even though a Quaker Oats product may *contain* no wheat, barley, rye or oats, they will tell you that their products are produced on shared lines and may be *contaminated* with gluten. Look at the end of the ingredient list to see if the food is processed in a facility that also processes wheat products.

TRAVELING OR CAMPING

With proper planning and preparation, you can enjoy traveling without worrying about ingesting gluten. There are plenty of portable, lightweight, non-refrigerated foods that fit easily into a purse, briefcase or carry-on luggage. Pick from the following when packing for your next business or pleasure trip. Nuts, raisins, dates, gluten-free granola bars, gluten-free pretzels, fruit roll-ups, rice cakes, corn chips, instant cream of rice, gluten-free crackers, or hard candy are just a few ideas. Individual packets of tuna fish fit neatly in a purse or briefcase and can make a meal when added to a salad.



Outdoor enthusiasts need not give up their hobby. In addition to these portable foods, you may also choose from this lineup when planning backpacking or camping trips: Think Thin GF energy bars, Lipton Cup-a-soups, Hormel Chili, Dole California or Hawaiian Style trail mixes, gluten-free breads, dried fruits, gluten-free pancake mixes, instant potatoes, or canned vegetables. You can get valuable ideas and tips about convenient and safe sources of food from online sources or from people in your local support group.

WELCOME TO THE CLUB

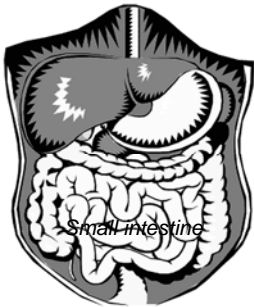
Right now you probably feel like the only person in the world who has a strange illness called "Celiac Disease." Actually, there are thousands of Celiacs out there who know what you're going through. According to the Center for Celiac Research at the University of Maryland, as many as 1:133 Americans are affected by Celiac Disease, although many are undiagnosed. So, cheer up. You're not alone. We've been right where you've been and understand the confusion you feel. We know the questions you're asking yourself like: What am I going to eat?



The **good news** is, you **don't** have a dread disease that requires continuous medication. But your life is never going to be quite the same. It's going to get better. You'll be just as normal and healthy as **you** want to be. It's all up to you.

CELIAC DISEASE AT A GLANCE

If you've recently received your diagnosis, you may not be completely clear on what Celiac Disease is all about. Celiac Disease is an autoimmune disease which causes the surface of the small intestine to be damaged when gluten is ingested. Gluten is a protein in wheat, rye, barley, and oats. This damage to the lining of the villi of the small intestine does not permit food to be absorbed properly.



A "typical" case of Celiac Disease probably does not exist. Each patient exhibits a variable combination of symptoms of varying severity. For this reason, the disease may be more difficult to diagnose. Symptoms may include, but are not limited to diarrhea, nausea, vomiting, constipation, cramping, bloating, anemia, heartburn, chronic fatigue, infertility, bad dental enamel or migraine headaches.

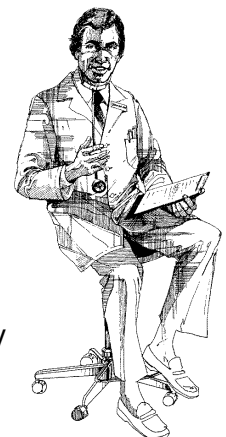
In children, the symptoms may become apparent three to five months after first consuming gluten-containing foods. Some babies with severe "colic" may in reality have Celiac Disease. Children with Celiac Disease may gradually become irritable or listless and have abnormal bloating and/or develop a large abdomen. The stools may become abnormal, perhaps large, pale, floating and offensive, or loose with diarrhea. The child may also vomit, possibly projectile in nature. Celiacs may lose weight or fail to thrive. Some children become very ill with diarrhea and dehydration, or conversely with constipation. Celiac Disease may not show up in an individual until later in life when triggered by an operation, pregnancy, a severe bout of the flu, menopause, or other stress-related events.

DERMATITIS HERPETIFORMIS

Perhaps you learned about the connection to CD when your dermatologist diagnosed you with dermatitis Herpetiformis (DH). It is thought that dermatitis Herpetiformis and Celiac Disease are one and the same disease but with different manifestations and different stages and sensitivities to gluten.

