

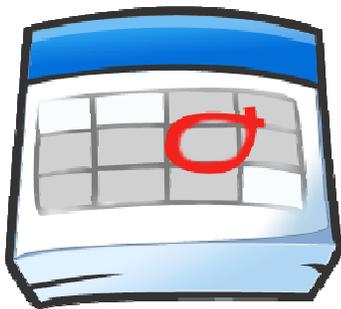


Lancaster Area Celiacs

# LAC Newsletter

Winter, 2014

<http://www.lancasterareaceliacs.org>



## Mark Your Calendars

### 2015 LAC Meetings

- Monday, January 12
- Monday, May 11
- Monday, September 14

All meetings will be held at:  
Calvary Church  
1051 Landis Valley Road  
Lancaster, PA 17601

**Fellowship Hall:** Use East Entrance into church. Entrance under portico, after church office entrance.

### Celiac 101 Class

We will meet in a room to be announced at Calvary Church.

7:00 pm

Monday, January 26.

**Registration Required**  
(Details inside)

## Winter Meeting - January 12, 2015

### Gluten Free Product Development—Snyder's-Lance, Inc.

**Date:** Monday, January 12, 2015  
**6:15 pm:** Doors & Vendors Open for Shopping  
Taste Testing in Progress

**7:00 pm:** Meeting & Program

**Location:** Calvary Church  
1051 Landis Valley Road  
Lancaster, PA 17601  
Fellowship Hall  
Use East entrance (2nd driveway) into church.  
Entrance under portico, after church office entrance.



### Program:

How can you beat having the opportunity to taste test some new gluten-free snack products that are currently in the development stage from Snyder's-Lance, Inc.?! Sure sounds very inviting!

Snyder's-Lance has been hard at work making some new gluten-free snacking options for all of us to enjoy. They understand the gluten-free market is here to stay and want to make sure that great tasting snacks are available for every lifestyle!

To make sure they are providing the gluten-free snacking options all of us will love, they have invited our group to participate in a taste test. Employees at the Sensory Lab at Snyder's-Lance in Hanover, PA, will be joining us on January 12 to share some snacks with us and ask for our feedback on them. There will be a couple of different samples to taste and a short questionnaire to fill out for each.

In addition, Kara Gustafson, Sr. Sensory Technician, will discuss the process of developing new gluten-free products from the idea stage, to the development stage, to the testing stage and finally bringing it to market.



## Celiac 101 Class January 26

### Newly Diagnosed? Celiac 101 Class Scheduled

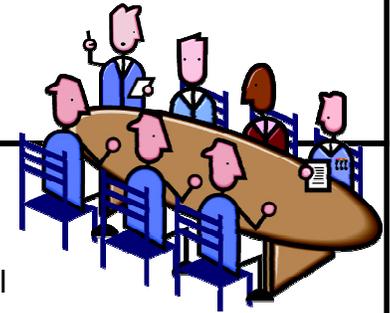
A Celiac 101 class is your chance to ask questions, voice concerns and just listen to others with celiac disease or gluten sensitivity. Bring your friends and family as we learn about the foods we can and cannot eat. Together we will make the transition much easier.

Our next class will be held at 7:00 pm on Monday, January 26. We will meet in the a room to be announced at Calvary Church, 1051 Landis Valley Rd, Lancaster.

You must preregister for this class by contacting our Education Chairperson, Barb Emmerich, at [laceducation@lancasterareaceliacs.org](mailto:laceducation@lancasterareaceliacs.org).

A donation of \$3 is requested for this class to help offset the cost of materials and the room.

## New LAC Leadership



Since our September meeting, I am very pleased to announce that several individuals have volunteered for various responsibilities so that we can continue offering support and meetings for the celiac community.

We now have three Co-Leaders: Carrie Meyers, Niki Cartwright and Sandy Stine. We will work together to lead the group, along with the other volunteers. See the Committee Members/Responsibilities list in this newsletter. And, be sure to thank these individuals for volunteering their time and energy to our support group.

