
WASHINGTON AREA CELIAC SPRUE SUPPORT GROUP NEWSLETTER

Late Summer 2001

MEETING NOTICE:

Date: Saturday, September 5, 2001

Time: 2:00 p.m.

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

Topic: Our current chairperson, Andrea Howe, who has made significant strides as our leader for the past two years, is sadly stepping down from her post. At this meeting we would like to discuss the future of the group and elect a new chairperson, and break off into smaller, more intimate groups to discuss special interests such as diabetes and the gf diet, newly diagnosed, and eating out.

Wanted: WACSSG Chairperson

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:

Fall – November 24, 2001, Dolly Madison Library, McLean. 1-5 pm.

Winter - January 5, 2001, Davis Library, Bethesda. 2pm.

Spring – May 18, 2002, Davis Library, Bethesda. 2pm.

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 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.)

What's inside?

From the Chair....x

IMPORTANT MESSAGE FROM THE CHAIR:

Hello Everyone,

The summer is coming to a close once again and I have news to share with you all. I have decided to step down as chair, even though no one has stepped up to the task. My personal life has seen many changes in 2001. I have moved, for one, which was quite an undertaking and thankfully is over. I have also decided to home school my son Justin and be a Creative Memories consultant at night and weekends. I will still take on projects that I feel are important, such as the National Walk for Celiac Disease in May.

A new chairperson for this group hasn't been found yet, but I am confident that the group will rise to the occasion, as it has many times before. With so many volunteers, the group can run itself for a short time. Most everything is in place: Pam Tufts is still our Treasurer, keeps the roster up to date and mails new member packets to those newly diagnosed. Joany Janicki still writes the newsletter, Nebel Printing will still print it for free, Joanne Zins prepares and mails the newsletters. Ruth Jacobs heads up the phone tree committee. Bea Newell and Gayle Rubin will continue to schedule our meeting spaces/dates and Danielle Clark will still be in charge of hospitality for meetings (paper products, drinks, etc. This really only leaves a few things to do for the chairperson:

1. The chairperson is the contact for the newly diagnosed. This job could also be taken by a volunteer. We would just need to change the name and phone number as a contact person to the various celiac related websites and the CSA's list. I get about one call a week from someone new looking for information.
2. Coordinate volunteers.
3. Schedule speakers. Again, this isn't really necessary and could be either not done at all or a volunteer could be found.
4. Act as the contact for CSA, food vendors and others when they send information or free samples to share with our group.
5. Take calls from members – again, I get approximately one a week.

Anything beyond these responsibilities can be guided by what the person taking the position wants to do and the goals they want the group to achieve. The chairperson should not have to do it all!!!! Fundraising, raising awareness, sponsoring a blood screening is not the chairperson's responsibility unless he/she wants it to be. I feel that it is important to get more members to head up committees, spread the work or it will not be done!

I am going to head up the committee for the National Walk for Celiac Disease. My hope is that others in the group will step up and start other projects, such as educating dietitians and nutritionists and organizing October awareness month - the possibilities are endless.

Please think about what you can do to help yourself and the group. Feel free to contact me with any questions regarding the chair position. I am hoping that we will be able to elect someone at the September meeting.

My time as the chair has been a pleasure and a huge learning experience for me and I would like to thank all of the wonderful people I have met and who have helped me in the last 2 1/2 years. I won't say good bye. See you at the meetings!

Andrea Howe
301-391-6094

andreahowe@juno.com

AWARENESS AND NEWS:

Phone Tree Up and Running!

We are pleased to announce that we finally have a phone tree committee. Ruth Jacobs has kindly volunteered to be the organizer, with the help of the following member volunteers: **Diane Kaback, Suzanne Lynd, Bea Newell, Anne Gill, Annette Tobin, Pearl Schwartz and Mildred Marx.** The phone tree has gone through a test run, and has worked very well.

The purpose of the WACSSG phone tree is to spread important information between newsletters, so please make note of the names involved so you aren't surprised when one of these wonderful volunteers calls. Members who have given WACSSG their email addresses will not receive a phone call, but an email notice instead.

We would like to extend a special thank you to Ruth Jacobs for working to make this phone tree happen. We have needed a phone tree for years.

