
WASHINGTON AREA CELIAC SPRUE SUPPORT GROUP NEWSLETTER

Spring 2001

MEETING NOTICE:

Date: Saturday, May 5, 2001

Time: 2:00 p.m.

Location: Davis Community Library, 6400 Democracy Blvd., Bethesda, MD 20817, 301-897-2203.

Topic: Roundtable discussion. It has been a while since we opened the floor to a question and answer session. Please come armed with ideas, questions, interesting articles or research you've come across and would like to share. If you do bring printed material, please bring enough copies for everyone at the meeting. We have found in the past that these types of sessions are invaluable for the newly diagnosed and even experienced celiacs.

Guest: Paul Kelty, of Mr. Ritt's Bakery in Philadelphia, will be joining us. Mr. Ritt's Bakery has been converted into an entirely gluten free baking establishment and typically his cakes would have to be shipped. Since Paul will be attending our meeting, he has graciously allowed us to preorder his delicious cakes, which he will bring to the meeting, enabling us to avoid paying shipping costs. Please see the enclosed order form.

Mr. Ritt's needs a minimum of 2 weeks to make the cakes, so please send him your orders ASAP.

For Sale: Revised Editions of Bette Hagman's, *The Gluten Free Gourmet* and *A Wealth of Health* by Sue Shepherd.

As always, please feel free to bring gluten free snacks to share at the meeting. Please make sure to include brand names of products used in recipes and try to be considerate of members who have other food intolerances.

Please ensure that all ingredients in both homemade and store bought items are confirmed to be gluten free by the manufacturer and are prepared in a gluten free environment.

MEETING CALENDAR:

Late Summer – TBA

Fall – October 28, 2001, Tyson's Pimmet Library.

Winter - TBA

DIRECTIONS:

From Maryland, points north: Go south on Rt. 270. Take the right hand spur and exit onto Democracy Blvd. East. Go past the flashing

What's inside?

From the Chair....x

yellow light and two stop lights to library on right, at Bells Mill Rd. (One block before Old Georgetown Rd.)

From DC, GW Parkway, points east: Go west on the beltway to the exit for Old Georgetown Rd. North. Go about ¾ mile to the traffic light at Democracy Blvd. (Wildwood Shopping Center is on right) turn left onto Democracy Blvd. Davis Library is on the left at the end of the first long block. Make the first left onto Bells Mill Road.

From Virginia, Dulles Toll Road, points west: Take the beltway to Rt. 270 spur. Take the first exit off 270 spur to Democracy Blvd. East. Pass the flashing yellow light and two stop lights to the library on the right, at Bells Mill Road (one block before Old Georgetown Rd.)

MESSAGE FROM THE CHAIR:

Hello Everyone!

I have been in the throws of moving and should be at my new address by the 27th- hopefully! Until then, feel free to contact anyone else on the list at the end of this newsletter if you need help or have questions. I am very excited about the awareness campaign we are about to embark on described in this newsletter. Please be sure to fill out the enclosed form and return it as soon as you can. Mrs. Precourt has done a great job thinking this campaign through and it will be a considerable success if we all contribute.

The Chinese Banquet in March was a gigantic success. We had 110 diners, a raffle and a wonderful opera performance by a member of Don Carlo at the Kennedy Center. Even the children who attended got special treats. The food was outstanding and many people commented about this being their first Chinese dinner since being diagnosed. I would like to extend a huge thank you to everyone involved - especially Joan Shih and Gayle Rubin for all their hard work. They each did an amazing amount of work. I would also like to formally thank Ener-G Foods for donating cookies for desert, Fresh Fields and the China Garden restaurant for donating gift certificates that were part of the raffle. We hope to have another dinner set up in the future.

I am also very excited about the possibility of a celiac lobbying organization in DC. As a group, we cannot officially lobby or participate in political activities. Having a separate lobbying organization would be great! You can read more about this in Gayle Rubin's letter.

We do have hosts for both the kid's pizza party and the picnic. Because I am so crazy right now I failed to set up dates in time, but we will send out notices as soon as they are all set up. I still need to mail out some new member packets and other info to some of you. Please accept my apologies for being so late in doing this. I will get them out as soon as my office is unpacked again! If you are not sure whether I have your name and address or if it has been more than a few weeks since I promised it to you, please contact me! I hope you understand that I am not shirking my responsibilities, I am just overloaded right now! Pam Tufts and Joanne Zins have volunteered to be in charge of the new member packets once I get organized and get the paperwork to them. Thank you for being so patient.