Sandy  
Co-Leader



- ... to September's speaker, Jen Shivery from Isaac's Restaurant & Deli.
- ... to vendors who participated in our September meeting & offered delicious samples.
  - Amaranth Gluten-Free Bakery
  - Burris Country Kitchen
  - Garden Spot Distributors
  - Gossert's Homemade Goodness, LLC
  - Grandma's Gone Gluten Free
  - Sunshine Tomato Company
- ... to all our volunteers.

## Merry Christmas and Good Wishes to All for a Healthy and Happy New Year!!





## Increases in Celiac Disease Explored

by Bill Stine

According to the Mayo Clinic, "celiac disease is four times more common now than 60 years ago, and affects about one in 100 people." And an increasing body of research points to environmental triggers as cause for the increase in prevalence in celiac disease.

Analysis for gluten antibodies of 50-year-old blood from from Air Force recruits demonstrated that the number of positive results was far smaller than results from two recently collected sets. One blood-sample set matched the birth years of the airmen. Those elderly men were four times more likely to have celiac disease than their contemporaries tested 50 years earlier. The second set matched the ages of the airmen at the time their blood was drawn. Today's young men were 4.5 times likelier to have celiac disease than the 1950s recruits.

Only 1 percent of people actually develop celiac disease even though one-third of the population carries the genetic background to develop it. Since the genetic predisposition cannot have changed in such a short time span, the blood analysis results reported above strongly indicate that whatever caused the increased incidence of celiac disease happened since 1950. The increase affects both young and old people. The evidence strongly suggests that the cause is in the environment.

There are many proposed environmental causes of celiac disease.

- The "hygiene hypothesis" suggests the modern environment is so clean that the immune system has little to attack and turns on itself.
- Another potential culprit is that the ways wheat is processed and eaten have changed dramatically. Many of the processed foods we eat were not in existence 50 years ago.
- Modern wheat also differs from older strains because of hybridization.

No one yet knows what triggered the increase in spite of what some claim. Much more research is needed. Meanwhile, stay tuned, keep an open mind and tend to your diet.

*A Changing Environment And The Increasing Prevalence Of Celiac Disease* (September 24, 2014, [www.celiac.nih.gov](http://www.celiac.nih.gov))

Moises Velasquez-Manoff, *Who Has The Guts For Gluten?* (February 23, 2013, The New York Times Sunday Review)

*Celiac Disease: On The Rise* (July 2010, Discovery's Edge, Mayo Clinic's Online Research Magazine)



## Legal Seafood Restaurants

by John Bridgen

Legal Seafood Restaurants now offer gluten free breaded seafood. All breaded food in the kitchen is gluten free, no worries about cross contamination.

They also have gluten free breads and beverages. The closest restaurant to our area is at the King of Prussia Mall in Philadelphia. They do have other locations on the east coast.

So, yes you can have fried shrimp, clams, fish, etc!

Visit their web site at:

[www.legalseafoods.com/restaurants](http://www.legalseafoods.com/restaurants)

## Committee Members/ Responsibilities - 2015

Responsibility .....	Name(s)
<b>Co-Leaders</b> .....	Niki Cartwright Carrie Meyers Sandy Stine
<b>Programs</b> .....	Barb Emmerich Sandy Stine Carrie Meyers
<b>Newsletter Editor</b> .....	Niki Cartwright
<b>Newsletter Publisher</b> .....	Bill Stine
<b>Education/101 Class</b> .....	Barb Emmerich
<b>Restaurant Reviews</b> .....	Open
<b>Treasurer</b> .....	Paul Schultz
<b>Mailing List</b> .....	Bill Stine
<b>Webmaster</b> .....	Bill Stine
<b>Vendors</b> .....	Sandy Stine
<b>Publicity</b> .....	Carrie Meyers
<b>Product Samples &amp; Supplies</b> .....	Michelle Burkins Pat Herr
<b>Meeting Room</b> .....	Jana Schultz
<b>Greeters (Jan Meeting)</b> .....	Niki Cartwright Barb Emmerich



### Dentists See Clues To CD

A ROUTINE DENTAL appointment is far more than just checking on brushing and flossing habits.

