

IGIST

Indiana Gluten Intolerance Support Team



MAY 2019

There will be no spring gluten free picnic at Nancy Linnemann's this year. As you know I fell in January and broke my left wrist. It has healed slowly and still has problems with 1 bone. Two weeks ago I developed gout in my right hand and it has been VERY painful. It is better but still not very usable. They say the problem is from over using the right hand while my left, dominant hand, was healing and now both are inflamed with arthritis.

Neither hand can be used for very long before the pain sets in and I need to rest and ice them. They might be fine in another few weeks but I cannot count on my being able to set everything up for our annual picnic at my house. If you want to see the irises in bloom just call me by Mid May or stop out at your convenience.

I am very sorry to have to cancel this event. If you want a gluten free picnic at your house just let me know when it will be. Keep in mind May 12 is Mother's Day and May 26th is Memorial Day. Just for the record May 18 I will be out of town going to my oldest grandsons wedding. You could have the picnic in June if you like, but then we have some school graduations and Father's Day to deal with.

I propose we have our next meeting in September and we have a gluten free brunch at the church where we usually meet. I hope you have a fun Summer and stay well .

Kix cereal manufactured by General Mills is gluten free but not labeled as such. Kix has NO ingredients that contain gluten, and neither do Berry Berry Kix or Honey Kix.

This summer newsletter is your news filled summer meeting. I have put in gluten free news articles, gluten free recipes and for those of you who are going to travel or just not cook all the time at home I have listed some gluten free restaurants.

Enjoy!

Any questions call Nancy 765-497-0665

Francine Lintner, a long time member of our group died on , May14. She always came to meetings with her husband, John, who died 2 months ago, She was the lady who made the wonderful fudge. Visitation will be 11 a.m.-1 p.m. Tuesday, May 21, 2019 at Goodwin Funeral Home, 200 S. Main St., Frankfort. Funeral celebration will begin at 1 p.m. at the funeral home. Entombment will be in Tippecanoe Memory Gardens Mausoleum, W. Lafayette, Ind.

<http://goodwinfuneralhome.com/obituaries/francine-a-lintner-2/>

Gluten Free Restaurant Options

P.F. Chang's China Bistro

P.F. Chang's is another favorite fast casual go-to restaurant for those who eat gluten-free, and many gluten-free diners have had good success ordering off the chain's dedicated [gluten-free menu](#).

The choices include a wide variety of appetizers, gluten-free egg drop soup, a noodle dish, plenty of entree options and even vegetarian options. You even can order a great dessert, P.F. Chang's excellent GF flourless chocolate dome.

Gluten-free options at P.F. Chang's include:

- Chang's chicken lettuce wraps
- Egg drop soup
- Fried rice
- Spicy chicken
- Mongolian beef
- Shrimp with lobster sauce
- Pad Thai
- Berries and cream shortcake
- Flourless chocolate dome

All of P.F. Chang's gluten-free dishes are served on a special plate with the chain's logo so that you know you're getting a safe meal. The restaurant also uses [gluten-free soy sauce](#) in its GF creations.

Cheeseburger in Paradise

Cheeseburger in Paradise isn't technically fast food (it would fall into the "casual dining" category), but it makes our list because of its [excellent gluten-free menu](#).

At this iconic restaurant owned by singer Jimmy Buffett, you can order a cheeseburger on a gluten-free bun with a side of gluten-free fries.

The restaurant, which has locations in 16 states (including, of course, Florida), works with the Gluten Intolerance Group to develop GF menu items and prevent cross-contamination in the kitchen.

If you're not in the mood for a cheeseburger (or a hamburger), you can order one of many entree-sized salads, or potentially choose between ribs, salmon and chicken entrees.

For dessert, there's only ice cream, but you can consider a variety of non-alcoholic beverages, including a root beer float. There are also a few gluten-free kids' menu items, including French fries.

Sonic Drive-In

If you like burgers without a bun, you can order one at Sonic Drive In, and the fries and tater tots are gluten-free, too, according to [Sonic's allergen table](#). However, any fried foods (such as those fries and tater tots) may be exposed to gluten-containing items in shared fryers.

Sonic's shakes, which come with a huge variety of toppings, may be a better reason to go to the drive-in fast food restaurant. Many of the potential shake toppings are gluten-free (with the exception of obvious ones, such as Oreos, malt syrup, and pie crumb pieces, and not-so-obvious ones, such as Salted Caramel).

Make sure before ordering a shake that you ask the worker to make it in an absolutely clean mixer.

Arby's

Arby's, owned by the same company as Wendy's, features a fairly comprehensive [gluten-free menu](#) for a fast food restaurant.

