

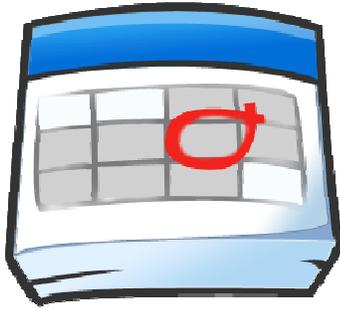


Lancaster Area Celiacs

# LAC Newsletter

Spring, 2015

<http://www.lancasterareaceliacs.org>



## Mark Your Calendars

### LAC Fall Meeting:

*Monday, September 14*

### Speaker:

**Dr. Justin Harberson, MD,**  
*Lancaster Gastroenterology,  
Inc.*

### All meetings:

*Doors open 6:15 pm  
Meeting starts 7:00 pm*

### Held at: Calvary Church

*1051 Landis Valley Road  
Lancaster, PA 17601  
Fellowship Hall  
(Use East Entrance under  
portico, after church office  
entrance.)*

## Spring Meeting - May 11, 2015

### “Spring Tune-Up: Maintaining Proper Health & Wellness on the Gluten Free Diet”

**Date:** Monday, May 11, 2015

**6:15 pm:** Doors & Vendors Open for  
Shopping

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

**Speaker: Dana Elia, MS, RDN, LDN**  
Integrative & Functional Dietitian and  
Nutritionist with Fusion Integrative  
Health & Wellness, LLC

Dana received a BS in Human Ecology-  
Dietetics from Montclair State University and  
a Masters of Health Sciences in Integrative  
Health and Wellness from Rutgers Univer-  
sity.

She is a registered dietitian nutritionist with 20 years of experience in medi-  
cal nutrition therapy, integrative and functional nutrition, and health and  
wellness coaching. Dana also has extensive experience teaching group  
classes, and lecturing on a variety of health related topics to audiences of  
all age ranges for the general public, as well as continuing medical educa-  
tion programs to healthcare providers and professional organizations.  
Dana is an in-network provider with many of the area insurance companies  
and also offers single session or multiple session packages for self-paying  
patients. She is a member of several nutrition/wellness related organiza-  
tions.

### Program:

- How do we move beyond the GF “diet” and focus on whole body wellness?
- The core of whole body wellness begins with food - how to navigate through the sea of gluten free foods and make healthful choices.
- Keys to ensuring proper nutrition and prevention of vitamin/mineral deficiencies.
- The importance of follow-up care after diagnosis.



## Shady Maple Farm Market



### Gluten-Free Events

**When:** Friday & Saturday  
May 15 & 16 and  
May 29 & 30

**Time:** 10:00 am - 2:00 pm

**Where:** Shady Maple Farm Market, Inc.  
1324 Main Street  
East Earl, PA 17519  
Phone: 717-354-4981

- Food Demonstrations
- Vendors
- Lots of Specials
- Lots of Gluten-Free Samples

## 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 Editors</b> .....	Niki Cartwright Sandy Stine
<b>Newsletter Publisher</b> .....	Bill Stine
<b>Education/101 Class</b> .....	Barb Emmerich
<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</b> .....	Open

## New Pediatric Celiac Disease Support Group

(from GIG Southcentral PA Spring 2015 Newsletter)

A wonderful opportunity has become available for children with celiac disease and their parents. The Penn State Milton S. Hershey Medical Center is sponsoring a support group for patients aged 2 to 10 years with celiac disease.

This will be a child focused group that aims not only to educate both parents and children, but also to provide crucial networking opportunities for these young children and their families. This group plans to meet quarterly at The Penn State Milton S. Hershey Medical Center.



This support group is managed by Patricia Carper and Laurie Yuncker-Stumpf, CRNP of the Department of Pediatrics.

**Dates:** June 2  
September 1  
December 1

**Time:** 6:30 P.M.

**Location:** Penn State Children's Hospital,  
Room P1106/P1106A (first floor)

Please direct any interest or questions you may have to Patricia Carper, RN, BSN, CCRN, Department of Pediatrics, 717-531-7762.