Typically, DH can be characterized as an intensely itchy skin eruption distinguished by blistering outbreaks usually on the elbows, knees and feet. The symptoms of intense burning, stinging, and itching cannot be overemphasized. It is common for DH lesions to be symmetrically distributed on the elbows, knees, buttocks, scalp, neck, shoulders and lower back. The face and facial hairline are occasionally affected. Rarely, lesions will occur in the mouth.

75-90% of patients with DH, or their relatives, do not have any of the classic symptoms of Celiac Disease. However, research shows that 11% of first degree relatives indeed have Celiac Disease, and 1/3 of these are asymptomatic (do not show any noticeable symptoms).



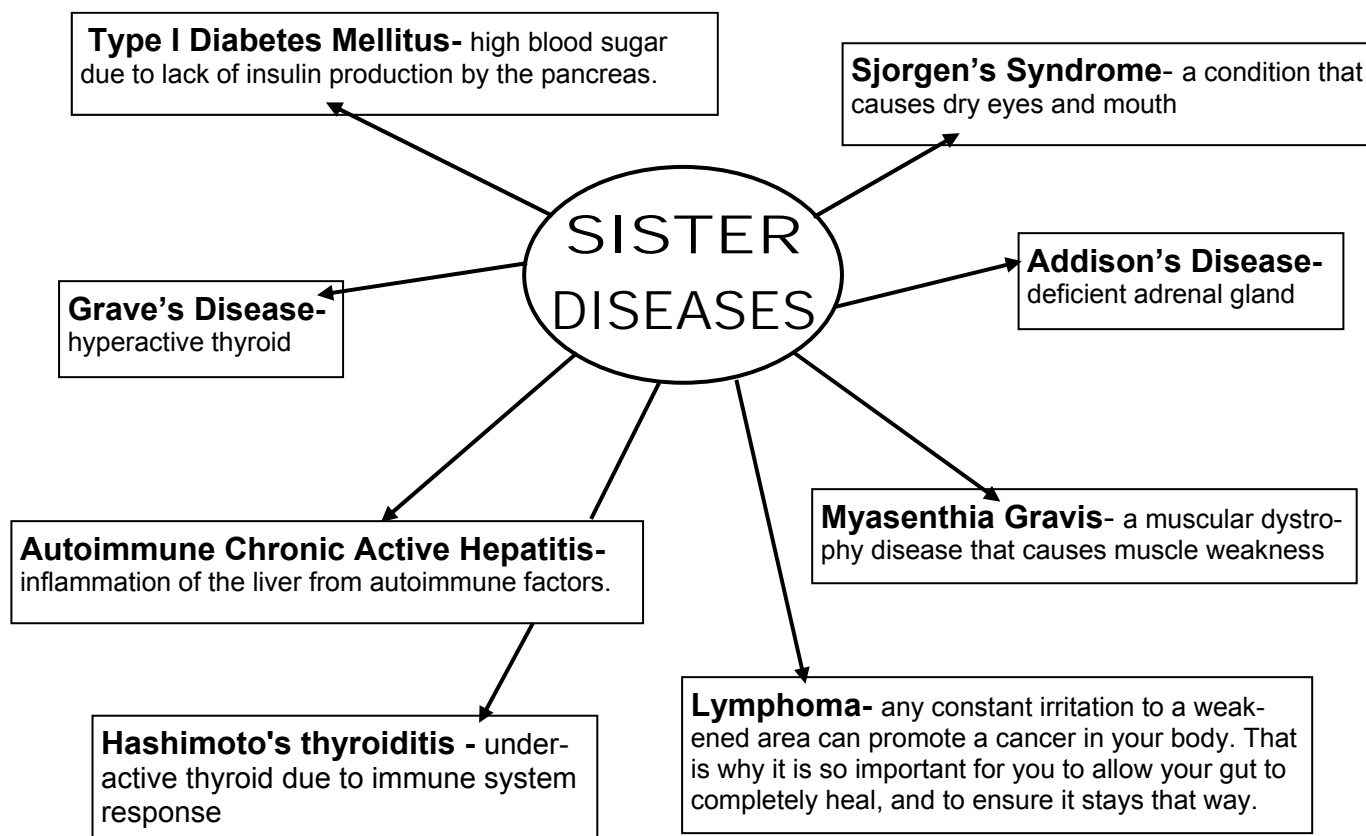
LACTOSE INTOLERANCE

Maybe you have noticed that in addition to having problems with grains, you also do not feel well after eating or drinking dairy products. Lactose intolerance occurs frequently in individuals with Celiac Disease before they are on a gluten-free diet. Since gluten damages the intestinal villi, enzymes needed to digest lactose (lactase) are also destroyed because they are produced by cells at the tip of the villi. Therefore, newly diagnosed celiacs generally do not tolerate milk or milk products until their intestine has had time to regenerate new villi. After being on a gluten-free diet for a few months, Celiacs generally are able to go back to drinking milk or eating dairy products.