Don't forget to look at our lending library at the next meeting and I look forward to an exchange of ideas on May 5th.

Andrea Howe
Chairperson, WACSSG

AWARENESS AND NEWS:

In Memoriam: One of our members, Joanne Field, passed away unexpectedly in October. Our thoughts are with her family and friends.

Cookbooks for Sale at the Meeting:

As part of our newest fundraiser, there will be two cookbooks for sale at the meeting. Bette Hagman's, *The Gluten Free Gourmet* is completely revised and updated and contains information on hidden gluten, raising a celiac child, traveling, and money saving tips and will sell for \$18. Sue Shepherd's, *A Wealth of Health* will sell for \$23. Sue Shepherd is a practicing dietitian who also has celiac disease. The book has a delicious selection of healthy gluten free recipes. It features full color photographs of all the recipes, provides nutritional information and indicates the suitability for people with diabetes and lactose intolerance. The book is from Australia and is not available anywhere else in the United State. The WACSSG is fortunate that the Maryland Support Group has invited us to share the sale of these books with them.

Health and Nutrition:

We were very fortunate at the last meeting to gain some very important health information from one of our members, Elizabeth DiBiase. Elizabeth is a Clinical Nutrition Specialist at the Washington Hospital Center in Washington, DC. Among the many issues that she raised concerning nutrition and the gluten free diet, one of the more important concerns for celiacs is the lack of fortified bread products. Most of the prepared baked goods available to celiacs do not contain flours that are fortified with folate, iron, thiamin and other vitamins like the gluten containing products we used to buy at the local grocery store. Celiacs, therefore, must make a more concerted effort to include these important vitamins and minerals in their diet through other means. If you would like to consult with Elizabeth, she can be reached at:

Nutrition Services
110 Irving Street, NW
GC 70
Washington, DC 20010-2975
Phone: 202-877-2975.

New Store in Philadelphia:

There is a new store in Philadelphia that caters to those with food allergies and special diets. The Dietary Specialties Shoppe, Inc., was opened by a dietitian and specializes in sugar free foods and candies, gluten free foods, low sodium foods, nutrition books and cookbooks. The store has an extensive selection of GF foods that can be ordered over the phone or purchased in person.

Dietary Specialties Shoppe, Inc.
184 E Evergreen Ave.
Philadelphia, PA 19118
www. Dietaryshoppe.com
215-242-5302

Hospital Information Sheet:

The WACSSG has gotten permission to reprint a Hospital Dietitian and Kitchen Personnel Gluten Intolerance Information Sheet written by Janet Rhinehart for the Alamo Celiac Newsletter. Please contact Andrea Howe if you are interesting in receiving a copy.

Summer Pizza Party and Picnic:

The dates for the Kid's Summer Pizza Party (interested adults may attend, but the event is primarily for the children) and the Summer Potluck Gluten Free Picnic will be announced later this Spring as dates and locations are worked out. Please keep an eye out for the announcement in your mailbox soon!

Address Correction:

The address for the Tri-County Celiac Sprue Support Group (TCCSSG) has temporarily changed until further notice. The new address is : 5650 Whigville Lane, Dryden, MI 48428. The TCCSSG publishes a commercial product food guide.

Clinical Research Study at NIH:

There is a clinical research study at NIH which will screen patients with cerebellar ataxia to check for antibodies that indicate "allergy" to gluten. Patients with cerebellar ataxia have problems with coordination, resulting in clumsiness and unsteadiness of posture and walking. The study will perform an MRI and intestinal biopsy. For more information, go to the NIH web site at: www.nih.gov/niams. Go to clinical studies and type in celiac for the search.

Toliver House Restaurant: *sent to the Listserv by Mar and Tavie Glassmire*

I thought that I would take the opportunity to relate a fabulous dining experience that I had yesterday. We had been to several wineries sampling wine in central Virginia when we decided to get something to eat. Several years ago (before my diagnosis) we had eaten at this restaurant and enjoyed it very much. We decided to try it again. It is very popular and usually requires reservations but due to the early hour we thought we would try our luck. They were able to accommodate us with no reservations. We were a party of five that, besides my celiac to be addressed, also included a strict vegetarian in the group. I showed the CSA restaurant card to the owner and his first comment was, 'wheat gluten sensitivity', yes, we get a lot of customers with this. They had meat and seafood specials and also prime rib. One of the specials was salmon stuffed with crab meat. Of course the specials had hollandaise sauce and other things that I could not eat.