If you're gluten-free, it's possible to dine at Arby's on most of the meats (without a bun, of course) and on the Farmhouse salad with roast turkey. The chocolate, jamocha swirl, and vanilla shakes also are listed as gluten-free.

However, unlike Chick-fil-A (and like most other fast food restaurants), Arby's prepares its fries in the same oil as it cooks gluten foods, so Arby's fries and potato cakes are not safe.

You'll also need to [work with the person behind the counter](#) to avoid gluten cross-contamination.

Chili's Bar and Grill

Chili's Grill & Bar Restaurant, which has locations throughout the U.S. and in 34 other countries, has a fairly extensive gluten-free [menu](#), with some caveats. This is another restaurant that fits more into the "casual dining" category than the fast food category.

Gluten-free options at Chili's include:

- Loaded baked potato soup
- Caribbean salad with either chicken or shrimp
- Craft burgers without buns

- Fajitas with corn tortillas
- Baby back ribs with some sauces
- Ancho salmon

Chili's notes that its gluten-free menu is based on information from food suppliers, and says it can't guarantee the absence of allergens in the food, in part because of the possibility of gluten cross-contamination in the kitchen.

Chick-fil-A

Chick-fil-A provides the best gluten-free list of any fast food restaurant—the six-page document lists a huge variety of menu options and provides the ingredients for each one, so people with additional food allergies or intolerances can determine what's safe for them to eat.

[Chick-fil-A gluten-free options](#) include:

- Grilled chicken sandwich on a gluten-free bun
- Breakfast egg white sandwich on a gluten-free bun
- Breakfast hashbrowns (cooked in a dedicated gluten-free fryer)
- Grilled chicken nuggets
- Grilled Market salad
- Spicy Southwest salad
- Waffle fries (cooked in a dedicated gluten-free fryer)
- Fruit cup
- Frosted lemonade

It's possible to enjoy a chicken sandwich with bun, several different meal-sized salads (with chicken or without), a couple of different breakfast items, and Chick-fil-A's waffle fries, which are cooked in separate fryers (be sure to check with your individual restaurant to be sure about the fryer status).

In addition, the fast food chain offers grilled gluten-free chicken nuggets and blended fruit applesauce on its kids' menu. Chick-fil-A's yogurt parfait and Ice Dream dessert cup are listed as gluten-free. Many people report good gluten-free experiences at Chick-fil-A.

When you order, make sure to place an "allergy alert" on your food for gluten.

Wendy's

Many people with celiac or gluten sensitivity head to Wendy's as their first choice when looking for a gluten-free fast food restaurant. According to Wendy's published gluten-free menu, most or all of the chain's trademark baked potatoes contain [no gluten ingredients](#), and Wendy's chili, chocolate and vanilla Frostys are on the list as well.

At Wendy's, you can eat the salads without croutons (assuming they're not pre-prepared with croutons—never, ever pick croutons off a salad!), and most of the salad dressings are listed as safe. You also can order a hamburger or cheeseburger without the bun.

When ordering, be certain the people behind the counter know to change their gloves and to avoid cross-contact with any gluten-containing items.

In a few Wendy's locations, you may be able to eat the fries—you'll need to check to see if they're fried in the same oil as gluten-containing items.

Five Guys

This made-from-scratch chain [offers](#) mainly burgers, hot dogs and fries. Beyond hamburger and hot dog buns, only three items on Five Guys' menu contain gluten: malted milk, cherry flavoring, and Oreo cookie mix-ins (all of which are for the chain's milk shakes). The staff cleans the milk shake machine in between uses, but you may want to steer clear of shakes if you're particularly sensitive.

Five Guys does not offer a gluten-free bun, but you can order your burger wrapped in lettuce. All the possible toppings are safe. In addition, the chain's fries are cooked in a dedicated gluten-free fryer and are safe.

Make sure to ask for the person making your burger with lettuce wrap to change gloves in order to minimize the risk of gluten cross-contamination.

Note that Five Guys serves peanuts in the shell for free in its stores (which routinely have peanut shells scattered around the tables and floors), so if you're [allergic to peanuts](#), you should choose another fast food chain.

Fast Food That's Not Recommended

Burger King

The Burger King [gluten-free list](#) includes both menu items and ingredients in menu items, and it can be difficult to decipher what on the menu actually will turn out gluten-free—for example, it states that "spring mix Romaine" and "lettuce" are gluten-free, but doesn't say whether a prepared salad would be safe. However, the Garden Fresh Salad with Apple and Cranberry and Tendergrill chicken is listed as gluten-free.

French fries and sausage patties are listed as "gluten-free," but the list notes that they may be fried with gluten-containing items, which is a deal-killer.