ASSOCIATED AUTO-IMMUNE DISORDERS

The later in life a person is diagnosed with Celiac Disease, the more that person has the increased risk of developing another autoimmune disorder or cancers. In addition, those diagnosed with Celiac Disease who “cheat” on the diet may be at increased risks for the following:



Research has shown that it takes only 50mg (about 1/8 tsp) of gluten to damage the villi. It has been proven that even when there are **no symptoms**, small amounts of gluten (usually from hidden sources) can be taking their toll on the intestinal lining of a Celiac. The amount of gluten that sneaks in may be just under the threshold for causing a reaction, yet still be enough to effect gradual but certain damage to the lining of the intestinal tract. When there is unhealed damage to the intestinal lining, there is a risk of developing more serious health conditions, like some of the potentially lethal 'sister diseases'.

SHOPPING GLUTEN-FREE IN TUCSON

New Life Health Centers (www.NewLifeHealth.com)

5612 East Broadway Boulevard (520)747-0209

3954 North Oracle Road (520) 888-4830

1745 West Ajo Way (520) 294-4926

4841 E. Speedway (520) 325-8375

* Their Broadway store has a very large variety of gluten-free breads, pastas, cakes, and cookies.

Whole Foods (Wild Oats)

(www.WholeFoodsMarket.com)

3360 E. Speedway (520) 795-9844

7133 N. Oracle Rd. (520) 297-5394

Their GF product list is available online. WF has their own line of GF baked goods & dry mixes.

Sunflower Farmers Market (www.SFMarkets.com)

4645 E Speedway (520) 325-1320 (Mgr Mike Elton)

7877 E Broadway (520) 546-6112 (Mgr Paul Korn)

This is a large, full-service supermarket with a GF product list and shelf labels. OPENING IN 2008: Stores located at 1st/Limberlost and Orange Grove/Thornydale

Sprouts (www.Sprouts.com)

7665 North Oracle (520) 297-5446

This is a large, full-service supermarket with a GF product list and shelf labels.

Trader Joe's (www.TraderJoes.com)

1101 North Wilmot Road (520) 733-1313

7912 North Oracle (520) 797-4207

4766 East Grant Road (520) 323-4500

4209 North Campbell Ave. (520) 325-0069

Ask for their GF product list.

Many Major Grocery Chains like: **Fry's**, **Safeway**, **Basha's** and **Albertson's** carry GF foods.

Basha's has a respectable GF section within its Northwest store as does Fry's at Silverbell and Cortaro and Valencia & Houghton. The Fry's Marketplace stores are carrying more and more GF food.

Other **Fry's** have a small section devoted to health foods, also. Look for Ener-G tapioca or rice bread, Mrs. Leeper's pasta, Amy's frozen dinners, gluten-free pastas, and Enviro Kidz rice bars and cereals and a limited selection of rice flours, usually Bob's Red Mill.

Fry's also has a dietitian on call who will tell you if a Fry's product is GF or not. Her direct line, toll-free number is: 1-866-632-6900 8a.m. to 5 p.m. weekdays for GF info on store brands or any other product they carry. She will return voice mail messages, also. If you program her number into your cell phone, it can make shopping easier as you can check with her *before* you buy.

Safeway carries gluten-free pastas, Enviro Kidz rice bars and cereal, and Puffin's Rice cereal.

Ask stores if they have a GF listing and be aware that the listings are not always up to date as the suppliers can change ingredients. **Always** read labels, even if you have purchased the product many times before. Call the manufacturers to find out if their product contains gluten.



“Wheat-Free”

**Does NOT
Mean**

“Gluten-Free”

Read ALL the labels ALL the time!

GLUTEN-FREE VENDORS

Below is a listing of **some** of the major vendors of gluten-free (GF) foods. There are more retailers each year offering a greater variety of tasty products that are safe for us to eat.