He took the card to the kitchen and talked to the chef. A few moments later he was back with several cans and other items showing me the ingredients list. I ended up with a specially prepared special of crab stuffed salmon in a basil wine sauce.....delicious! The name of the restaurant is Toliver House Restaurant, 209 North Main Street, Gordonsville, VA 22942, phone 540-832-3485 fax 540-832-5030. The owner, Mike DeCanio, said that with a few days notice that they could be even more accommodating. I also must add that the vegetarian in our group was also extremely pleased with their meal as well. Gordonsville is a small community just east of Route 29. It is at the intersection of rte 15 and rte 33. If you are into wine tasting, it is approximately 20 minutes from Barboursville and Burnley Wineries. I happened to have an extra copy of the restaurant card with me and Mike (the owner) asked if he could keep it so he has that information as well.

Other Area Support Groups:

- N. Shenandoah, Virginia Celiac/ DH Group. Contact Ruth Arcuri-Kovacs, 205 Cochise Trail, Winchester, VA 22602. H: 540-877-1610, W: 540-536-4165. Home email: rakovacs@visuallink.com, work email: rkovac@valleyhealthlink.com.
- Charlottesville, VA area Celiac Sprue Support Group. Contact Carol Parrish RD, CNSD, e-mail: crp3a@virginia.edu, voice mail: 804-924-2286.

Upcoming meetings in Charlottesville:

June 23, 2001.

August 18, 2001: Guest speaker Connie Sarros, author of "Wheat Free, Gluten Free Dessert Cookbook". Please RSVP 3 days prior to meeting.

CELIACS LOBBY CAPITOL HILL: *by Gayle Rubin*

Hello, my name is Gayle Rubin and I have Celiac Disease (CD). On March 19th, and again on March 27th, 2001, other Celiacs and I lobbied on Capitol Hill in support of increasing research funds for the National Institutes of Health (NIH) and for a Patients Bill of Rights. We lobbied as part of two very large coalitions, DDNC (Digestive Diseases National Coalition) and NIAMS (National Institute of Arthritis and Musculoskeletal and Skin Diseases), which represented many (>60) organizations focused on many digestive, arthritic, musculoskeletal and skin diseases, not just Celiac Sprue and Dermatitis Herpetiformis (DH). Our speaker at lunch was Ted Kennedy, a long time advocate for health care, and there were many other Members of Congress and their staff who when we visited them made themselves available to us despite their heavy schedules. I wish that I could have video taped their responses. Instinctively the Members of Congress understood that if a constituent were sick, they would become a one-issue constituency. Overwhelmingly they absorbed and then supported the information about CD that I presented to them. Many of them agreed to support our goal to request 16.5%, more than the 13% increase currently on the table for NIH Funding. However, we need for some of that money to be earmarked for CD specifically especially since most of them had never heard of CD.

I not only want to share with you the results of this effort, but I also want to suggest that depending upon the amount of support you might be willing to offer, that I would consider providing more extensive Celiac grass roots advocacy. As I am already familiar with The Hill, and as I already live in Washington DC, this could be underwritten quite reasonably.

My own personal story is that after trying for 15 years to get a diagnosis, I was finally diagnosed with Celiac Disease four years ago. At that time CD was thought to be a very rare disease in America. Specifically it was thought that 1 in 10,000 Americans had the disease. However, as a result of the prevalence of CD study, at Center for Celiac Research at the University of Maryland, in Baltimore, we now know that number is more like 1 in 163. This means that Celiac Disease is affecting more than 1 million Americans and that the disease is highly under-diagnosed.

As to whether there is a need for further research, I will allow you to draw your own conclusion. Unfortunately, currently there is very little research to speak of specifically focused on Celiac Disease. There are a handful of Doctors who support Celiac Research but there is very little going on. This is true in part because there are no drugs associated with Celiac Disease, so there is no CD research going on at any of the pharmaceutical companies. Which leaves public funding. However when public funding is provided, Celiac Research has to compete with Cancer, Heart Disease, Diabetes, AIDS and other life threatening priorities. Without an advocate and adequate exposure, our interests are often not high on the list of priorities at research centers. This is particularly distressing since other diseases, (i.e., Lymphoma, Diabetes, etc.) could be reduced by merely diagnosing CD before the CD patients had so many failures so as to enable these other diseases.