## Other Area Support Groups

### Gluten Intolerance Group of Southcentral PA

Hershey, PA

Phone: 717-489-2701

E-mail: GIG.SouthcentralPA@gluten.net

Next meeting: Thursday, May 7, 2015

Program: Bob & Ruth's GF Dining and Travel Club

#### Time:

5:45 - Doors open for vendor shopping

6:45 pm - Program

#### Location:

Mohler Senior Center  
25 Hope Drive,  
Bldg 35, Hershey



### Gluten Intolerance Group of York

Contact: Jan Frey

Phone: 717-332-7360

E-mail: jrfrey@earthlink.net

## May Meeting Vendors

Betsy's Bakery



Ebenezer Wholistic Foods, LLC (New)



Garden Spot Distributors

Gossert's Homemade Goodness, LLC

Independent Associate ID Life (New)



The Dragonfly Cafe



## Tips From a Gluten-Free Teen

from Delight Gluten Free, March-April 2015

**PLAN AHEAD:** You always need to have a backup plan when you're out and about. Bring snack options in your favorite backpack.

**DON'T CHEAT:** It's not worth the consequences of getting sick when there are plenty of gluten-free options.

**COMMUNICATE:** Before going to a party, sporting event or sleepover, talk to the host's parents (or have your parents call) about what safe food is going to be available.

**GET INFORMED:** Learn all you can about celiac disease or gluten sensitivity. Learn how to read food labels and find hidden sources of gluten. Take note of which gluten-free products you like so you are always eating foods that taste good.

**DON'T BE AFRAID TO SPEAK UP:** When you can't eat something, SAY something. It's important to not skip meals or important snacks when we are still growing so much. You also shouldn't be worried about offending anyone if you've been served something with gluten. They will understand and will help you get the food you need.



# Celiac and Supplements

by Alexandra Shimalla  
from Delight Gluten Free, Sept-Oct 2014



All parents instill in their children the importance of a daily regimen of taking vitamins. We start with Flintstone chewables, work our way to the gummy teddy bear version and then we learn how to swallow the "bigger" pills.

While taking a daily vitamin is important for everyone, getting the proper nutrient boosts is even more important for people living with celiac disease. Why you ask? Celiac disease damages the lining of the small intestine and as a result, makes it more difficult to properly absorb nutrients. This means that many individuals with celiac disease become nutrient deficient and need supplements to improve their health in addition to the gluten-free diet.

To better explain adding supplements to a gluten-free diet, Delight sat down with Pam Cureton, RD, LDN Chair of Dietitians in Gluten Intolerance Diseases Subunit of Medical Nutrition Practice Group. She offered some great tips for eating whole foods and deciding when to add supplements to a daily diet.

### Why are celiac patients generally more at risk for low nutrient counts?

Uncontrolled celiac disease leads to damage of the intestinal villi and this would result in the decrease absorption of important nutrients—depending on the location of the damage—such as iron, calcium, B vitamins and vitamin D. Many gluten-free foods are made from refined flours and starches that are not fortified or enriched as their wheat counterparts; therefore, B vitamins, folate and iron may be missing from the diet.

### Which nutrients are these individuals usually deficient (or close to being deficient) in?

The Evidence Analysis Library states research supports that adherence to the

gluten-free dietary pattern may result in a diet that is low in iron, folate, niacin, vitamin B12, calcium, phosphorus and zinc.

### How can an individual with celiac disease be sure they are getting all the proper nutrients necessary in their diets?

The recommendations for those with celiac disease are the same as the general public, and I would recommend the guideline from the My Plate (<http://www.choosemyplate.gov/food-groups/>). The diet should include whole grains or enriched/fortified grains as well as fruits, vegetables, lean protein and low-fat dairy. Many of the naturally gluten-free grains such as amaranth, buckwheat, millet, teff, sorghum are nutrient powerhouses. Encouraging everyone, not just those who are gluten free, to use more of these grains would improve everyone's diet.

### Are there particular age groups that would benefit from a particular supplement over another?

Every diet must be evaluated carefully for nutritional deficiencies. Pregnant women need careful assessment of iron, calcium and folate in addition to all [other] vitamin/mineral intakes. Children should also be assessed for iron, calcium and vitamin D. Adults with reduced bone density or reduced serum levels of Vitamin D should be advised to add calcium and vitamin D through food and/or supplements

### Which supplements are the most common?

Calcium, iron, B vitamin complex and vitamin D.