Gluten Free Pantry

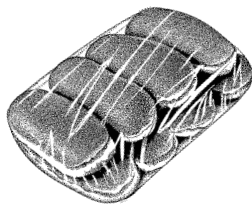
glutenfree.com
P.O. Box 840, Glastonbury CT 06033
1-800-291-8386
www.glutenfree.com

Glutino Food Group

2055 Boul. Dagenais Ouest
Laval, QC, H7L 5V1, Canada
1-800-363-3438
www.glutino.com

Kinnikinnick Foods

10306 112th Street,
Edmonton , AB, Canada
T5K 1N1
1-877-503-4466
www.kinnikinnick.com



Cause You're Special

PO Box 316, Phillips, WI 54555
(715) 339-6959
www.causeyourespecial.com

Dietary Specialties

1248 Sussex Turnpike Unit 3-C,
Randolph, NJ 07869
(888) 640-2800
www.dietspec.com/

Pamela's Products

335 Alberton Ave S., San Francisco, CA 94080
(650) 952-4546
www.pamelasproducts.com

Ener-G Foods, Inc.

5960 1st Ave. South, Seattle, WA 97108
(800) 331-5222
www.ener-g.com

Enjoy Life Foods

1601 N. Natchez Ave., Chicago, IL 60707
(773)889-5070
www.enjoylifefoods.com

Glutenfreeda

4809 S. Kip Lane, Spokane, WA 99224
(509) 448-9095
www.glutenfreeda.com

GlutenFreeOats.com

578 Lane 9, Powell, WY 82435
(307) 754-2058

Miss Roben's Dietary Foods, Inc.

91 Western Maryland Parkway #7,
Hagerstown, MD 21740
(301) 313-9582
www.missroben.com

TIPS FOR BECOMING AND REMAINING GLUTEN-FREE

- If you live alone, throw out or give away anything in your kitchen that contains gluten. If you live with non-celiacs, put vividly colored stickers on 'your' food.
- Always carry safe emergency snack foods so you'll not be tempted by hunger when you're out.
- Designate a place in your kitchen as 'yours' and do not let others prepare or place foods with gluten on that space.
- Eat 'naked food' initially. Buy fruits, veggies, meats, and prepare everything from scratch.
- Discard wooden spoons, cutting boards and non-stick pans that have been contaminated with gluten. Buy a toaster and waffle iron for your use only.
- Scrutinize *everything* you put in your mouth for gluten— toothpaste, vitamins, prescription drugs, mouthwash, lipstick, etc. Remember, it only takes a tiny bit of gluten to set off the auto-immune reaction that can inflame your entire small intestine.
- Connect with other Celiacs via your local support group or online listservs. It really helps to tap into the collective years of experience of others.
- If clueless people try to pressure you into trying "...just one bite... it's really good... I made it just for you, etc.", ask **them** if they would mind trying 'just a taste of rat poison'. Gluten **is** a poison to us.

- Read all of the labels all of the time.** ► The following pages contain lists of safe and unsafe ingredients commonly found on food labels.

GLUTEN-FREE DINING IN TUCSON

For a **COMPLETE**, Updated List, Please Visit the **SACS Website** (ALL area codes below are 520)

Carrabbas Italian Grill (www.carrabbas.com)
7635 N. Oracle Rd (742-7442). GF menu is available at the restaurant and online, which includes instructions. GF pasta is NOT available.

Chili's (www.chilis.com) 4911 N Stone Ave (887-7971); 5150 E Broadway (747-3330); 1640 W Valencia Rd (573-1809) GF Menu available online. Chili's website recommends that you discuss your dietary needs with restaurant manager.

Claim Jumper (www.claimjumper.com) 3761 E Broadway Blvd, (795-2900). GF menu available online. These menu items have been modified to be GF, so be sure to specify modifications with wait staff and chef when ordering

Fleming's (www.flemingssteakhouse.com)
6360 N. Campbell Ave (529-5017) GF menu available online; verify with the staff and chef that your order will be GF.

Frost: A Gelato Shoppe (www.frostgelato.com)
7131 N Oracle Rd or 7301 E Tanque Verde Rd

In-N-Out Burger (www.in-n-out.com) 3711 E Broadway or 8180 Cortaro Rd. No GF menu. Can safely order F Fries and 'protein-style' burger (lettuce wrapped). NO sauce or grilled onions, specify no exposure to buns when ordering.

Lotus Garden Chinese Restaurant (www.lotusgarden.com) 5975 E Speedway Blvd. Call owner Darryl Wong directly on his cell phone (907-2427) and he will personally oversee prep of your GF meal. Main restaurant phone numbers are (298-3351) or (298-3352). 80% of the menu can be prepared GF.