Part of the reason that CD is so highly under-diagnosed is that American doctors are educated with only minimal exposure to Celiac Disease. In fact, some of the highly educated and well-intentioned Medical Doctors who were part of our lobbying coalition erroneously presented Celiac Disease as an allergy to some of the Members of Congress. One of the efforts I would

spearhead (if I could gather support) would be to at least initiate a program to eventually create the syllabus of Pediatricians in the medical schools. Think of what it would mean to our health care system if every Celiac baby could be diagnosed as they came off of mothers' milk and were introduced to cereal. Better yet imagine if the research could enable us to recognize the genetic string that causes the disease, and then consider the possibility that disease could be eliminated!

It was more than 25 years ago when I wrote my first Masters thesis on the Hill, and was introduced for the first time to many of those who are still in power there, that I came to know and understand what it takes to advocate a grass roots position. It is not an easy undertaking, however our stakeholder base is broad. It encompasses not only the person challenged by the disease, their family and friends, but the organizations and associations that offer support, the health care professionals, the scientists and investigators who make research happens and the taxpayers that support the research. We can make a difference, but we need research funds to be earmarked for Celiac Research. We need to change misguided perceptions. We need passionate advocates to educate, edify, advocate and address the right people. Please provide your feedback on the concept of a Washington DC based Celiac Advocate either by e-mail, GayleRubin@mail.com, or telephone 703 281-6546. Thank you.

LETTER WRITING CAMPAIGN:

The following is an excerpt from a message recently sent to the Listserv. Please consider starting your own local campaign to expand CD awareness.

I wrote to Senator Olympia Snowe back in August regarding "hidden gluten" in manufactured products. I received an immediate confirmation of the receipt of my letter and just today received a more detailed response.

It appears her office forwarded my letter to the Department of Health and Human Services in Rockville, MD. They sent a detailed letter which referred to not only ingredients that are present at low levels as part of the products ingredients, but also to potential inadvertent introduction of an allergenic ingredient during processing. They mention that, according to FDA's regulation 21CFR 101.100 (a), "when a substance is placed on equipment during processing, that substance is considered a processing aid, and, if it is present at an insignificant level and serves to technical or functional effect in the finished food, it is exempt from ingredient labeling."

Evidently the Food and Drug Administration Center for Food Safety and Applied Nutrition (CFSAN) asks manufacturers, though a "Notice to Manufacturers" regarding "Label Declaration of Allergenic Substances in Foods" to voluntarily provide a statement of all possible allergens, but not all manufacturers comply. They go further to state that it is unlikely that an allergen present in a food can be present at an insignificant level because some allergenic substances can cause serious allergic responses in some individuals upon ingestion of very small amounts of this substance.

According to the letter, CFSAN is currently reviewing a petition that raises concerns similar to yours. We have forwarded your correspondence to the docket for this matter to be included in the record and to please be assured that we (CFSAN) will consider all comments before making a final decision on this issue.

Please consider writing your senator, congressperson, or CFSAN directly.

SENATE: www.senate.gov/contacting/index.cfm

CONGRESS: www.loc.gov/global/legislative/email.html
CFSAN:
Melinda K. Plaisier
Associate Commissioner for Legislation
Department of Health and Human Services
Food and Drug Administration
Rockville, MD 20857

CELIAC SPRUE MONTH AWARENESS CAMPAIGN:

Honora Precourt, the daughter of one of our members, has graciously volunteered to head up a committee to prepare for National Celiac Sprue Awareness Month in October. The objective of the campaign is to increase awareness about Celiac Sprue both locally and nationally, where possible, by targeting the following groups: doctors, grocery stores, newspapers, magazines, TV and radio stations, places of worship, restaurants, health food stores, gyms, libraries, and interested friends and family members.

The strategy is to gather names and addresses of the above mentioned groups and to mail them and/ or post on public bulletin boards literature on celiac disease and the gluten free diet.

WE NEED YOUR HELP! – please fill out the enclosed information sheet enclosed with the newsletter and mail it back to Honora Precourt by May 31st. It is critical that we start the campaign as soon as possible so the information can be compiled over the summer, and information packages can be put together. We are also looking for members who would like to volunteer to help compile lists, do mailings, make follow up phone calls and distribute and post brochures and postcards.