Still, the list might provide some options (especially if you're starving) if it was coupled by an understanding Burger King staffer. For example, it might be possible to get a bunless

hamburger there with the gluten-free fries (just confirm that the individual location does not use a shared fryer).

KFC

There's basically nothing safe to eat that's gluten-free at KFC (with the exception of one or two salads), and the chain has made little effort to accommodate us. Honestly, there are much better choices.

McDonald's

McDonald's doesn't maintain a gluten-free menu, stating instead that since ingredients and suppliers change frequently, people with concerns should check back at the company's [website](#). There, you can find wheat (but not barley and rye) declared in their various ingredients lists.

There's a tremendous debate in the gluten-free community about whether McDonald's fries are gluten-free.

The oil they are fried in contains wheat derivatives, but McDonald's maintains the fries themselves contain no gluten detectable by tests that go down to 3 parts per million. Many people who are especially sensitive avoid McDonald's fries, especially since there are better options available.

Taco Bell

In a nod to the popularity of Chipotle, Taco Bell is now offering Cantina Power Bowls, all of which contain rice, meat, beans and vegetables and are marked as gluten-free on the chain's website.

The risk of gluten cross-contamination is extremely high at Taco Bell.

Hashbrowns also are considered gluten-free (although they may be fried in a shared fryer, so ask and avoid if the answer is yes), as are several sides, including black beans, chips and guacamole, chips and nacho cheese sauce, chips and salsa, nacho cheese Doritos chips, and premium Latin rice. Check out Taco Bell's allergen information [here](#).

<https://www.verywellfit.com/gluten-free-fast-food-562726>

Why do pills have gluten? Ingredients in medications may trigger allergic reaction

'Almost every pill and capsule' contains inactive compounds such as lactose, gluten and food dyes, new study finds.

<https://www.nbcnews.com/health/kids-health/why-do-pills-have-gluten-ingredients-medications-may-trigger-allergic-n982876>

This is a good summary of the issues people have with hidden ingredients in medications; every pill has materials called 'excipients', which are the 'filler' in the pill to make it into a pill shape and to sometimes help stabilize the drug. If you're unsure about a medication, you can look at the manufacturer's website or ask your pharmacist if you can look at the Prescribing Information pamphlet (it's usually in the box and folded up) which will list all of the ingredients in a drug.

The article states:

"Among the team's other findings were:

- Approximately 45 percent of medications contained lactose.
- Approximately 33 percent contained a food dye.
- 55 percent contained at least one hard-to-digest sugar linked to symptoms of gas, bloating, abdominal pain, diarrhea, constipation.

"Many probably have amounts that are low enough that they wouldn't induce a reaction, but in patients taking more than one medication they might pose a problem," Traverso said. "For example, lactose is in a significant proportion of medications."

Some drugs contain inactive ingredients that might actually worsen symptoms in conditions the medications are prescribed to treat. As an example, Traverso points to the hard-to-digest sugars, known as FODMAPS (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols), that can worsen symptoms of IBS."

On April 3, The Gluten in Medications Bill has been introduced in the House of Representatives, see here: <https://celiac.org/about-the-foundation/featured-news/2019/04/the-gluten-in-medicine-disclosure-act-of-2019-introduced-in-the-house/>

Impossibly Easy French Apple Pie

Serves: 6

From: Betty Crocker

Ingredients:

Filling

3 cups thinly sliced peeled apples (3 medium)

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/2 cup Bisquick Gluten Free mix (Betty Crocker's Gluten Free Bisquick is available in most grocery stores near the baking mixes)

1/2 cup granulated sugar

1/2 cup milk

2 tablespoons butter or margarine, melted

3 eggs

Streusel Ingredients:

1/3 cup Bisquick Gluten Free mix

1/3 cup chopped nuts

1/4 cup packed brown sugar

3 tablespoons firm butter or margarine

Directions:

Heat oven to 325°F. Spray 9-inch glass pie plate with cooking spray. In medium bowl, mix apples, cinnamon and nutmeg; place in pie plate.

In medium bowl, stir remaining filling ingredients until well blended. Pour over apple mixture in pie plate. In small bowl, mix all streusel ingredients until crumbly; sprinkle over filling.

Bake 45 to 50 minutes or until knife inserted in center comes out clean. Store in refrigerator.

Recipe Source:

<http://www.PerfectPotluck.com/recipes/gluten-free/all/impossibly-easy-french-apple-pie/>

Dairy-Free Gluten-Free Ice Cream Sandwiches

Serves: 6 to 8

Recipe from: Go Dairy Free

Ingredients:

1 pint dairy-free, gluten-free ice cream (I recommend So Delicious Dairy Free Cookie Dough, Vanilla, or Chocolate Ice Cream)

Graham crackers (Gluten-Free if needed) or your favorite cookies (homemade or store-bought)

Mini dairy-free chocolate chips, optional

Coarse salt, optional

Directions:

Let the ice cream sit on the counter for about 20 minutes to soften.