Macayos Mexican Kitchen (www.macayo.com)
7360 N Oracle Rd (742-2141); 7040 E Broadway (722-8090). GF menu available via Email, which lists items that can be made GF, along with ordering instructions.

Outback Steakhouse (www.outback.com)
4871 E Grant Road, (323-8892) or 2240 W. Ina Road, (531-1231) YES GF menu. They have a delicious flourless gluten-free brownie. Some locations have the menus readily available or you may need to remind them to access their computer to print out a copy for you, or call ahead or just bring your own copy from their website.

Pei Wei Asian Diner (www.peiwei.com)
5285 E Broadway Blvd (514-7004)
845 E University Blvd 135 (884-7413)
635 W Ina Rd (297-3238)

PF Chang's (www.pfchangs.com)
1805 E. River Road (615-8788). YES GF menu. They also have a special wheat-free soy sauce available upon request.

Picazzos Pizza (www.picazzos.com) locations in Phoenix metro area, Sedona, Flagstaff, Casa Grande (none in Tucson—yet). GF menu includes pizza, breadsticks, etc. Worth a trip to Phx! They use dedicated oven, pizza stones & serving ware.

Rubios Fresh Mexican Grill (www.rubios.com)
3421 E Broadway—El Con Mall (326-1530), 10509 N Oracle Rd (297-9551), 5870 E Broadway—Park Mall (514-9166), 2906 N Campbell (319-9881), 7077 N Thornydale (579-9300). GF menu online as part of allergen list (wheat/gluten). Each location should have allergen info available, but take your own copy with you if possible.

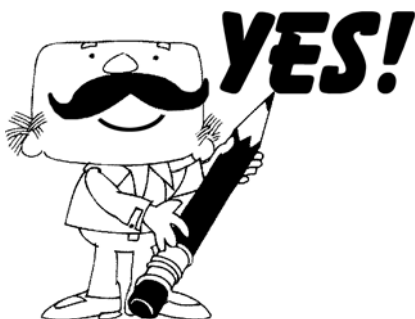
TIPS: Usually it is safer to eat at a more upscale restaurant where chefs tend to make items from scratch and from fresh ingredients. They can also tell you if the menu items are safe or can be modified. Contacting the chef ahead of time is preferable, and most chefs are at work after 3 PM.



Call or visit and leave information on the GF diet with the chef. You can also mail or fax the diet information since the chef may not be aware of hidden sources of gluten or of cross contamination. Restaurant Cards with the name of our group and your dietary restrictions printed on the back are also available to our members at any general meeting. Pick up one. They work!

Check our website for the next meeting of the GF Lunch Bunch (second Friday of each month) and plan to have a GF meal with SACS members.

GLUTEN-FREE SAFE GRAINS



AMARANTH: ancient grain from Aztecs, brown tint

***BUCKWHEAT** (Kasha): a fruit that is not related to wheat, yellow tint

CORN (maize): flour, meal, bran or popcorn

FLAX and flax seed

HOMINY GRITS: ground white corn

JOB'S TEARS: related to corn

MILLET: related to sorghum, high in protein, yellow tint

MONTINA (Indian Rice Grass): high in protein, brown

POLENTA: cornmeal mush (masa harina)

QUINOA: ancient grain from Incas in Peru. High protein, nutritious, good in baking mixed with other flours

RICE: rice bran, white, brown, wild, sweet, polished, enriched, basmati, jasmine, Arborio

SORGHUM: related to corn, nutritious, good in baking mixed with other flours

SOYBEANS: high protein, good mixed with other flours

TEFF (TEF): African, can be used with other flours for baking but not in yeast breads. There are now wonderful teff flour tortillas available.

***UNCERTAIN** ► **BUCKWHEAT** *can* be mixed with wheat flour PLEASE check label to make sure it is pure or marked GF

UNSAFE GRAINS CONTAINING GLUTEN

WHEAT in ALL forms, including wheat starch, bran, germ, cracked or bulgar wheat

BARLEY or barley malt assume it is barley if label just says "malt"

COUSCOUS (wheat)

DURUM WHEAT (semolina)

EINKORN WHEAT

FARINA: Cream of wheat

GRAHAM FLOUR: whole wheat

KAMUT: a type of wheat sold exclusively by Kamut, Inc.

OATS: or groats, mostly offensive due to cross-contamination

RYE: another member of the wheat family

SEMONLINA: Triticum durum



SPELT: another type of wheat **OFTEN MIS-LABELED as GF...** it is NOT!