For some patients, it can lead to a diagnosis of celiac disease, "making the dentist an integral part of the diagnostic team," explain the authors of an article published recently in The New York State Dental Journal.

William James Maloney, M.D., clinical associate professor in the department of cariology and comprehensive care at New York University College of Dentistry, and his co-authors are helping to ensure that dentists are aware of the oral and dental signs of celiac disease. That includes the future dentists Maloney teaches at NYU.

Maloney says he wrote the article, Oral and Dental Manifestations of Celiac Disease, because he is interested in bringing attention to the way oral  
*(continued next column)*

problems can be signs of systemic disease, including celiac disease. He notes this is also one of his teaching philosophies.

"The mouth is a window to the rest of the body, and we have [the] great advantage [of] being dentists. We get to see these clues," he tells his students. In the case of celiac disease, the clues include dental enamel defects, recurrent canker sores and issues with salivary gland function.

Those with celiac disease can have a number of types of dental enamel defects. But the connection to celiac disease is often missed. Maloney says discoloration of the teeth is a good example.

Discolored teeth caused by dental enamel defects brought on by celiac disease "appear white, yellow or brownish [and] the difficulty about that is a lot of times people mistake it for something else," he says. The stains can mistakenly be attributed to use of tetracycline, an antibiotic that can cause stains, or fluorosis, a condition resulting from too much fluoride in a high concentration.

Dental signs of celiac disease also include brown spots or white spots on the teeth, called hypocalcifications. But the association with the gut is often missed, Maloney says. Other dental signs of celiac disease include molded or translucent-looking teeth and pitting or a banding of the teeth, with symmetrical marks that usually appear on the front teeth, called incisors, and the molars.

If celiac disease is triggered in a young child, the permanent adult teeth forming under the gum at the time could be the ones that show signs when they erupt. "Even though a child might have baby teeth, the permanent teeth are forming. They are underneath," Maloney says.

In addition to the condition of teeth, some children with celiac disease don't get their permanent teeth until much later than usual, another clue for dentists.

Since regular visits to the dentist are recommended, dentists have the chance to make a significant difference in their patients' health. "Dentists have a real opportunity to assist a patient beyond putting a filling in a tooth or doing a cleaning. We can aid in the diagnostic process," Maloney says.

—Susan Cohen  
*Gluten-Free Living November/December 2014*

## Survey Respondents Needed



### Help Advance Research By Completing A Short Series Of Surveys

from NFCA/Celiac Central Website

The Jefferson Celiac Center at Thomas Jefferson University Hospitals and the National Foundation for Celiac Awareness (NFCA) are working together to learn more about the needs and experiences of people with celiac disease and other gluten-related disorders.

They are currently recruiting individuals diagnosed with celiac disease or another gluten-related disorder to complete an online questionnaire estimated to take between 10 and 15 minutes of your time.

Some qualifications include:

- 18 years of age or older

- Clinically diagnosed with celiac disease or another gluten-related disorder

Also, because study participants will be required to complete two additional online surveys in the next 3 to 12 months, one of the study qualifications is agreement to participate in these future activities. Study participants will be asked to share their email address with NFCA for purposes related only to this research project.

Please note that study participation is on a first come, first serve basis so if you are interested, complete the online screener today at <http://www.celiaccentral.org/research-news>.

## It's Your Story!

by Niki Cartwright

## WHAT'S YOUR STORY?

*We are looking for submissions from you, our readers, about your Celiac story. We all have one and each is unique. Discussing our stories helps us to feel we are not alone in our daily struggles and triumphs, and may even provide new information sharing opportunities. Tell us your story, and we may include it in upcoming LAC newsletters in our newest section, Your Story.*

*Here are some questions that you can use to jumpstart your story.*

- *What symptoms were you having that led to your diagnosis?*
- *How long did it take for you to be properly diagnosed as having Celiac?*
- *How long did it take you to feel your symptoms reduce? Were there complications?*
- *How do you feel after being gluten free? How did becoming gluten free change your life?*

*I don't like to ask anyone to do anything I wouldn't do myself, so I will start with my own story.*

### My Story

I had been sick for a couple of years with hypothyroid disease, which had taken about 4 years to be diagnosed. Yet many of my symptoms were not resolved and were increasingly getting worse. I was placed on long-term prednisone for a suspected adrenal gland

failure, which helped some. I continued to have severe fatigue, rapid heart rate, hot sweats, brain fog, anxiety and depression. I also had an itchy, painful skin condition on my hands, elbows and knees that doctors felt was merely contact dermatitis. This all changed when I saw a dermatologist familiar with dermatitis herpetiformis, who diagnosed by examination and soon after, a skin biopsy.