New R.O.C.K. group forming in the DC area

The first R.O.C.K. (Raising our Celiac Kids) meeting will be held on October 14th, for parents/adults only, to discuss the goals of the group. The meeting will be held at the Austin Grill in Bethesda at 12:30 pm. The restaurant does have a GF menu for parents who eat gluten free. Please RSVP to Jill Arends at 301-610-6360 or at voicepath@aol.com.

R.O.C.K Summer Kid's Picnic

The summer kids party was a great success for both kids and their parents. We would like to extend a sincere thank you to Denise Segreti for hosting the party at her home. The kids caught crabs and minnows, had a water balloon toss, bobbed for apples, and played in the baby pool. The best part for the kids, of course, was being able to enjoy the gluten free food. Ener-G Foods donated hotdog buns – lots of them – (leftovers will be available at the meeting) and Kinnickinnick Foods donated hot dog rolls, donuts, rice crispy treats and cookies.

Ener-G Foods is one of the first gluten free vendors in the country and carry many kinds of bread, rolls and other gluten free items. For more information, call 800-331-5222 or go to www.ener-g.com.

Kinnickinnick also carries many delicious baked goods and mixes and has recently developed a mix that allows you to make only one baked good at a time, called Kinni-Kwick. They also offer sample packs of their products at a very reasonable cost. For more information, call 877-503-4466.

WACSSG would like to thank Ener-G Foods and Kinnickinnick Foods for their donations.

October Celiac Disease Awareness Month

Last spring, the WACSSG had started to plan for October's Celiac Disease Awareness Month. Our plan was to retrieve the names of doctors, contacts at food stores, newspapers, magazines and TV stations, from our members and do a mass mailing (over 1000 brochures) of celiac

disease health information. We only received 6 out of the 300 questionnaires we sent out to members in the Spring newsletter.

Needless to say, this is not much of a mailing campaign, however, we still plan to send out the 60 or so brochures to the names and addresses that we did receive. Thank you to those members who took the time to help us out with this campaign.

We will have the rest of the brochures available at the next meeting, so it is not too late to help. Please plan to pick up some brochures and give them to your local library, places of worship, health food stores and gyms to keep on display, and mail them to your doctors, friends, contacts at local newspapers and magazines, radio and TV stations.

We can make a difference in awareness, but as this is starting at a grass roots level, your help is greatly needed.

The following are simple ways to make others aware of the disease:

- Ask your grocery store to carry GF foods
- Tell a friend about celiac disease
- Ask your doctor if they know about celiac disease and offer to mail them the latest information (so much has been learned about the disease in the past two years, your doctor may not be aware of recent research.)
- Send a brochure with a letter to your favorite magazine or newspaper.

If you are interested in helping WACSSG with mailings or in anyother capacity, please contact Gayle Rubin at 703-281-6546 or by email at gaylerubin@hotmail.com.

National Walk for Celiac Disease on Saturday , May 4, 2002

The Center for Celiac Research has invited us to participate in the University of Maryland Center for Celiac Research's First Annual National Walk for Celiac Disease. It will take place in cities across the country on Saturday, May 4th, 2002.

Celiacs from all over the U.S. need to unite to get celiac disease recognized in this country. This walk, along with national publicity the CFR is planning, will be a giant step toward awareness.

Andrea Howe will chair the "walk" committee and is asking for help and volunteers. We will need to find a place to walk, develop a registration flyer and pledge sheet and find local sponsors. Help is also needed for registration, sending out information, set up, clean up, sending thank you notes and media/marketing. Please contact Andrea Howe and she will let you know when the first organization meeting will occur at 301-391-6094. For those who are house bound, you can help by making phone calls and writing thank you notes. Please, don't be shy about helping - even a little help is better than none.

FDA PUBLIC MEETING, August 13, 2001, Washington, DC (a post from Mary Thorpe to the celiac listserv)

I'm writing to report on the FDA hearing on the "Presence and Labeling of Allergens in Foods" which took place in the Cohen building on Capitol Hill yesterday.