### Is adding supplements to the diet different for children versus adults? If so, how would a child require different supplements?

Other than a general gluten-free multivitamin meeting 100% of the PDA or UDI, additional supplements must be given only after proper lab testing has been done. Mega dosing of any vitamin/mineral is not advised unless a medically proven deficiency exists. Beware of gummy vitamins as they may not contain important vitamins or minerals.

# Amaranth Bakery Opening Retail Shop



Kristen Ippolito, owner of Amaranth Bakery, will soon open the Amaranth Bake Shop in downtown Lancaster. Here are the details:

### Where:

112½ West Orange St

### Hours:

Tue-Sat, 9:00 - 4:00

Sun, 9:00 - 1:00

(Open later First Fridays)

### Phone:

717-945-7566

### Menu:

Assortment of gluten-free baked goods plus GF grains, flours and flour mixes. Hot & cold drinks and ready-to-eat foods will also be available.

# Gluten Intolerance Group Teams with Pizza Hut and Udi's for Gluten-Free Pizza Launch

The Gluten Intolerance Group (GIG), an industry leader in the certification of gluten-free products and food services, is proud to announce its partnership with Pizza Hut, the world's largest pizza company, and Udi's, the No. 1 gluten-free brand in North America, in bringing a certified, brand-recognized pizza option to the gluten-free community. Starting on January 26th in 2,400 select store locations, Pizza Hut launched two varieties of gluten-free pizzas: cheese-only and pepperoni. Pizza Hut Gluten-Free Pizza will be co-branded with the Udi's name, who will supply the crust, and will be the first major pizza chain to sell a pizza prepared with procedures that have been certified by GIG.

# Is Vinegar Gluten-Free?

from About Health by Jane Anderson

**Q**uestion:  
Is vinegar gluten-free?

**A**nswer:  
Vinegar is a controversial subject in the gluten-free world, so bear with me.

On the one hand, many experts consider almost all types



of vinegar — including vinegar created from gluten grains—to be safe on the gluten-free diet, because the vinegar distillation process breaks down and eliminates the gluten protein fragments.

But other experts question the safety of anything that starts out its life as gluten grains, noting that the available testing technology for gluten doesn't always pick up fragments of the protein that may nonetheless cause people to react.

And finally, you've got people with celiac disease and non-celiac gluten sensitivity who absolutely, without question, suffer a gluten grain reaction when they consume vinegar derived from gluten grains, regardless of what either group of experts says.

**So Who's Right About Gluten and Vinegar?**

Well, really, everyone is.

Vinegar - yes, even vinegar from gluten grains - tests well below the less than 20 parts per million gluten threshold that is considered "gluten-free" in the United States, Canada, the United Kingdom and Europe. So those who say vinegar is gluten-free are correct ... it qualifies for that distinction based on testing results.

But those who say they react to gluten grain-based vinegar are not imagining their reactions, either. A substantial minority of people with celiac and gluten sensitivity react both to distilled alcohol and distilled vinegar that are originally derived from gluten, even though most experts agree those substances are "gluten-free."

It's not clear what percentage of people this involves — there haven't been any studies on it — but it's enough that I advise those who are newly diagnosed to proceed very carefully when dealing with those types of alcohol and vinegar until they can determine for themselves whether they react or not ...

### Which Vinegars Are A Potential Problem?

Here's a rundown of the different types of vinegar, and whether each is safe to consume on the gluten-free diet:

**Malt vinegar:** This is the only vinegar that everyone agrees is strictly off-limits on the gluten-free diet — it's made from barley-based ale that's not distilled, so it definitely contains gluten.

### Distilled white vinegar:

White vinegar is the controversial one, as it can be made from almost any starch source or combination of sources, including

gluten grains. If you react to distilled alcohol that's crafted from gluten grains, you're at risk for reacting to distilled white vinegar, as well. Proceed with caution.

**Apple cider vinegar:** Since this vinegar is based on apple cider, not gluten grains, it should be safe on the gluten-free diet.

**Wine vinegar:** Like apple cider vinegar, vinegar made from either red or white wine should be okay to consume.

**Balsamic vinegar:** Balsamic vinegar starts out as grapes and is aged in casks made from wood. There's a very small possibility that the paste used to seal those casks (generally wheat or rye flour) could contaminate a batch of balsamic vinegar, but only those most sensitive to trace gluten would notice. Otherwise, balsamic vinegar should be safe on the gluten-free diet.