I began a gluten-free diet immediately, and two weeks later, I began to feel the positive effects. However, the skin rash was not improving. It took about 6 months of eliminating newly discovered possibilities of contamination to see the causes.

After changing my skillets, wooden and plastic utensils, and finally an old wooden cutting board, I had my first rash-free period in over 5 years. After weaning off of prednisone, I discovered the hot sweats reduced dramatically and I felt more energetic. As time went by, I lost 50 pounds, felt the brain fog lift, and anxiety and depression had also reduced. After 1.5 years of gluten-free living, I can say I have my life back. I stumble like everyone does, but I'm able to bounce back very quickly.

## Other Area Support Groups

### Gluten Intolerance Group of Southcentral PA

Hershey, PA

Phone: 717-489-2701

E-mail: GIG.SouthcentralPA@gluten.net

Next meeting: Tuesday, February 11, 2015

Program: Chef Jim Switzenberg "How Our Food Went Dead"

Time: Doors open at 5:45 for vendor shopping; 6:45 pm - program

Mohler Senior Center  
25 Hope Drive, Building 35  
Hershey



### Gluten Intolerance Group of York

Contact: Jan Frey

Phone: 717-332-7360

E-mail: jrfrey@earthlink.net

Next meeting: Tuesday, February 17, 2015

Program: Homemade DIY Products for Body Care & Cleaning by Leadership Team; Keynote Speaker: Dr. Sean Carey

Time: 6:00 - 7:30 pm

York County School of Technology  
Room 1100  
2179 S. Queen Street, York, PA

## January Meeting Vendors

Amaranth  
Gluten-Free  
Bakery



Betsy's  
Bakery



Burris  
Country  
Kitchen



Grandma's  
Gone Gluten  
Free



Sunshine-  
Tomato  
Company



Tastefully  
Simple (New)



## New Toffee-tastic Girl Scout Cookies are Gluten Free



LOUISVILLE, KY October 13, 2014 - This Girl Scout Cookie season, Girl Scouts will be offering a new cookie that is gluten-free. Toffee-tastic Girl Scout Cookies are crispy, buttery cookies packed with golden toffee bits.

The sale of Toffee-tastic Girl Scout Cookies is a pilot program, and the cookies will be offered in 67 councils, for as long as supplies last. They will be sold primarily at booth sales from February 13-March 15 and on-line for \$5.00/box. A listing of booth sale locations and times will be available at: [www.findcookiesnow.org](http://www.findcookiesnow.org)

With a growing number of people avoiding gluten for a variety of reasons, Girl Scouts recognized a need for a gluten-free option for their customers. More than just a fad, gluten-free products are quickly becoming a way of life for many people. According to the National Foundation for Celiac Awareness, more than 3 million Americans (1 in 333) are estimated to have celiac disease, and market research by NPD Group reports that 29% of Americans are avoiding gluten for health reasons.

Certified gluten-free by the NSF, the indulgently rich flavor of Toffee-tastics will appeal to all customers, but Girl Scouts are especially excited they can offer this option to those avoiding gluten.

## Five Gluten Free Healthy Winter Appetizers

### Baby Carrot & Zucchini Quiche in Radicchio Leaves

(Vegetarian, Vegan & Gluten-Free)

Preheat oven to 350 degrees F. Prepare two 12-hole mini muffin pans with GF baking spray. Whisk 4 eggs with almond milk. Stir in 2 grated carrots, 1 grated large zucchini, 1 tsp. of lemon zest, 3 tbsp. of snipped chives and 3 tbsp. of vegan cheese. Spoon mixture into pans and bake for 15 minutes, until golden. Let cool. To serve, place each mini quiche in a small radicchio leaf.