It was great to be a part of democracy in action. The day started with opening remarks and a congressional update by a legislative assistant for Nita Lowey (more below). This was followed by the bulk of the proceedings: panel discussions on the three areas under consideration by two consumer representatives and two industry representatives, with the panelists being questioned by representatives of the FDA. There was also a presentation on an FDA/Minnesota and Wisconsin food allergen partnership which involved inspections and testing of samples from various food manufacturing facilities and showed the extent of cross contamination of products, but also demonstrated how the FDA and states and manufacturers can work together.

The last couple of hours of the day were devoted to the public input. I was so glad to see a significant turnout of celiacs- we are being heard. By my count, we were more than 25% of the speakers (they said that 30 of the people who signed up spoke and 8 of the speakers were celiacs, one less than signed up). The process will be slow- information gathering is all the FDA has planned for this year- but the FDA didn't believe regulations would slow down the process as the industry people on the panel intimated. Whether to continue with voluntary compliance or to codify with regulations may be decided by the fate of the legislation being introduced by Nita Lowey in the House and Teddy Kennedy in the Senate (see below).

For those who wanted to participate in the hearing but couldn't attend, you can still send written comments to the docket until Oct. 29. These comments may be any length and are not restricted to the narrow topics of the hearing. You may ask that the regulations be extended to include gluten from rye and barley as well as wheat, for instance, and for the wording "gluten free" or "contains gluten," whereas the agenda on the table was restricted to wheat and the other 7 major allergens. The address for your comments is:

Dockets Management Branch (HFA-305)
Food and Drug Administration
5630 Fishers Lane, rm. 1061
Rockville, MD 20852.

(Note Docket OOP-1322 on the envelope- and in your letter).

You may also send comments to FDADOCKETS@oc.fda.gov
<mailto:FDADOCKETS@oc.fda.gov> or at
<http://www.accessdata.fda.gov/scripts/oc/dockets/comments/commentdocket.cfm>

The above info (and the background and content of what the FDA is considering re: labeling can be found in the Federal Register Notice at <http://www.fda.gov/OHRMS/DOCKETS/98fr/072501b.pdf>

In addition, as mentioned above, legislation to mandate better food labeling is being introduced after the August recess in both the House and the Senate simultaneously. Please write to your legislators to ask them to cosponsor this legislation. A sample letter can be found at http://actionnetwork.org/campaign/food_allergen_legislation

I've already written to my congresspeople but intend to write again to urge the addition of a request for funds to allow enforcement/oversight by the FDA. A figure of \$10MM additional funding being needed was put forth at the hearing yesterday. Currently FDA inspections are rare for lack of funds.

Thank you-

Mary Thorpe/Baltimore, MD

August 13, 2001 Testimony to the FDA on Labeling of Food Allergens in Foods by Gayle Rubin⁵

Celiac Disease, or gluten intolerance is a genetic disorder that affects between 1 in 150¹ to 1 in 250² Americans. Based on these figures the total possible number of Celiacs in the United States (whose total population is 283,425,607³), is between 1,889,504 and 1,113,702 or an average of ~1,464,239 people. There are also related disorders such as Addison's Disease, Allergies & Asthma, Arthritis, Attention Deficit Disorder, Autism, Cancer, Diabetes, Epilepsy, Irritable Bowel Syndrome, Lactose Intolerance, Mental Disorders, Multiple Sclerosis, Osteoporosis, Psoriasis, Scleroderma, Sleep Disorders which affect 6-7 million people who need label clarification.

Ingestion of foods containing gluten (the protein found in most grains) has serious consequences for Celiacs. The gluten sets off an auto-immune reaction that causes the destruction of the villi in the small intestine and produces antibodies that attack and damage the intestine, causing illness, and precluding the normal absorption of food. Symptoms of Celiac Disease include malnutrition, diarrhea, weight loss, abdominal pain, chronic fatigue, weakness, and other gastrointestinal problems. Celiacs may experience extra intestinal symptoms that involve many systems and organs including bones (osteoporosis, arthritis, and joint pain), blood (anemia and bleeding), reproductive system (infertility and reoccurring abortion), nervous system (chronic fatigue syndrome, depression, dementia), and behavioral changes¹. "Gastrointestinal carcinoma or lymphoma develops in up to 15 percent of patients with untreated or refractory celiac disease⁴." In children, the symptoms may include failure to thrive (an inability to grow and put on weight), irritability, an inability to concentrate, diarrhea and bloating.)

