

# IGIST

Indiana Gluten Intolerance Support Team



FEBRUARY 2019

Our next meeting will be on **Sunday, March 10<sup>th</sup>, 2019 at 1:30 PM**  
Unitarian Universalist Church, 333 Meridian St. West Lafayette IN.  
Enter either at the red mailbox off Smiley or  
at the door just inside the fenced-in play area.

At this meeting we'll keep warm by trying out homemade and store bought soups. If you have a good soup you'd like to make and bring, please do! Don't have a favorite soup? Bring your favorite GF crackers or bread, or bring a can of soup we can try; we have a microwave where we can heat things up.

Any suggestions for meetings are welcome!

Send any article you'd like in the newsletter to Nancy Linnemann, 2635 N 400W,  
West Lafayette, IN 47906

## MEETINGS

IGIST meets at 1:30 pm on the second Sunday five months of every year at the UU Church at 333 Meridian St. in West Lafayette, IN, unless otherwise specified. All active members and their families are welcome. Memberships are \$15/year. Guests are welcome.

**The next meeting will be Sunday, April 14<sup>th</sup>.**

Would you like to attend? Contact Nancy Linneman at 497-0665 or [n.linnemann@comcast.net](mailto:n.linnemann@comcast.net).

## One-third of 'gluten-free' restaurant food contains gluten

<https://www.healio.com/gastroenterology/malabsorption/news/online/%7Bc27a8368-8e25-4a82-ad60-14edfda88994%7D/one-third-of-gluten-free-restaurant-food-contains-gluten>

PHILADELPHIA — As much as one-third of food labeled as gluten-free in restaurants are [contaminated with gluten](#), according to research presented at the American College of Gastroenterology Annual Meeting.

“Restaurants are now offering gluten-free options more than ever before,” **Benjamin A. Lerner, MD**, of Columbia University Medical Center, said during his presentation. “While the FDA regulates packaged foods claiming to be gluten-free, no similar oversight exists for restaurants.”

Using crowd-sourced data from users of Nima (Nima Labs), a portable gluten detection device, Lerner and colleagues determined the rates and risk factors for gluten contamination for restaurants throughout the United States.

Over the course of 18 months, 804 Nima users submitted 5,624 tests that all included information on the date, food item, restaurant name, presence or absence of a gluten-free label, and the presence or absence of gluten.

Of 4,732 tested items with a gluten-free label, 32.2% contained gluten, slightly higher than the percentage of all tested foods that contained gluten (32%). Compared with other foods, gluten-free labeled pasta and pizza were the most likely kinds of foods to be contaminated with 53.2% (OR = 2.5; 95% CI, 2–3.2) and 50.8% (OR = 2.1; 95% CI, 1.5–3.1) of tests detecting gluten, respectively.

Researchers found that gluten was most likely to be detected during dinner (34%) compared with a low during breakfast (27.2%). Gluten-free labeled food from restaurants in the western region of the United States were less likely to contain gluten than foods from restaurants in the northeast (OR = 0.8; 95% CI, 0.67–0.95).

“Future studies should use our findings to identify mechanisms of contamination and test interventions to reduce it, thereby improving adherence to gluten-free diets by patients with [celiac disease](#),” Lerner said. – *by Alex Young*

## Gluten Free Soup List

Campbell's: No gluten free soups, but some broths are gluten free:

<https://www.campbellsoupcompany.com/connect-with-campbell/faq/?kb=2074622&doc=951804&exp=Gluten>

Imagine and Pacific Foods: Their web sites do not list gluten free soups, but they clearly label their packaging to show if it is gluten free.

Progresso: over 25 of their soups are gluten free and are clearly labeled on the back:

<https://www.progresso.com/products/>

[Wolfgang Puck organic soups:](#)

Black Bean

FreeRange Chicken with White and WildRice

Free Range Chicken with Tuscan Style White Bean and Pesto

French Onion

Hearty Lentil

Vegetable

Signature Butternut Squash

Signature Tortilla

Tomato Basil Bisque

Reduced Sodium Tomato Basil Bisque

[Better Than Boullion](#) : their company does not claim any of their boullions are gluten free.