We are also taking any kind of donation to help cover some of the costs of mailings. October seems like a long time away, but stores plan their promotional calendars and magazines plan their seasonal features months in advance. We need to start **NOW** to ensure that we will be featured in stores and in the news during the month of October.

We will discuss the campaign further at the next meeting, and any additional ideas you may have are more than welcome. If you are interested in volunteering, please contact Honora Precourt at 202-966-6020.

THE ROMAN CATHOLIC CHURCH AND COMMUNION WAFERS:

If you are a celiac who has been having difficulty receiving communion at Mass and would like to participate in a letter writing campaign to the local Archdiocese, please contact Honora Precourt at 202-966-6020.

Ener-G Foods sells communion wafers that are free of gluten, wheat, dairy, egg, sugar and nuts. They are sold in packages of approximately 50, item number 7058. The ingredients are Soyquik, sweet rice flour, methycellulose, Ener-G baking powder, potato starch, monocalcium phosphate, shortening, water. For more information, contact Ener-G foods at www.ener-g.com.

One of our members, Julia Patchan, has information about a low-gluten Altar bread that is unfortunately going to be discontinued by the manufacturer. If you would like more information on this manufacturer, please contact Julia directly at (703) 709-1465.

CROSS COUNTRY TRAVEL:

1. Always carry an ice cooler filled with goodies: cheese, veggies, cooked rice, meats, GF bread, mayo, GF waffles for a toaster/ toaster oven, etc.
2. Stop for hot food wherever you can to break up the trip. Try Wendy's chili or baked potatoes, etc.
3. Bring your breadmaker – plug it in at the hotel or campsite and make some fresh bread!
4. Post your itinerary on the Listserv – let people know where you plan to be and let them help you find local markets/ GF food places to eat along the way.
5. Get a dishpan and fill it with paper plates, cups, bowls, plastic silverware, a roll of paper towels, salt pepper, dishsoap, matches, napkins, a small tablecloth, a dish cloth and dish towel, garbage bags, etc. Then you will always have something to eat on and something to do any dirty dishes in.
6. If you are going to stay in hotels, pack a pressure cooker, toaster, electric frying pan, etc. Make meals at the hotel and pack them up for the rest of the day – or at least have a hot breakfast!
7. Be sure to ask for a refrigerator if you are staying at a hotel.
8. Fresh fruit!
9. Dinty Moore Beef Stew, marshmallows, etc. – all easy camping foods.
10. Think about getting a cooler that plugs into the cigarette lighter instead of one with ice. If not, use blocks of ice instead of bags of cubes. Cover the cooler with a blanket to keep it out of the sun.

RECIPES!

The following recipe is from Best Foods, "Recipes for People with Gluten Intolerance", the company that owns Argo, Hellmann's, Mazola No Stick, Skippy, and Superchunk. Other recipes include carrot cake, blintzes, mac and cheese, pudding, cheese puffs and much more. For a free recipe book, write to: Gluten Intolerance Recipes, Dept. ARX, Box 307, Coventry, CT 06238.

Gluten Free Pizza

1 cup rice flour
~~1~~ cup Argo cornstarch
1/4sp. Salt
~~1~~ cup milk
1/2cup mazola corn oil
1/3 cup prepared GF pizza sauce
1 cup (4oz) shredded mozzarella cheese

Preheat oven to 425 F. In a medium bowl, combine rice flour, cornstarch, baking powder and salt. Stir in milk and corn oil to form a very soft dough. Spread the dough on a cookie sheet to

form a circle or rectangle. Make it as thick or thin as you like it. You can use saran wrap and a rolling pin to get it nice and even if you like. Bake 12-14 minutes or until lightly browned around the edge. Remove from oven. Spread sauce over crust, sprinkle with cheese (other toppings of choice, such as Hormel Pepperoni). Bake 5 to 7 minutes or until cheese is bubbly.

PRODUCT INFORMATION:

The following items have been verified for their gluten content, but as ingredients can change, please read labels. The consumption of alcohol is a personal choice and the inclusion in this newsletter is for informational purposes only.

- Update from Bob's Red Mill:

To date, the products labeled gluten-free in our mail order catalogue are being milled in our gluten-free area and being tested in accordance with the Codex Alimentarius Commission (Food and Agriculture Organization of the United Nations, World Health Organization).