**Rice vinegar:** This type of vinegar - commonly used in Japanese cooking - is okay for people with celiac or gluten sensitivity to consume as long as it doesn't contain any other types of grains. Be wary of this, though: I had a horrible reaction once from "rice vinegar" I had on a salad at a Japanese restaurant that turned out to also contain barley malt.

**Cane vinegar:** Cane vinegar is made from sugar cane, and is considered gluten-free - in fact, one small manufacturer of certified gluten-free products uses cane vinegar in a variety of condiments.

**Flavored vinegars:** In this case, check the ingredients - many of these are safe, but some are not. For example, Heinz Tarragon Vinegar contains barley.

### What Else Should I Know About Vinegar?

Here are a few more facts about vinegar and gluten:

- In many countries, malt from barley is used to make most distilled white vinegar, but in the U.S., corn is the most commonly used substance. Heinz, for example, uses corn as the source for its distilled white vinegar.
- When vinegar is used in condiments such as mustard, ketchup and relish, the manufacturer does not need to specify what type of vinegar the condiment contains.
- Similarly, manufacturers do not need to disclose the presence of wheat (one of the top allergens) as a starting ingredient in distilled white vinegar because distillation is considered to break down and remove all the allergenic proteins. Therefore, you can't depend on the label to warn you about wheat-based vinegar —you'll need to call the manufacturer to be sure.
- The rice used to make sushi usually contains some vinegar - it's generally rice vinegar, but you may want to check the ingredients. (Ever since my bad experience with "rice vinegar" in a Japanese restaurant, I've asked sushi places to make my order with plain rice.)
- A few people who are extremely sensitive to trace gluten seem to react to almost all vinegars, including the ones I listed above as safe. In that case, the culprit could be gluten cross-contamination in the manufacturing facility, or possibly trace gluten contamination in the ingredients used to make the vinegar itself.



# General Mills Launches Gluten Free Cheerios

## Use of mechanically processed oats raises concerns among some consumers.

by Amy Ratner  
from Gluten-Free Living, June 2015

The news that General Mills is making five flavors of its popular Cheerios cereal gluten free is being greeted with both enthusiasm and suspicion in the gluten-free community. While many gluten-free consumers are excited to be able to eat Cheerios again, some are troubled by General Mills' decision to use oats that are mechanically processed to eliminate cross-contamination from gluten-containing grains instead of oats that are specifically grown to be gluten free.

The company will begin shipping the new gluten-free Cheerios to stores in July, and the products are expected to be on shelves in August and September. From then on the five flavors will only be made in the gluten-free version, much like many of the company's Chex cereals, said Mike Siemienas, a Cheerios spokesman. The price of Cheerios will not change as a result of going gluten free.

### What Kind Of Oats?

Oats used to make the cereal will go through a proprietary, mechanical system to remove any cross-contamination from wheat, barley or rye, according to General Mills. The removal process takes place after the oats are delivered to the cereal processing plant.

"We have good engineers who through years of work came up with a new process that came out with pure oats that are gluten free," Siemienas said.

He said he could not discuss the nitty-gritty details of the process because of the competitive nature of the business.

General Mills did consider using specialty gluten-free oats, which are grown in a way that prevents cross-contamination from the time the seeds are planted, but after extensive testing the company concluded its own process was better.

"We tested both options and are going with the one that provides the greatest consistency for our product," Siemienas said.

The mechanically processed oats were not being used in General Mills' Gluten Free Chex Oatmeal at press time, but Siemienas said the company is "looking into the possibility of moving to the oats that will be used

in Cheerios."

### The FDA Standard

He also noted that the gluten-free Cheerios, as well as the other 600 gluten-free products sold by General Mills, meet the U.S. Food and Drug Administration standard of less than 20 parts per million of gluten in foods labeled gluten free.

"We take very seriously the safety because we know people with celiac disease can't come in contact with gluten. We make sure we meet the FDA requirements," Siemienas said.

Steve L. Taylor, Ph.D., co-director of the Food Allergy Research & Resource Program at the University of Nebraska-Lincoln and an expert in gluten testing, said in an email that General Mills has taken a very serious corporate position on gluten free and has been an industry leader on the development of gluten-free products.