The only acceptable treatment for Celiac Disease is strict adherence to a 100% gluten-free diet for life. An adherence to a gluten-free diet can prevent almost all complications caused by the disease⁴. A gluten-free diet means avoiding all products that contain wheat, rye, barley, oats or any of their derivatives. This is a difficult task as there are many hidden sources of gluten found in the ingredients of many processed foods.

Therefore we request the Commissioner of Food and Drugs to amend Title 21 Food and Drug regulation 21CFR 101.4(a)(1) Food Designation of ingredients, and regulation 21CFR 101.22 (h)(1)(2) Spices and Natural flavors.

Regulation 21CFR 101.4(a)(1) Food Designation of ingredients, states: Sec. 101.4 Food designation of ingredients. Ingredients required to be declared on the label or labeling of a food, including foods that comply with standards of identity, except those ingredients exempted by Sec. 101.100, shall be listed by common or usual name in descending order of predominance by weight on either the principal display panel or the information panel in accordance with the provisions of Sec. 101.2

Regulation 21CFR 101.22(h)(1)(2) Spices and Natural flavors states, (h)The label of a food to which flavor is added shall declare the flavor in the statement of ingredients in the following way: (1) Spice, natural flavor, and artificial flavor may be declared as "spice", "natural flavor", or "artificial flavor", or any combination thereof, as the case may be. (2) An incidental additive in a food, originating in a spice or flavor used in the manufacture of the food need not be declared in the statement of ingredients if it meets the requirements of Sec. 101.100(a)(3)

In the regulations above, the FDA states that spices, natural flavors, and/or artificial flavors may be listed in a vague manner. An example of this problem would be that most commercial products on the market contain ingredients such as modified food starch and/or natural flavorings. It is not possible to tell by this type of labeling what ingredients the product actually contains (such as corn, potato, or wheat, which are common allergens). This type of labeling can have serious ramifications to an individual with food allergies, and Celiac Disease.

I, along with many other individuals who have food allergies, urge the FDA **to require manufacturers to list all ingredients, including trace amounts**. As a first step, my recommendation would be simply **to add a line after** the words modified food starch, natural flavorings, artificial flavoring, and/or **any ingredient that is not listed in a clear manner, telling what it is derived from**. An example of this is "modified food starch (derived from wheat)", substituting the vague term with a more specific one. Another example is "modified wheat starch" instead of "modified food starch," or "garlic oil" rather than "spices." **In Europe, they specify yes or no to gluten and have a sign on the front of the package similar to a no smoking sign except it shows a grain stalk with a slash through it and says "No Gluten"**. *(example)* **Ultimately labeling this way would be optimal.**

Possible environmental impact: None *Possible economic impact:* This may initially cause some economic strain, as manufacturers may be required to investigate more into what ingredients are present in their products and back-trace contents from manufacturers whose ingredients they may use. Individuals with allergies may also refrain from purchasing products that they discover, via more in-depth labeling, contain their allergens. But on the upside, the improved labeling may increase sales of gluten free food that was not previously so labeled.

Footnotes:

1. University of Maryland Center for Celiac Research, Multi-Center Serological Screening Study Results, Alessio Fasano, M.D., Karoly Horvath, M.D./Ph.D., May 20, 2000 (http://Celiaccenter.org/frm_research_update.htm).
2. Gastroenterology, April, 1996 "First Epidemiological Study of Gluten Intolerance in the United States." By Karoly Horvath, M.D., Ph.D., et. al.
3. United States Census Bureau, January 7, 2001.
4. New England Journal of Medicine, May 2, 1996, Vol. 334, #18, "The Many Faces of Celiac Disease" by Charles H. Halsted, M.D.
5. *This information has been compiled from a variety of sources, including medical journals, books, doctors, scientists, the [Celiac Listserv News Group](#) and related web sites.*

BOB AND RUTH'S CARIBBEAN GLUTEN-FREE GETAWAY CRUISE 2002

Just back from their Grand Mediterranean gluten free cruise with guest speaker Dr. Alessio Fasano, Bob and Ruth's Gluten free Dinning and Travel Club is at it again. Their next cruise is planned for the Caribbean, January 20-27, 2002, on Holland America. There are many other trips in the planning stages as well. A New Orleans mini getaway is scheduled for December 10-13 and will feature gluten free meals at some of the top restaurants – Dominiques, Brennas, and Emeril's Delmonico.