TABBOULEH (Tabouli): a middle-eastern dish made with wheat

TRITICALE: a cross between wheat and rye

SAFE FLOURS AND INGREDIENTS

AGAR (Kanten): A powder to gel and thicken

ARROWROOT: a starchy root plant

ARTICHOKE FLOUR

BAKER'S YEAST: *Red Star* or *Fleischman's*

BEAN FLOURS: garbanzo, fava, mesquite, soy, navy, red, black; contains folic acid, high protein, high fiber

CORN FLOUR: pure cornmeal or cornstarch

FLAX SEED or **MEAL:** adds fiber and omega 3-fatty acids

UNFLAVORED GELATIN POWDER: thickens

GUAR GUM: high in fiber, large amounts may become laxative

MONTINA: (Indian Rice Grass): close in texture/flavor to whole wheat, high protein, brown color

NUT FLOURS: acorn, almond, chestnut, peanut, pecan

MALTODEXTRIN: from corn, potato or rice

POTATO FLOUR or **STARCH:** a good thickener

RICE FLOUR: rice polish (part of the brown rice kernel) and rice bran

SAGO FLOUR: bland and gray

SESAME SEED OR FLOUR

SORGHUM FLOUR: tastes close to wheat, nutritious

SOY FLOUR: nutritious, nutty flavor, yellow color

STARCH: on a USA label this always means cornstarch

SWEET RICE FLOUR: made from "sticky rice", good thickener



TAPIOCA "pearls" or **FLOUR:** from the starchy root cassava/manioc

VINEGAR: distilled apple, rice, balsamic or wine

XANTHAN GUM: a powder used as a substitute for gluten in baking. It makes flours sticky.

GF OATS: oats grown on dedicated farms (like Glutenfreeoats.com) and processed in dedicated facilities. However, use in moderation and only with your doctor's advice/supervision.

MISCELLANEOUS AND/OR UNSAFE INGREDIENTS

CARMEL COLOR: In the USA only 2 companies make this and they use corn syrup...in lots of products— usually safe

CITRIC ACID: is 99.9% pure by fermentation-safe if produced in the USA

CORN FLOUR: just make sure corn flour is *not* mixed with wheat flour (like buckwheat *can* be)

DEXTROSE: Is made from fruit or honey-safe

HVP: (Hydrolyzed Vegetable Protein) is OK unless labeled as derived from wheat.

MONO & DIGLYCERIDES: are gluten-free

UNCERTAIN OR CONTAINS GLUTEN:

TVP: (Textured Vegetable Protein) Probably G-F. Usually made from corn or soy but is under examination. Call manufacturer.

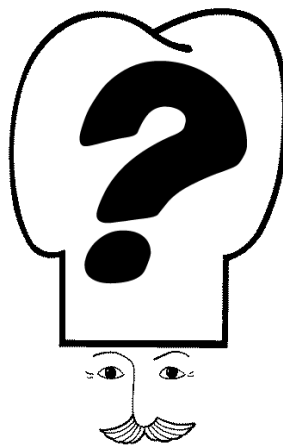
DEXTRIN: Usually from corn, potato, or wheat—call manufacturer.

MALT: Usually made from barley—call manufacturer but is usually unsafe

SPICES & SEASONINGS

Read every label on all products EVERY TIME! Less than 2% of a food does not have to be put on a label. It gives food processors an "out". No determination as yet has been made for how little gluten can be in a product to be called gluten-free. Flavorings can be tricky—anything can be in them—call manufacturer. Barley & malt are often added as flavoring or sweetener.

•**Silicon Dioxide** keeps foods free-flowing— safe.
•Remember, wheat-free does *not* mean gluten-free! As of January 1, 2006, all food manufactured in the USA must state if there is any wheat in a product. It does NOT require them to list barley or rye. Look for "malt" or "malt flavoring" additives.



SAFE PROCESSED FOODS

GF CEREAL AND BREAKFAST FOODS

Hot—Corn meal

Grits (hominy)

Cream of Buckwheat

Hash browns (read label!)

Pancakes & Waffles made with G-F flour

Rice or Cream of Rice

Examples of some GF hot cereals—

Bob's Red Mill Gluten-free Mighty

Tasty Hot Cereal, Ancient Harvest

Quinoa Flakes, Lundberg's Sweet

Almond Hot and Creamy Cereal, etc.

Cold— Cereals from corn or rice *without* malt flavoring,

Puffed Amaranth

Buckwheat kernels (Kasha)

Examples of some GF cereals—

Enviro Kidz, Perky's Nutty Rice, Nature's Path Mesa Sunrise,

Enjoy Life Foods Verry Berry Granola, etc.