Give the ice cream a stir to make it uniform in consistency.

Place a graham or cookie on a flat surface, bottom side up, and top with a thick layer of the ice cream. It doesn't need to be pretty at first.

Gently top with a second graham or cookie, lightly pressing down to seal, without breaking it.

Place it in the freezer and repeat with more grahams or cookies until the ice cream is gone or almost gone.

Once the sandwiches have chilled for about 20 to 30 minutes, remove them one by one and smooth the sides.

If desired, place some chocolate chips on a plate, and roll the ice cream sides to cover. Refreeze.

Another option is to melt the chocolate chips, adding about 1 teaspoon of dairy-free margarine or shortening per half cup of chips, and dip them in the chocolate. Sprinkle on coarse salt, and return the ice cream sandwiches to the freezer to set-up.

Store the ice cream sandwiches in a freezer-container until ready to eat.

Recipe Source:

<http://www.PerfectPotluck.com/recipes/gluten-free/all/dairy-free-gluten-free-ice-cream-sandwiches/>



"94"

"THE DOCTOR SAID I'M A SILLY ACT, AND I HAVE TO BE ON A GLUTEN FREE DIET."

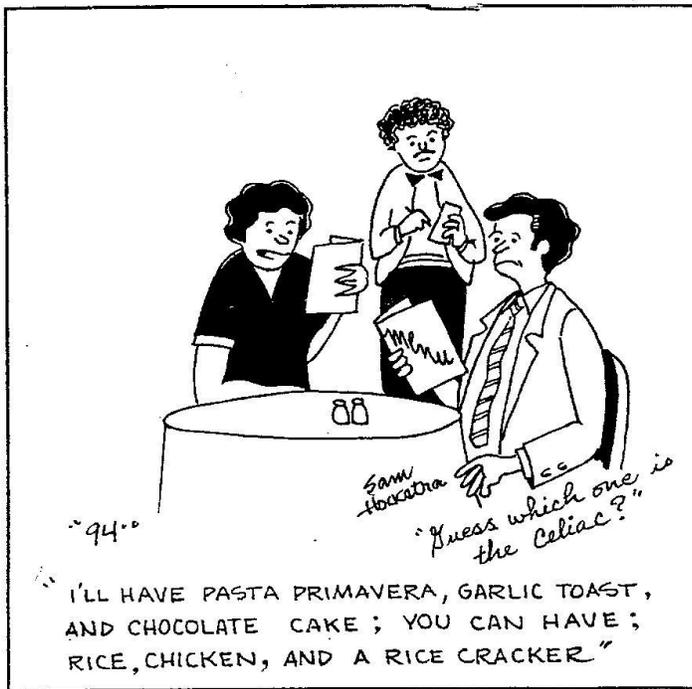
Sam Hockatra



"93"

"TIME TO PLAY GLUTEN ROULETTE!"

Sam Hockatra

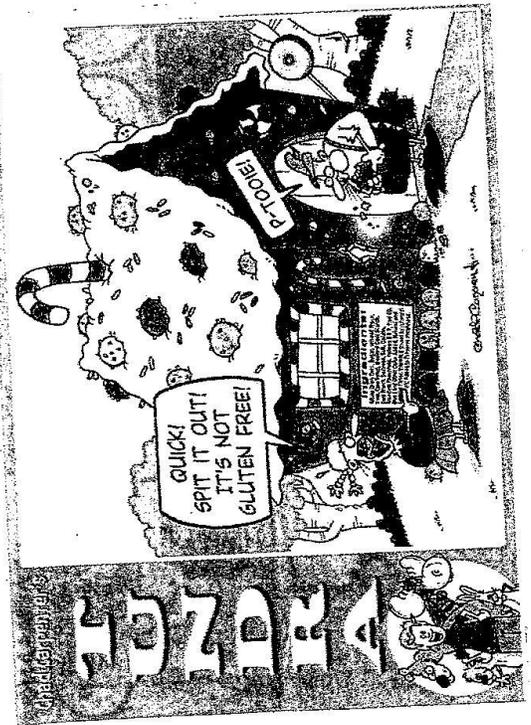


"94"

"I'LL HAVE PASTA PRIMAVERA, GARLIC TOAST, AND CHOCOLATE CAKE; YOU CAN HAVE; RICE, CHICKEN, AND A RICE CRACKER"

Sam Hockatra

"Guess which one is the Celiac?"



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