"If General Mills indicates that Cheerios are gluten free, then I would believe that they are indeed gluten free," he said. "I also personally know that General Mills is a very cautious company and that they would be unlikely to take any chances with the labeling decision."

The oats being used by General Mills in the gluten-free Cheerios are tested after they have been processed. Any that do not meet the standard are not used to make the cereals, Siemienas said. The finished cereal is also tested, he noted, and testing goes on daily.

Original, Honey Nut, Apple Cinnamon and Frosted flavors won't require any change beyond the use of uncontaminated oats. Multi-Grain Cheerios will also be reformulated to replace wheat and barley with sorghum and millet.

### Consumer Questions

While many gluten-free consumers welcomed news that the cereal is now on the gluten-free list, others questioned the use of regular oats versus specialty oats, the secrecy surrounding the process used to purify them and the lack of third-party certification of the cereals.

The FDA considers oats to be a gluten-free grain and does not require the use of specialty oats in

foods with a gluten-free label under gluten-free rules finalized in 2014. Products that contain oats must meet the 20 ppm standard in the finished food. Food companies are not required to test products to be sure they meet the standard but are subject to regulatory action and recall if a random inspection or investigation as a result of consumer complaint determines a product contains more gluten than allowed.

Before the FDA rules went into effect, only specialty gluten-free oats were allowed in foods with a gluten-free label. Mainstream oats are highly likely to be cross-contaminated by wheat, barley and rye in the field, in shared harvesting equipment and trucks used for shipping and in shared mills where the grains are processed. As a result they are not considered safe on the gluten-free diet. General Mills is the first large company to claim to be able to process mainstream oats in a way that removes enough cross-contamination to make them safe for gluten-free consumers.

Some consumers said they would be more willing to trust the mechanically processed oats if General Mills had independent third-party certification for products that contain them. Most certification groups have standards stricter than the FDA, requiring that products test to less than 10 ppm or less.

Siemienas said General Mills does not use third-party certification because the requirements vary among the certification groups, and the certification does not come from the FDA. "Ultimately all General Mills' products meet the FDA standard," Siemienas said.

"General Mills is making this claim on their packaging, and it is therefore their corporate responsibility to assure that this statement is accurate," Taylor said. He added that he does not think third-party certification would add real value if General Mills is already doing its own extensive testing for gluten residue similar to the testing a certification group would provide.

### Specialty Oats

Oats were once prohibited on the gluten-free diet altogether because of the high risk of cross-contamination. But that changed

after several companies developed specialty gluten-free oats by painstakingly keeping gluten-containing grains out of their fields—sometimes picking errant wheat, barley or rye out by hand. These companies also use specialty seeds and take steps to prevent cross-contamination when transporting and milling the oats.

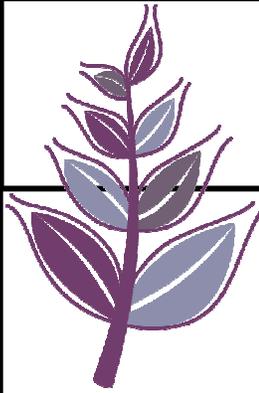
While uncontaminated oats are considered safe for the majority of those who have celiac disease, patients are advised to introduce oats into their diets slowly because of the increase in fiber. Less than 1 percent of those with celiac disease react to very large amounts of oats in their diets, according to the University of Chicago Celiac Disease Center.

Seaton Smith, an owner of GF Harvest, a specialty gluten-free oats producer, has celiac disease but remembers what Cheerios taste like and would like to enjoy them again. "But not without certified gluten-free oats in them," he wrote in an email.

He noted that he and two other North American gluten-free oat companies fought a 10-year battle to produce specialty oats and get them to be allowed on the gluten-free diet. "If [General Mills] is interested in making a gluten-free product, why not use some of the readily available certified gluten-free oats or at least have a third-party agency such as the Gluten Free Certification Organization certify this product?" he asked.

Taylor questioned whether it would even be possible for General Mills to use specialty gluten-free oats. "Current producers of specialty gluten-free oats do not likely have enough combined total production to meet the raw material needs of General Mills for gluten-free Cheerios production. Cheerios is a very big brand. So that option likely does not exist for General Mills for logistical reasons," he said.