CRACKERS & SNACKS

G-F Rice Wafers & Crackers or rice brand crackers

Pure Corn Meal Chips

Corn Tortillas

Popcorn

G-F Potato Chips

G-F Pretzels

G-F Soy Crackers



GF RICE, PASTA & SIDE DISHES

RICE: Brown or White, Wild Rice
Oriental Rice Noodles— be careful of additives in prepared 'mixes'.

PASTA: pasta, noodles or side dishes made from corn, rice, beans, potato, quinoa or 100% buckwheat— there are many products available.

LEGUMES: Lentils, split peas, beans, soy

NUTS: Any tree nut or nut butter

POTATO: or Sweet Potato— all vegetables are GF unless a sauce containing gluten is added to them.

UNSAFE OR QUESTIONABLE PROCESSED FOODS

CONTAINS GLUTEN

Cereals made from offending grains, wheat, Amaranth Flakes barley, rye and oats.

Wheat bran, and Wheat Germ, Graham, Granola, Muselix, Bulghur. Cereals made with Malt or Malt Flavor from barley. Cross contamination is also an issue even if the product contains no forbidden grains. If it is processed in a facility that also processes wheat products, contamination could be a problem.

UNCERTAIN OR CONTAINS GLUTEN:

Crackers and snacks made with disallowed grains, Wheat, Rye, Oats & Barley. Matzo, graham crackers or rice crackers made with soy sauce made from

wheat or barley malt extract. Flavored nuts may contain soy sauce. Chewing gum is sometimes dusted with flour.



UNCERTAIN OR CONTAINS GLUTEN:

RICE MIXES: Most contain wheat flavorings. Check rice dishes in restaurants, too.

PASTA: Made from wheat, durum or semolina (most spaghetti & macaroni, angel hair, fettucini, or rigatoni pasta or egg noodles)

COUSCOUS

SOBA NOODLES

POTATO MIXES: Check for wheat additives or other offending grains

SOUPS: often contain gluten

DISCLAIMER: This publication is intended as a general information resource for gluten-intolerant individuals. It is NOT intended for use in diagnosis, treatment, or any other medical application. Please consult your physician for professional medical advice and treatment. The lists of safe/unsafe/questionable items are **not** wholly complete and further research may prove them inaccurate. Complete, updated lists of foods and additives are available online at the CSA website (csaceliacs.org/) or at Celiac.Com (www.celiac.com/).

PRINTED RESOURCES

Many of the following books are available at your local library or various local bookstores. ALL of them are available online at Amazon.com. (Make sure to access Amazon by clicking on the LINK on the SACS website, as we get \$\$ for every purchase made this way). There are many more books available on cooking/baking GF, as well as medical reference guides. This list is just a good place to start.

Celiac Disease: A Hidden Epidemic By Peter H.R. Green (MD), and Rory Jones, Harper Collins Publishers, 2006. A must-read for celiacs! Is the food you are eating making you sick? Take the self test, get the right diagnosis, and read about the symptoms and complications from untreated CD.

Living Gluten-Free for Dummies By Danna Korn, Wiley Publisher, 2006. If you have a wheat allergy, gluten intolerance, CD, or you just want to enjoy the benefits of a diet free of wheat, barley, and rye, then this book is for you. Shop and decipher food labels, understand what you can and cannot eat, cook crowd-pleasing GF meals, eat GF at restaurants and parties, raise happy GF kids.

What? No Wheat? By LynnRae Ries, 2002 A Lighthearted Primer to Living the Gluten-Free or Wheat-Free Life. It is easy to read and provides a fearless introduction to celiac disease. Ideal for the newly diagnosed or a chuckle for those who have lived with the condition. LynnRae owns the ***Gluten-Free Creations Bakery*** in Phoenix.

Dangerous Grains By Ron Hoggan and James Braly, Penguin Publishers, 2002. Discover the benefits of a GF diet in relieving and preventing the ailments associated with CD, gluten sensitivity and more than 200 chronic illnesses and conditions, including cancer, autoimmune disease, osteoporosis, brain disorders, chronic pain, infertility, etc.

Gluten Free Living Magazine Learn what the GF diet is all about, decode mystery ingredients, understand celiac disease. Our well-researched articles have set the standard for accuracy in dietary information and guidance. Recommended by doctors and dieticians alike. \$34/yr (4 issues) Subscribe 800-324-8781, PO Box 375, Maple Shade, NJ 08052, or www.glutenfreeliving.com.