We are in the process of creating new labels for all the gluten-free products so the consumer will be confident that when they buy a product, it is indeed gluten free. Because the milling of gluten-free products is relatively new, some supply in stores may not meet gluten-free labeling standards. Until it is labeled gluten-free on the package, I would not consider it as such. All the gluten-free products are currently available through mail order.

EDITOR'S NOTE: Bob's Red Mill flours are currently available in both Giant and Safeway stores, in addition to local area health food stores.

- The following Lea & Perrins products are gluten free: Lea & Perrins Original Worcestershire Sauce, Lea & Perrins White Wine Worcestershire Sauce, Lea & Perrins Steak Sauces (Sweet 'N Spicy, Traditional), Lea & Perrins Original Barbecue Sauce, HP Steak Sauce. In addition, here is general information on a few key ingredients used in Lea & Perrins products (if used, these ingredients will be listed on the product label): Vinegar - white, distilled vinegar derived from corn, High fructose corn syrup - derived from corn, Molasses - derived from cane sugar, Hydrolyzed soy & corn protein and hydrolyzed vegetable protein - derived from corn and/or soy, Modified food starch - derived from corn, Whey - derived from cow's milk, Carrageenan and xanthan gums - gluten-free gums, Preservatives - sodium benzoate and/or potassium sorbate - gluten-free.
- The following is a letter from Celestial Seasonings:

We hope the following will be helpful to you.

Gluten – Persons that have reactions to gluten should avoid consuming any wheat, barley, oats or rye. Some Celestial Seasonings' products contain roasted barley and/ or roasted barley malt. These ingredients are always listed on the label when present.

Celestial Seasonings position on natural flavors – Celestial Seasonings uses a variety of natural flavors in many of our products. You can check the ingredient declaration on the side of the box to see if they are present. We use natural flavors because they enhance the flavors of other ingredients. Celestial Seasonings does NOT use natural flavors (The Food and Drug Administration in the Code of Federal Regulations [21 CFR 101.22 (3)]) derived from protein hydrolysate, edible yeast, meat, seafood, poultry or eggs. These flavors are commonly referred to as "savory" or meat flavors, and they do not fit with our teas.

Moreover, Celestial Seasonings does NOT use monosodium glutamate (MSG) in any of our products. Our natural flavors are derived primarily from fruits, spices and herbs.

What is the natural flavor? Celestial Seasonings is very proud of the unique flavor blend in our teas. We go to great expense to ensure you of the highest quality ingredients in our teas. We do not divulge the specific components in our unique flavors; to do so would compromise the very distinctiveness that allows us to thrive. If you have specific allergies or sensitivities to certain flavors, we recommend that you avoid all food products with added flavorings.

Natural flavors may contain sucrose, maltodextrins (cornstarch) and corn syrup solids at very low levels. While we ensure that the ingredients of these natural flavors are natural, the extract amounts in the flavors are trade secrets. Assuming that up to 50% of a natural flavor could be from sugar, those teas that are flavored might contain anywhere from 0.01 to 0.15 grams of sugars.

All of our natural flavors are used at levels that are below that which requires nutritional labeling by the FDA. The term “natural flavor” or “natural flavoring” means the essential oil, oleoresin, essence or extractive, protein hydrosate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.

The following are Celestial Seasonings Teas with No Added Natural Flavors:

Chamomile, Mint Magic, Peppermint, Sleepytime, Organic Chamomile, Organic Peppermint, Organic Green Tea, Decaffeinated Green Tea, Authentic Green Tea, Morning Thunder, Classic Black Tea, English Breakfast, Organic Black Tea, Organic English Breakfast, Echinacea Complete Care, Ginseng Energy, Sleepytime Extra.