[Kitchen Basics](#): They test all their broths to be free of gluten down to 5ppm.

Herb-Ox:

*Herb-Ox*<sup>®</sup> Beef Bouillon (Cubes, Granuales, Packets)

*Herb-Ox*<sup>®</sup> Chicken Bouillon (Cubes, Granuales, Packets)

*Herb-Ox*<sup>®</sup> Vegetable Bouillon (Cubes, Granuales, Packets)

Knorr: Knorr states "We recommend consumers read the label each time before buying our product. If gluten is present, it is clearly listed in plain language on the ingredient label (i.e., wheat flour, rye, barley, oats, and malt). Malt is a barley based ingredient. Since product formulations change from time to time, we do not publish a list of gluten-free flavors. For more information on Knorr products visit [Smartlabel](#). Information on gluten based ingredients would be found in the "Allergens" tab."

Swanson's broths:

100% Natural Unsalted Beef Broth

50% Less Sodium Beef Broth

50% Less Sodium Chicken Broth

Beef Broth,

Beef Cooking Stock,

Chicken Bone Broth, 32 oz. Resealable Carton

Chicken Broth

Chicken Cooking Stock

Organic Free-Range Chicken Bone Broth

Organic Free-Range Chicken Broth, 32 oz.00051000225368Swanson® Organic Free-

Range Chicken Stock

Organic Vegetable Broth, 32 oz.

Seafood Cooking Stock,

Unsalted Beef Flavored Cooking Stock,

Unsalted Chicken Broth

Unsalted Chicken Cooking Stock

Vegetable Cooking Stock

Crafted Artisan Beef Broth,

Crafted Parmesan Chicken Brodo

Crafted Roasted Chicken Broth

Natural Goodness™ 100% Natural Chicken Broth

1/8/2019

Creamy Dairy Free Tomato Soup. - The Pretty Bee

## Creamy Dairy Free Tomato Soup.

★★★★★

A rich and creamy tomato soup recipe that's dairy free and so delicious! This vegan soup is sure to become a family favorite.

**Course** Soup  
**Cuisine** Dairy Free, gluten free, vegan.  
**Keyword** dairy free tomato soup, vegan tomato soup recipe

**Prep Time** 5 minutes  
**Cook Time** 10 minutes  
**Total Time** 15 minutes

**Servings** 4  
**Calories** 306 kcal  
**Author** Kelly Roenicke

### Ingredients

30 ounces organic tomato sauce  
2 cups full fat canned unsweetened coconut milk  
2 Tablespoons organic cane sugar  
2 teaspoons garlic powder  
1 teaspoon onion powder  
2 teaspoons Italian seasoning  
1 1/4 teaspoons salt  
1/2 teaspoon pepper  
sliced green onions for garnish

### Instructions

1. Put the organic tomato sauce and the coconut milk in a pan and whisk together over medium heat.
2. Add the sugar and spices and stir well.
3. Cook until the soup is heated through. Do not boil.
4. Serve topped with green onions and more salt and pepper if desired.

### Recipe Notes

This soup should keep in the refrigerator for up to five days.  
If you aren't dairy free, you can use dairy milk or cream if you wish.

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### Zucchini, potato soup Nancy Linnemann

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4 large zucchini  
2 large red potatoes  
1/2 cup diced onion, red or yellow  
1 can chicken broth OR 1 massel bouillon cube dissolved in 1 cup of water  
1/2 cup milk  
2 tbs butter  
salt and pepper

Wash and cut zucchini into small pieces, wash and peel potatoes,  
Put zucchini, potatoes and onion in pot of water and boil until veggies are soft.  
Drain and mash zucchini and potatoes and onion. Add chicken broth, milk, butter and  
salt and pepper.

Serve hot with slice of swiss cheese melted in each bowl.