The Grand Mediterranean gluten free cruise featured gluten free beer (Italian), available for sale on the ship so celiacs could enjoy not only the gluten free pizza and the Pizza and Beer Party, but also the beer. There was Sorrento lasagna (recipe will appear in the Bob and Ruth's next newsletter), and the Italian version of the Nutty Buddy for dessert – gluten free cones filled with 3 flavors of gelato, the tops dipped in chocolate and nuts. There were gluten free light flaky croissants in Barcelona and Athens, and gluten free breads aboard ship.

For more information on these or other upcoming trips and to receive his newsletter please call 410-486-0292 or e-mail bobolevy@erols.com.

IN THE NEWS

- The Baltimore Sun, August 14, 2000, "Sharing Knowledge, Giving Hope. An article about celiac disease and the International Symposium.
- Time Magazine, July 16th, 2001, p.16. An article by Joel Stein makes mention of gluten as a "silent killer" when he discusses his family and their newly found allergies.
- Ladies Home Journal, July/ August 2001. The "ask the expert" section features Dr. Alessio Fasano, from the CFCR, answering a question about celiac disease.
- Harvard Women's Health Watch, May 2001. Article that discusses how to live with celiac disease.

NEW BOOKS AND GUIDES

Stokes Pharmacy has put out a new edition of Celiac Sprue, A Guide Through the Medicine Cabinet:. The cost is \$39.00, plus \$3.95 shipping and handling per book. Call 800-754-5222 or go to www.stokesrx.com.

Connie Sarros has just published her second gluten free cookbook, The Wheat Free, Gluten Free Reduced Calorie Cookbook. The new book has 472 new recipes and all are reduced calorie. In addition, each recipe is labeled whether it is low fat, low cholesterol, low sodium, and dairy free. The cost is \$18.95 plus \$3.00 shipping and handling. Go to www.wfgf.homestead.com/gf/html. Or go to gfcookbook@hotmail.com.

RECIPES!

The following recipes are from this summer's pot luck picnic and kids party.

Mac and Cheese

1 box Pastato elbow noodles (cooked)
pack of sharp cheddar cheese (shredded)
1 ½ cup milk
2 heaping Tbsp. Cornstarch
salt
pepper
3 Tbsp. Butter

Grease casserole, layer noodles and cheese alternating, salt and pepper on top. Dot the top with butter patties. In bowl mix milk and cornstarch, pour over top. Bake at 375 deg. For 45 minutes until top is brown and bubble.

Broccoli Salad

1 head raw broccoli – chopped heads only

½cup chopped nuts (pecan or walnuts)
½cup raisins
½cup finely sliced red onions

Toss ingredients with 1 cup Hellmann's mayonnaise, 1/3 cup sugar, 2 Tbsp. white wine vinegar. If you would like, you can crumble eight slices of cooked bacon on top before serving.

Pickly Cukes and Zucchs

In a microwave-safe bowl, combine 3 cups granulated sugar and 1 ½cups apple cider vinegar. Stir until the sugar is wet and starts to dissolve. Place bowl in microwave for about a minute, then stir until sugar is nearly invisible. Avoid inhaling, as the warm vinegar fumes can be strong. Add about ½sp. Mustard seed and 6 Or 8 whole cloves. Peel cucumbers and slice them very thinly. Angle slice two zucchini very thinly. Immerse veggies in the syrup. Cover, and let sit overnight. This recipe is also very good with red bell peppers and paper thin sliced onions.

Potato Salad by Andrea Howe

I don't use exact measurements but just keep adding a little at a time until it tastes good

potatoes- cooked, peeled and sliced
eggs- cooked and chopped
Hellmann's mayonnaise
dried or fresh dill
pepper/salt

I add some chopped Mrs. Fannings "bread and butter pickles" and liquid from the pickles. You could use a little vinegar instead to give it a little tang. Mix ingredients together and cool in fridge

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.