- Arm & Hammer’s Dental Care Baking Soda Gum is gluten free. The company states that although it contains sugar alcohols such as sorbitol, which is derived from cord starch, these ingredients do not contain gluten.
- The following Wilton products are gluten free: All paste – liquid colors, All Cake Tops! – Edible Cake Decorations, All flavors (vanilla, butter, almond), White-white, Dry icing mix, Meringue powder (made from cornstarch), Color flow, Canned Decorator Icing, Piping Gel, Gum Tex, Glucose, Glycerin, Four flavor candy set, All candy melts, Colored sugars, All sprinkles.
- The following Campbell’s (1-800-257-8443) products are gluten free (with accompanying UPC number):

Chunky Soup

Chicken Broccoli Cheese 19oz 51000069597

Healthy Request Condensed Soup

Bean with Ham & Bacon 11 ½ 51000062079

Chicken Rice 10 ½ 51000061973

Healthy Request Ready-to-Serve Soup

Chicken Broth 16oz 51000026491

NE Clam Chowder 16oz 51000040558

Hearty Chicken White & Wild Rice 16oz 51000026620

Hearty Country Vegetable 16oz 51000126825

Select Soup

Tuscan Minestrone 19oz 51000108111

Savory Lentil 19oz 51000018786

Prego Pasta Sauce

Prego Traditional Sauce 14oz 51000025487

Prego Traditional Sauce 28oz 51000025494

Prego Traditional Sauce 48oz 51000025111

Swanson Broth

RTS Beef Broth 14~~oz~~ 51000024213

RTS Chicken Broth 14~~oz~~ 51000024312

RTS Chicken Broth 49~~oz~~ 51000024305

Swanson Canned Poultry

Premium Chunk Chicken 3oz 51000021380

Premium Chunk Chicken 3oz-3-PK 51000053008

Premium Chunk Chicken 5oz 51000023667

Premium Chunk Chicken 10oz 51000103482

Premium Chunk White Chicken 3oz 51000051288

Premium Chunk White Chicken 5oz 51000023797

Premium Chunk White Chicken 100z 51000103499

Mixin' Chicken 5oz 51000023735

Campbell's Tomato Juice

Tomato Juice 5~~oz~~/6 51000000071

Tomato Juice 5~~oz~~/24 51000002297

Tomato Juice 10oz 51000004895

Tomato Juice 10oz/24 51000015307

Tomato Juice 11~~oz~~/6 51000040299

Tomato Juice 32oz 51000002853

Tomato Juice 32oz/case 51000003638

Tomato Juice 46oz 51000003669

Tomato Juice 46oz PET 51000020253

V8 Vegetable Juice

V8 Juice 5~~oz~~/6 51000000200

V8 Juice 5~~oz~~/24 51000000228

V8 Juice 10oz 51000004857

V8 Juice 11~~oz~~ 51000012920

V8 Juice 11~~oz~~/6 51000040264

V8 Juice 32oz 51000002846

V8 Juice 46oz 51000003362

V8 Juice 46oz PET 51000008039

V8 Juice 64oz PET 51000069924

- The following Ethnic Gourmet products are gluten free:

Taj Gourmet

Frozen Entrees:

Simmer Sauces/Chutneys:

Bean Masala
Channa Bhaji
Palak Paneer
Shani Paneer
Eggplant Bhartha
Chicken Kofta
Vegetable Kofta
Dal Bahaar
Chicken Korma
Vegetable Korma
Chicken Tikka Masala

Bombay Curry Simmer Sauce
Calcutta Masala Simmer Sauce
Kashmiri Tandoori Marinade Sauce
Punjab Saag Spinach Sauce
Delhi Korma Simmer Sauce
Mango Chutney
Tamarind Chutney
Mint Chutney

Thai Chef

Frozen Entrees:
Chicken Panang Curry
Lemongrass and Basil Chicken

Ethnic Gourmet Rice Bowls:
Chicken Biryani

KID'S CORNER

- Friends of Celiac Disease Research is delighted to announce its first annual summer camp for children with celiac disease in the Midwest. "Ben's Friends" will take place August 7th through August 10th, 2001. The camp will be held at Camp Courage in Maple Lake, Minnesota. The focus of this camp is to provide a well-monitored situation where children with celiac disease and their siblings, ages 8-17, can enjoy a real summer camp experience.

The trained counselors and program staff live in the cabins with the campers, direct daily activities, supervise diets, and provide excellent role models for young campers. A doctor, three licensed RNs, certified lifeguards, as well as program specialists, round the staff. Camp Courage is fully accredited by the American Camping Association.

Bev Lieven, Director of Education for Friends of Celia Disease Research and Coordinator of Milwaukee Celiac Sprue Crew, will be working with the Camp Courage staff to ensure a gluten free menu and to oversee food preparation.