Gluten-Free Diet, A Comprehensive Resource Guide, By Shelley Case, RD

Expanded edition heralded by doctors and other medical professionals around the globe. Includes medical info on CD, directory of GF food providers, creative ideas for baking, and recipes. It is truly comprehensive.

Cooking Gluten-Free for Dummies By Danna Korn and Connie Sarros, Wiley Publisher, 2008. Want to create tasty GF meals and snacks? This practical guide shows you how to select the right ingredients and prepare classic, healthy dishes, from breakfast to dinner to dessert. You'll understand what you can and can't use in GF cooking, spot the hidden gluten in foods, and even lose weight.

Going Against the Grain By Melissa Diane Smith, McGraw Hill Publisher, 2002. How reducing and avoiding grains can revitalize your health. Lose weight, clear up digestive bloating and upset, protect against heart disease, diabetes and other insulin-related health problems. Melissa is an active member of our support group.

The Gluten-Free Gourmet By Bette Hagman, 2nd Ed Pub by Henry Holt & Co, 2000. More than recipes, a complete sourcebook on how to live healthily with CD, or wheat allergy. It features new info on developing a CD diet, raising a celiac child, avoiding hidden glutes, eating well while traveling or in the hospital, and locating/ordering GF food and flours.

Living Without Magazine A lifestyle guide for people with Allergies and Food Sensitivities. Excellent articles (always at least one about CD), life stories, and wonderful recipes and tips that you will want to try. Beautiful color photographs, a top-notch magazine. \$23/yr (6 issues) Subscribe 800-424-7887, PO Box 420235, Palm Coast FL 32142-0235, or www.livingwithout.com.

CELIACS HELPING CELIACS

SOUTHERN AZ CELIAC SUPPORT GROUP ACTIVITIES

(See our website or newsletter for exact times and locations.)

General Group Meetings — these **quarterly meetings** are held at different venues and are always on a Saturday from 9-12 a.m. The usual agenda features a 'meet and eat' with beverages and grazing on an impressive array of GF foods brought in by members, and sometimes local vendors. Then, there is a short business meeting followed by various speakers in the Celiac community on topics of interest. There is no charge.

Roundtable Meetings

are held at 1 p.m. on the **fourth Wednesday of each month** at Ward Six City Hall, 3202 E. 1st St. (Speedway and Country Club). These monthly meetings are especially helpful for the newly diagnosed to bring questions to and learn about any new GF products, restaurants, etc. Members bring GF snacks to share with others. This is a very informal meeting and everyone is welcome. (No meetings in Nov. and Dec. due to holiday conflicts).

Get Involved



Gluten-free Lunch Bunch

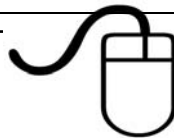
meets the **second Friday of each month** at noon at various restaurants around town. Learn how to approach restaurant managers or chefs to find out what meals can be modified or are gluten-free. See the website for locations as they change monthly. Participants pay for their own meals.

Cel-Kids Network

Activities are generally provided in conjunction with the General Group Meetings, but other gatherings may be scheduled throughout the year. Incredible resources for parents of children with celiac disease. Visit their page on our website or contact Diana Knoepfle at 520-574-0777, or email: cellkidstucson@googlegroups.com.

Online Resources

Celiac Foundation www.celiac.org/
Celiac Listserv <http://listserv.icors.org/SCRIPTS/WA-ICORS.EXE?A0=CELIAC>
Celiac.com www.celiac.com/index.html
CSA www.csaceliacs.org/
Gluten Intolerance Group www.gluten.net/
National Foundation for Celiac Awareness
www.celiacawareness.org/
Southern AZ Celiac Support
www.southernarizonaceliacsupport.org/



So Az Celiac Support Group Contacts

President: Cheryl Wilson
VP/Membership Chair: Sue Beveridge
Newsletter Editor/Member at Large: Shirley Curtis—
GF Lunch Bunch Chair: Colleen Beaman
Roundtable Chair: Vicki Holmes—
Cel-Kids/Member-at-Large: Diana Knoepfle
Publicity Chair: Pat Hirsch
Marketing & Special Events Coord: Kathleen Joy

Email our website for the current email for any of the names/positions above. We will bounce the address right back. (The addresses cannot be posted online due to SpamBots)

(Call the current number on our website if you prefer not to use email)