- Alpsnack is a great new snack from the Swiss Alps. It is gf and wheat free Originally created in Switzerland and now produced in the US, it is lightweight and compact and good for hiking or traveling. It fits in a purse and makes a good snack for kids too.

Ingredients: apricots (not sulphur free) hazelnuts, almonds, apples, cranberries, rice puffs, fruitrim. The suggested retail is \$1.29, but it can be bought in bulk. For more information go to www.alpsnack.com or call 858-571-5215
The product may be available at Gluten Solutions soon.

- The following letter is from Breyer's:
I am sorry to inform you that at this time, we do not test our products for gluten. For this reason I can not say that all of our products are gluten-free, especially the Klondike, Good Humor and Popsicle products. The only products that we claim are gluten free are the following: Breyer's "All Natural" Ice Creams: Vanilla, Chocolate, Chocolate Chip, Coffee, French Vanilla, Mint Chocolate Chip, Peach, Rocky Road, Strawberry, Vanilla Fudge Twirl, Vanilla/Chocolate/Strawberry, Frozen Yogurt Chocolate, Light Vanilla, Light Mint Chocolate Chip.

Other Breyer's Ice Creams: Chocolate Rainbow, No Sugar Added Vanilla, No Sugar Added Vanilla/ Chocolate/Strawberry.

- All Starbucks Ice Cream is gluten free EXCEPT the obvious ones with brownies or cookies. 800-558-7328.
- All Apple and Eve juice products, including their juice boxes are gluten free. 800-969-8018.
- All Chocoholics ice cream toppings are gluten free, including caramel cream, semi-sweet chocolate, red ripe raspberry chocolate. They are sold at Target stores. 800-760-CHOC.
- The following original flavors of Snapple are gluten free: regular peach, regular raspberry, kiwi strawberry cocktail and mango madness. **NO** diet Snapples are gluten free. 800-762-7753.
- The following Heinz frozen foods are gluten free:
 - Ore Ida cottage fries
 - Ore Ida country style hash browns
 - " crunch time classics (crispy crinkle cut, crispy straight cut)
 - " deep fries crinkle cut
 - " French fries
 - " golden crinkles
 - " golden fries
 - " golden patties
 - " hash browns
 - " pixie crinkles
 - " potato wedges with skin
 - " potatoes O'Brien
 - " shoestrings
 - " southern style hash browns
 - " snackin' fries
 - " steak fries
 - " valley select 3/8" French fries
- The following Nestle products are gluten free:
 - Ortega products
 - whole green chilies
 - diced green chilies
 - tostada shells
 - white corn taco shells
 - medium thick & chunky salsa
 - mild thick and chunky salsa
 - mild green chili picante sauce
 - mild garden style salsa
 - mild thick and smooth taco sauce
 - hot thick and smooth taco sauce
 - medium thick " " taco sauce
 - refried beans
 - refried beans with spicy jalepenos
 - refried beans with green chilies and lime
 - fat free refried beans

whole jalepenos
diced "
sliced "
medium homestyle prima salsa
mild " " "
mild Mexican style prima salsa
medium 3 bell pepper prima salsa
medium roasted garlic prima salsa

Buitoni Contadina refrigerated products

garden vegetable sauce
marinara sauce
roasted garlic marinara sauce
tomato herb parmesan sauce
pesto with basil sauce
pesto with sun dried tomato sauce
reduced fat pesto with basil sauce
mushroom marinara sauce

- The following Heinz USA products are gluten free: 800-577-2823

Heinz ketchup
distilled white vinegar
red wine vinegar
apple cider vinegar

please note that Heinz apple cider flavored vinegar is not gluten free!

- All Welches products are gluten free. 800-340-6870
- The following Utz products are gluten free:

White Corn Tortilla Chips
Restaurant Style Tortilla Chips
Nacho Tortillas, regular and spicy
Black Bean & Salsa Tortilla Chips
Corn Chips
BBQ Corn Chips
Butter Popcorn
Cheese Popcorn
White Cheddar Cheese Popcorn
Baked Cheese Curls
Baked Cheese Balls
Crunchy Cheese Curls
Unflavored potato chips fried in pure cottonseed oil
Unflavored potato chips under the following labels: Home Style, Kettle
Classic, Grandma Utz
Home Style BBQ Potato Chips fried in partially hydrogenated soybean oil
Unflavored reduced fat (Delites) and YES! fat free potato chips
Low Fat Baked Tortilla Chips

The following flavors on potato chips fried in pure cottonseed oil:
barbecue, sour cream & onion, salt & vinegar, red hot, Carolina style barbecue, salt

pepper, cheddar & sour cream, cheddar & salsa.