### Butternut Squash Soup Shooters

(Vegan & GF)

Chop 1 onion, 4 cloves of garlic and 1 tbsp. of peeled ginger. Add chopped items to 1 tbsp. of olive oil and cook on low heat for 15 minutes, keeping pan covered and stirring occasionally. Combine 1 peeled & seeded butternut squash, 5 cups vegetable broth and a pinch of sugar. Bring to a boil then reduce to a simmer and cook for 20 minutes until squash is tender. Combine both mixtures and blend in food processor until smooth. Serve on a tray as shooters for a fun appetizer. Works with other soups, too!

### Endive with Beet, Clementine and Pomegranate

(Vegetarian & GF)

Use a sharp knife to slice 4 peeled clementines & dice 2 medium beets. Remove pomegranate seeds from 1 pomegranate. Mix fruit together and assemble in endive leaves. Whisk together 5 tsp. of olive oil, 2 tsp. of red wine vinegar, 1/4 tsp. each of salt and fresh ground pepper. Drizzle dressing over endive and fruit and top with a sprinkling of fresh dill and feta cheese.

### Spinach Stuffed Mushroom Caps

(Vegetarian & GF)

Preheat oven to 350 degrees F. Remove stems from two 8-oz packages of button or baby bella mushrooms. Chop 1 small yellow onion. Thaw one 1-pound package of frozen spinach and squeeze out extra water. Heat 1 tbsp. of oil in a large skillet over medium-high heat. Add mushroom stems, onions, and a dash of salt & pepper, then cook 8-10 minutes until softened, stirring occasionally. Transfer to a large bowl along with spinach and toss well. Arrange mushroom caps in a single layer on a parchment paper-lined baking sheet. Add dairy-free shredded cheese, sea salt and pepper to spinach mixture then divide filling evenly between mushrooms, mounding it in the center of each cap. Drizzle mushrooms with 1 tbsp. oil and bake until softened and juicy, about 20 minutes.

### Apple & Cheese Platter

(Vegetarian & GF)

Choose your favorite cheeses from your local farmers market to pair with crispy, delicious apple slices. Yummy combinations include Honeycrisp apples with sharp cheddar, Golden Delicious with Cheshire, and Empire apples with smoked gouda. Try using a cheese plane to keep slices thin!

*Adapted from Amie Valpone's article in Huffington Post.  
Follow her on Twitter: [www.twitter.com/TheHealthyApple](http://www.twitter.com/TheHealthyApple)*



## Dining Out Safely

Many of us have been diagnosed with Celiac for years, and yet can have difficulty asking for what we require. It sometimes can feel like a constant struggle. Some of us cope by just not eating out at restaurants. Others ask some questions and hope for the best.

There are several ways we can minimize contamination AND increase our feelings of safety. First, look for restaurant chains that already have gluten-free menus and are trained by the Gluten Intolerance Group (GIG). The GIG website has a list of restaurants they have trained. Another option is to use a "smart phone" app called "Find Me Gluten Free". When allowed to have your current location, this website will find peer-reviewed restaurants that are located near you.

Second, look at the menu online and call the restaurant as far in advance of your intended meal as possible to ask questions about whether they can accommodate your needs, preferably at a slow time of day for them. Knowing what to ask is key, such as:

- Do you have a gluten free menu?
- Do you have a dedicated space for preparing gluten free items?
- How does your restaurant ensure no cross-contamination will occur with my meal?

It is possible the person answering the phone may not know the answers to these questions, but you should get a feel as to whether the person is confident in their ability to accommodate. If that isn't present, you may want to either speak with the manager or choose a different restaurant.

Third, if you are having some doubts about the restaurant in question, or there is not a satisfying gluten-free choice, you have a couple of options. The first is to eat prior to dining out so that your hunger is under control and you are less tempted to make unsafe menu choices. The second is to bring gluten-free foods with you such as bread, crackers or even pasta, which you can ask the chef to cook in a clean pot.