Siemienas said General Mills has a continuing commitment to the gluten-free consumer versus an interest in the gluten-free fad. "The fact that we worked on this for several years and did not rush to get a gluten-free product out shows that we are making sure it is safe," he said.



## Oat Fiber Friend or Foe?

Oat fiber is nutritious.

But GF consumers are suspicious about its source.

by Van Waffle from Gluten-Free Living, June 2015

**O**at fiber is an ingredient that can make gluten-free foods more tasty and nutritious. And it's generally considered safe in products labeled gluten free under the U.S. Food and Drug Administration's rules.

However, it's not clear where food makers are getting oat fiber used in gluten-free foods, raising questions about whether it comes from specialty gluten-free oats or regular oats that have a high risk of cross-contamination.

The picture is further complicated because the FDA doesn't allow food makers to specify in the ingredients list whether oat fiber is derived from pure, uncontaminated oats or regular oats exposed to gluten-containing grains. The same is also true for oats themselves used in gluten-

free products.

The FDA considers oats to be a gluten-free grain and doesn't require the use of specialty oats in products labeled gluten free. The FDA does mandate that any food with a gluten-free label has to contain less than 20 parts per million (ppm) of gluten in the finished food. This rule has resulted in overall consumer confusion about the use of oats in gluten-free products. Before the FDA rules went into effect, only specialty gluten-free oats were allowed in foods with a gluten-free label.

Now a food maker can use oats or oat fiber that contains more than 20 ppm of gluten as long as the total mix of ingredients in a product results in a total gluten concentration of less than 20 ppm, the level considered safe for people with celiac disease.

Nutritionists recommend that people with celiac disease should consume only specially grown and processed gluten-free oats that contain

less than 20 ppm of gluten, but in most cases oat fiber doesn't meet that standard. Consumer advocates say the industry needs more transparency so the source and safety of oats is more apparent to buyers.

### Valuable Nutrients

Kantha Shelke, Ph.D., a cereal chemist and professional member of the Institute of Food Technologists, says that when manufacturers use oat fiber it may be derived from either the outer hull of the kernel or from the internal edible portion, called the groats. After the groats are heat treated to deactivate enzymes and prevent spoilage, they may be ground and sifted to remove the finer, starchy portion. Whafs left over can be called oat fiber and is the part most likely used as an ingredient because it has important nutritive values.

In addition to being an ingredient in foods, oat fiber is sold as a nutritional supplement because it's so good at balancing the less-desirable effects of refined starches.



## The New Word on Wheat Starch

Why GF foods in the US can now include this once-banned ingredient.

by Van Waffle from Gluten-Free Living, Feb 2015

A new and unlikely ingredient is making its way into a few gluten-free foods. Don't be surprised to find wheat starch in some products in the United States.

New U.S. Food and Drug Administration (FDA) rules allow wheat starch in gluten-free foods if the wheat starch is specifically processed to remove gluten. Some food companies say it can improve flavor and texture in certain products.

But gluten-free consumers who have long gone by the rule that any food that contains wheat, barley or rye in any form is forbidden may have some trouble adjusting to the idea that certain kinds of wheat starch are now allowed.

It has already appeared in a chocolate and tangerine treat in one of GoPicnic's gluten-free packaged meals. And Dr. Schar, a European company that has made foods for special diets for 93 years, will introduce gluten-free plain and chocolate-filled croissants containing wheat starch in the United States early this

year. Dr. Schar currently sells gluten-free croissants in Europe that list wheat starch as a main ingredient.

Wheat starch processed to remove gluten, called Codex wheat starch, has been allowed in gluten-free food in Europe for more than a decade based on studies that show it is not harmful to those who have celiac disease. But wheat starch was not allowed in the United States until the recent finalization of the FDA rules for gluten-free foods.

Although some food companies plan to begin using wheat starch, don't expect many to follow quickly. Overall, use of wheat starch in gluten-free food appears to be a tough sell to both food makers and consumers.

### Danger Signal

Pam Cureton, R.D., a celiac disease specialist at the Center for Celiac Research and Treatment in Boston, teaches new patients to read ingredient labels and to avoid wheat, barley, rye, malt, brewer's yeast and—unless the product is labeled gluten free—oats.