For further information, please contact Friends of Celiac Disease Research at 414-540-6679 or via e-mail at: friends@aero.net, in the subject line please indicate "camp". Additional information, along with Medical consent and registration forms will be provided online at : www.friendsofceliac.com effective March 23rd, 2001.

- Woodbine House has generously donated a copy of "Kids With Celiac Disease," by Dana Korn to the WACSSG lending library.

IN THE NEWS:

- “Co-Op Developing New Food for Celiac Disease Sufferers”, Washington Post, Sunday, March 18, 2001. A group of Montana farmers wants to market a new line of foods made from a native western grass called Indian rice grass, a healthy, tasty alternative to other grain substitutes commonly used for celiacs.
- From a CNN article – A type of immune system cell that treats certain foods as germs rather than nourishment is the culprit behind many food allergies. For the complete article, go to: www.cnn.com/2001/HEALTH/diet.fitness/03/29/food.allergies.reut/index.html.
- An FDA investigation of dozens of food companies found that despite strict labeling laws, as many as 25 percent fail to list common ingredients that can cause fatal allergic reactions. New York Times.
www.nytimes.com/2001/04/03/business/O3FOOD.html?ex+987318097&ei+cd5049925168b93a.

THE CELIAC LISTSERV SUPPORT GROUP:

To subscribe, send an Internet email to the following address:
LISTSERV@MAELSTROM.STJOHNS.EDU

In the body of the email put the following:
SUB CELIAC followed by your first and last name

For example: SUB CELIAC JANE DOE

THE WASHINGTON AREA CELIAC SPRUE SUPPORT GROUP

Membership dues are \$10 annually, payable during the month of February each calendar year. The newsletter is published four times a year and provides support for celiacs, parents of celiac children, and patients with dermatitis herpetiformis. We currently have over 300 members within the Washington DC Metropolitan Area. Reproduction of any material is allowed, but please indicate the source. Membership information is solely for our members and is not to be used for any other purpose

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CONTACTS:

Chairperson:	Andrea Howe	(301) 391-6094	andreahowe@juno.com
Treasurer:	Pam Tufts	(703) 968-7192	ptufts@erols.com
Newsletter Editor:	Joany Janicki	(301) 581-1155	jcjanicki@aol.com
Mailing List:	Joanne Zins	(703) 378-8116	
Webpage Editor:	Kathy Poneleit		
Hospitality:	Danielle Clarke	(301) 620-0075	pianodc@aol.com

Virginia Contact:	Julia Patchan	(703) 709-1465	bernjulia@aol.com
Maryland Contact:	Andrea Howe	(301) 391-6094	andreahowe@juno.com
District Contact:	Joany Janicki	(301) 581-1155	jcjanicki@aol.com
N. Shenandoah, VA	Ruth Arcuri-Kovacs	(540) 536-4165	rakovacs@visuallink.com

WACSSG Website: www.erols.com/stataid/dcceliacsupport.htm

CELIAC HOTLINE COMMITTEE: Do you have a celiac question? Call a hotline member:

Joany Janicki, Bethesda, MD	(301) 581-1155	Has celiac disease
Andrea Howe, Germantown, MD	(301) 391-6094	Mother of celiac child
Bea Newell, Bethesda, MD	(301) 365-6261	Has CD and follows a Kosher diet
Daneille Clarke, Frederick, MD	(301) 620-0075	Has celiac disease
Pianodc@aol.com		
Pam Tufts, suburban VA	(703) 968-7192	Has Dermatitis Herpetiformis and CD
Ptufts@erols.com		
Julia Patchan, suburban VA	(703) 709-1465	Mother of celiac child
Bernjulia@aol.com		
Debbie Fickenschler, suburban MD	(301) 972-6045	Daughter w/ Down Syndrome and CD
LFlickenschler@erols.com		

MEMBER PARTICIPATION:

If you have any information that you would like to see included in the newsletter, such as local restaurants, new gluten free products you've found at your health food store, current medical information, or an article you would like to write for the newsletter on a personal experience, please forward it to:

Joany Janicki, 5805 Phoenix Dr. Bethesda, MD 20817. Email: jcjanicki@aol.com. 301-581-1155.

DISCLAIMER: As always, the information contained in this newsletter is provided solely for the benefit of the reader without endorsement or recommendation. This newsletter is a general information resource not intended for use in medical diagnosis or treatment. Questions should be directed to your personal physician. Please verify all information.