Finally, sometimes a problem occurs and we are in a position where we need to eat and our plan goes awry. One way to handle this is the use of a dining out card that will explain what we need, particularly when it has been difficult to find a restaurant with a gluten-free menu. **(See example top of next page.)**

As you begin using the card, you may find more places than not will be able to accommodate you. It is a good rule of thumb that if the server seems uneasy or does not suggest it, you can ask for the manager and discuss your needs with them. Make the discussion as informational as possible and as pleasant as possible. Many servers will even bring you a can to teach them how to read it for safety!

There is good news! Restaurants are increasingly aware of food allergies and contamination issues, and want to serve their customers safely. Be assertive about your needs in as pleasant a way as possible, and the possibility of dining out safely becomes a team effort.

## Dining Out Card

I have an illness called Celiac Disease and must follow a strict Gluten-Free diet. I will become very ill if I eat anything that has come in contact with gluten.

I cannot eat foods containing wheat (durum, semolina, kamut, spelt), barley (malt), rye, and oats. Some examples of products containing this food include bread, soy sauce, breading, imitation bacon, marinades, processed meats, soup bases, thickeners, croutons, gravies, imitation seafood, pastas, etc.

Please substitute any ingredients which may contain these types of foods with other safe food choices that you would recommend.

- Please prepare my food away from any dishes containing these prohibited ingredients.
- Please clean any surfaces which may have become contaminated with these prohibited ingredients.
- Please wash any utensils and pans which may have become contaminated with these prohibited ingredients prior to preparing my meal.

Thank you so much for helping me to safely enjoy your wonderful food!

## Red Curry Shrimp

*courtesy of Thai Kitchen*



Makes 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

### Ingredients:

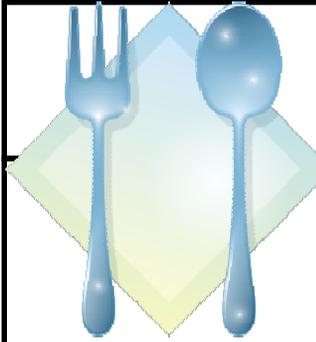
- 1 can (13.66 oz.) Thai Kitchen Coconut Milk
- 2 Tbsp. Thai Kitchen Red Curry Paste
- 1 Tbsp. brown sugar
- 1 lb. large shrimp, peeled and deveined
- 1 cup assorted vegetables, such as snap peas, bamboo shoots and sliced red bell pepper
- 1 to 2 Tbsp. Thai Kitchen Premium Fish Sauce

### Directions:

1. Bring coconut milk to simmer in large skillet on medium heat. Stir in curry paste and sugar until well blended; bring to boil. Reduce heat to low; simmer 5 minutes.
2. Stir in chicken and vegetables. Cook 3 to 5 minutes or until chicken is cooked and vegetables are tender-crisp. Stir in fish sauce.
3. Serve with cooked Thai Kitchen Jasmine Rice, if desired.

## Eating Out

*by Sandy Stine*



I recently ate at two new restaurants in Lancaster. After talking with the manager/owner of each, I was assured they both have very good processes in place to prepare gluten-free dishes and have well-trained staffs to support this.

### The Dragonfly Cafe

245 Bloomfield Drive

Suite 100

Lititz, PA

717-581-8899

Open for breakfast, lunch & dinner

Serves gluten-free and vegetarian fare.

Among their offerings are gluten-free mac & cheese, quesadillas, sandwiches, crepes (yes!) & pancakes. I had a breakfast gluten-free crepe which was delicious.

### Tom+Chee

2065 Fruitville Pike

Lancaster, PA

717-553-5897

Open for lunch & dinner

A unique grilled cheese+tomato soup shop. Offers 25+ grilled cheese sandwiches. They have dedicated kitchen space for preparing gluten-free meals.

Unlike most restaurants, they roast their own meats and make their own dressings, sauces, and spreads from scratch. They also offer gluten-free bread, vegan cheese, vegan/vegetarian soups and make our basil pesto with sunflower seeds (perfect for those who have tree-nut allergies).

I really enjoyed a grilled cheese with several toppings. It was delicious and very nice to be able to order a grilled cheese sandwich at a restaurant!