But she now has to make an exception for wheat starch and explain to her patients why it can be acceptable

on the gluten-free diet. Whenever wheat starch is used in a food labeled "gluten free," it must appear in the ingredients list. Wheat will also appear in the "Contains" statement if the product has one.

The label also has to say that the "wheat has been processed to allow this food to meet the Food and Drug Administration (FDA) requirements for gluten-free foods." When an ingredient list says only "starch," it means cornstarch, which is naturally gluten-free, Cureton notes.

"When [gluten-free consumers] see 'Contains wheat,' of course they'll put [the product] back on the shelf Cureton observes. "They're hesitant to purchase even a product that says it's manufactured in a plant that contains wheat.

"Our consumers will avoid those types of products. So a lot of education is needed to explain to them that this wheat starch has been processed to remove the protein and it must meet the standards of the FDA to be less than 20 parts per million [ppm]."

The FDA in 2013 established safety standards for gluten-free foods.

Products labeled gluten free have to contain less than 20 ppm of gluten and may not be made with gluten-containing grains such as wheat or any derived ingredients that have not been processed to remove gluten.

However, foods labeled gluten free may contain a derived ingredient if it has been processed to remove gluten as long as the final food product contains less than 20 ppm. Wheat starch is an example of this kind of ingredient, along with a few others, according to the FDA.

Products made with gluten-free wheat starch are absolutely safe, says Cureton, even for people with particularly high sensitivity to gluten. Wheat starch contains such a tiny amount of gluten that it doesn't significantly add to the gluten level in the final product. But consumers have to continue to read labels, understand what they mean, and make sure anything containing wheat starch also identifies itself as gluten-free and says that the ingredient has been processed to remove gluten.

**Meeting Recap: Snyder's-Lance, Inc**  
**Gluten-Free Product Development &**  
**Taste Testing**  
 January 12, 2015 by Jana Schultz

Kara Gustafson, Sr. Sensory Technician, first gave us some background about her company and its products, especially their gluten-free lines. She noted the impact the rising number of diagnosed celiac and gluten sensitive customers is having on the market.



An idea for any new product is first conceived and researched by their marketing staff. Development then begins, followed by product testing. We, in fact, got to participate in an actual taste testing of two upcoming new gluten-free mini-cracker product introductions. We first tasted each cracker, one with a cheese filling and one with a peanut butter filling, followed by the completion of survey forms. Our feedback, along with others, will be used to "tweak" the products. Their goal is to produce gluten-free products very similar to gluten-containing products.

She noted the production of gluten-free products offers challenges different than those of producing gluten-containing products. The recipes require more water and fat to prevent dryness. Gluten-free batches are much smaller, require special handling and extruding equipment and are manufactured in a separate area.

A question and answer session followed. Of course, many of us suggested gluten-free versions of some of their other products.

... to January's speakers, Kara Gustafson & Amy Sorice, from Snyder's-Lance, Inc.



... to vendors who participated in our September meeting & offered delicious samples:

- **Amaranth Gluten-Free Bakery**
- **Betsy's Bakery**
- **Burriss Country Kitchen**
- **Tastefully Simple**
- **The Dragonfly Cafe**
- **Sunshine Tomato Company**

... to **Garden Spot Distributors** for gluten-free product samples

## Sticky Sesame Chicken Tenders

by Bill Stine

### Ingredients:

- 1½ lbs Chicken Tenders
- 2 Tbs Toasted Sesame Seeds
- 1 Green Onion, finely chopped
- Cooking Spray

### Sauce:

- 1 tsp Garlic, minced
- ¾ tsp coarse Salt
- 2 Tbs low sodium Soy Sauce
- 2 Tbs Hoisin Sauce (*I used Pad Thai since GF Hoisin is hard to find*)
- 2 Tbs Honey
- 1 tsp Sesame Oil
- 1 pinch Cayenne Pepper

### Directions:

1. Preheat oven to 425 degrees.
2. Line a large shallow baking pan with foil and spray with cooking spray.
3. In a medium bowl, add the garlic, salt, soy sauce, hoisin, honey, oil and a pinch of cayenne. Add the chicken tenders to the sauce and turn to coat.
4. Arrange the tenders in a single layer on the baking pan, turning over once, until cooked through, about 20 minutes.
5. Sprinkle chicken with the toasted sesame seeds and onions and serve.