- The following Campbell Soup Company products are gluten free:

chunky soup: chicken broccoli cheese

healthy request condensed soup: bean with ham & bacon, chicken rice

healthy request ready to serve soup: chicken broth, NE clam chowder,

hearty chicken white & wild Rice, hearty country vegetable

select soup: Tucson minestrone, savory lentil

Prego traditional sauce ----note only the traditional is GF. one of members found out the hard way that the others are not.

Swanson broth, RTS beef broth, RTS chicken broth

Swanson canned poultry, premium chunk chicken, premium chunk white chicken, mixin' chicken

Campbell's tomato juice

v8 vegetable juice

- The following Kellogg's products are gluten free: 616-961-2000

Kellogg's corn pops

Kellogg's puffed rice cereals

- The following B&G foods are gluten free: 973-401-6500

Brier rabbit molasses, mild, full and blackstrap

Brier rabbit syrup, light and dark flavors

Regina vinegars and cooking wines, red wine, red wine and garlic, white wine, white wine and tarragon, balsamic

Polaner all fruit jelly, jam and preserves

Vermont Maid syrup and lite syrup

B & M baked beans- all varieties

Accent flavor enhancer

Underwood spreads deviled ham & honey ham

Emeril's house herb vinaigrette dressing

- The following is the most current Safeway Gluten Free list. This list was sent by Sharon Healy, Customer Service Representative, Safeway Foods. Please note that there are two obvious errors on the list that have already been identified and discussed with Safeway: Home Run Pies and Shortcake Dessert Cups.

SAFEWAY SELECT Brand

BBQ Sauces

Carbonated Beverage, Clear Sparkling Water (all varieties)

Chocolate Chips

Dressings (Basil Ranch, Roasted Red Pepper & Garlic Vinaigrette, Raspberry Vinaigrette, Blue Cheese, Cranberry/Orange, and Harvest Vegetable)

Flavored Coffees

Gourmet Dipping Sauces (Plum and Honey Mustard)

Jams/Jellies

Mayonnaise (Regular, Reduced Fat and Fat Free distilled w/wood)

Mustard (Classic/Country Dijon)

Refrigerated Pasta Sauces (Classic Pesto, Creamy Parmesan Basil, Garden Vegetable & Herb,

Light Alfredo, and Roasted Garlic & Mushroom)
Sausage, Chicken (Apple, Parmesan, Basil, and Tomato)
Sausage, Turkey (Italian)
Steak Sauce
Southwest Salsa (all varieties)
Truffles (Chocolate/Raspberry, Mocha, Butterscotch, and Milk Chocolate)
Tuna (Tongol)
Verdi Marinara Sauce
Winners Thirst Quencher (Lemon Lime, Lemon Ice, Orange, Lemon, Tropical, Fruit Punch, Glacier Wave, Tangerine Freeze, and Amazon Freeze)

ENLIGHTEN Brand

Dressings (Roasted Garlic, Honey Mustard, Roasted Sweet Pepper & Garlic Vinaigrette, Garden Italian, and Balsamic & Red Wine Vinaigrette)

HEALTHY ADVANTAGE Brand

Corn Chowder
Split Pea w/Ham
Vegetarian Chili

SAFEWAY Brand

Apple Sauce (Cups, Natural and Sweetened)
Aspartame Sweetener
Black Olives
Canned Beans (Pork & Beans, Light & Dark Red Kidney, Pinto, Blackeye, and Chick)
Cashews, Halves & Pieces and Whole
Cereal* (Corn Nuggets, Corn Flakes and Fruity Nuggets)
Cheese Curls & Cheese Puffs
Cheese Spread, Aerosol (American, Cheddar and Sharp)
Chicken Broth
Coconut (Sweetened)
Corned Beef Hash
Cranberry Sauce (Whole and Jellied)
Cream Style Corn
Deluxe Mixed Nuts
Dessert Cups (short cake)
Dried Beans (Pink, Great Northern, Lentils, Black, Blackeye, Small White, Large Lima, Small Red, Green Split, Light Red Kidney, Pinto, Baby Lima, and Navy)
Dried Fruit (Prunes, Raisins, Apricots, Peach, Apple, and Cherry)
Extracts & Pure Spices** (if gluten, ingredient statement will declare)
Fruit Snacks
Grated Parmesan Cheese (3, 8 & 16oz.)
Instant Rice
Hot Cocoa Mix (with and w/o Marshmallows and Fat Free)
Home Run Pies
Honey (Pure and Creamed)
Instant Breakfast
Instant Puddings and Instant Gelatins
Iced Tea Mix
Jams/Jellies
Juices (Tomato, Lemonade, Pineapple, Apple, Orange, Prune, White/Pink)

Grapefruit, Rudy Red, Grape, Cranberry, Cranberry/Raspberry, Cranberry/Apple, and Cranberry/Grape)
Ketchup
Lemon Juice
Limeade
Maraschino Cherries
Marshmallows
Microwave Popcorn (all varieties)
Milk (Sweetened, Condensed)
Mixed Nuts w/Peanuts
Mustard
Oils, edible
Onion Soup Mix
Peanuts, Dry Roasted and Roasted/Salted Spanish
Pudding Snack Cups (Banana, Butterscotch, Chocolate Fudge, Tapioca, Chocolate, and Vanilla)
Peanut Butter (Reg. & Reduced Fat Smooth and Crunchy)
Popcorn Cakes**
Salad Dressing (Light & Regular Zesty Italian, Creamy Italian, Light & Regular Ranch, Ranch w/Bacon, FatFree & Regular 1000 Island, and California)
Sauerkraut
Splash (Tropical, Strawberry/Kiwi, and Berry)
Sugar (Granulated, Powdered, and Brown)
Sugar Free Mixes (Iced Tea, Lemonade, and Raspberry)
Syrup (Old Fashioned, Light, and Butter Light)
Tomato Juice
Tomato products (all canned)
Tortilla Strips, Nacho Cheese, and Golden Chips (Casa del Pueblo)
Tuna, Chunk Light
Vinegar, White Distilled

SAFEWAY Brand Refrigerated
Aerosol Whipping Cream (Light and Non Dairy)
Butter
Cheese, Processed Sliced
Cooked Ham, 95% Fat Free
Cream Cheese (soft, bars, onion/chive, strawberry, garden vegetable, light, Neufchatel, fatfree, whipped spread)
Dips (French Onion, Clam, Bacon Onion, Green Onion, Ranch, Avocado, Guacamole)
Margarine
Milk Drinks (Mocha Cappuccino, Chill'n Chocolate, Very Berry Strawberry, Marvelous, and Vanilla Shake)
Orange Juice
Soups (Potato Leak, Fire Roasted Tomato, Hearty Vegetable Beef, New England Clam Chowder, and Minestrone)
Vegetable Oil Spreads, 70%, 37% Light, and 70% 1/4 lb sticks (Homestyle)
Whipped Topping (Regular and Light)

MANOR HOUSE
Turkey

LUCERNE Brand
Buttermilk
Cream Cheese, Regular/Fat Free Neufchatel
Egg Nog
Half & Half
Sour Cream, LowFat/NonFat
String Cheese
Whipping Cream (Regular/Light/Heavy)
Yogurt, Pre-Stirred LowFat/NonFat

SAFEWAY Brand frozen
Hash Browns (Shredded and Southern Style)
Potatoes (Crinkle Cut, French Fried, O'Brien, Restaurant style Crinkle Cut,
Shoestring, Steak
Cut, Twice Baked)
Orange Juice Concentrate
Select Brand: Both 'Frozen Desserts Ice Cream (w/o inclusions)' and 'Sorbet
and Sherbet' are on our list of gluten-free products.

KID'S CORNER

Starting with the next newsletter, the Kid's Corner will be transformed into a full page R.O.C.K. insert bringing you all of the latest national and local information.

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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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 Fickenscher, suburban MD	(301) 972-6045	Daughter w/ Down Syndrome and CD
LFlickenscher@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.