

# IGIST

Indiana Gluten Intolerance Support Team

Our next meeting is our Holiday Potluck!  
Sunday, November 19<sup>th</sup> 2017 1:30pm  
UU Church, 333 Meridian St., West Lafayette, IN  
Enter near the big red mailbox!



Please bring a main dish, salad or dessert. If you are going to attend, please contact Nancy via email or text ([n.linnemann@comcast.net](mailto:n.linnemann@comcast.net) or 765-497-0665) to let her know what you are going to bring. Your dish should feed six people.

We do need someone to cook a turkey or a ham, please contact Nancy if you're interested in doing this, and you'll be reimbursed for the cost.



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Holiday parties and potlucks are hard for those of us who are gluten free! Some party tips are:

- Eat beforehand
- Bring snacks with you
- Stick to the veggie tray
- Be sure to protect yourself first! Don't eat something out of guilt or fear that you'll make your host mad
- The best gift you can give yourself is good health!

## Meetings

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

Meetings are usually in January, March, May, September, and November.  
Would you like to attend? Contact Nancy Linnemann at 497-0665 or [n.linnemann@comcast.net](mailto:n.linnemann@comcast.net).

## Celiac News

Tricia Thompson of Gluten Free Watchdog, LLC, has been on a campaign to show the government that companies are not following the FDA's rules on gluten-free labeling. She's set up a citizen's petition on regulations.gov entitled "Requests that the FDA establish a specific protocol for increased surveillance, investigation and enforcement of potential Facial Misbranding violations under the Gluten-Free Labeling Rule." Link here:

<https://www.regulations.gov/docket?D=FDA-2017-P-5118> . On her Gluten Free Watchdog Facebook page (link: <https://www.facebook.com/Gluten-Free-Watchdog-LLC-258784214186574/>), she documents multiple examples of foods labeled "Gluten Free" which contain wheat or barley. The petition, which has over 1000 signatures, requests that the FDA start enforcing the labeling law they put into effect several years ago, so companies do not use a 'gluten free' label when the product is not gluten free.

The FDA recently published an interview with a renown celiac scientist and a scientist from the FDA on the repercussions of the FDA labeling rule (link: <https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm577489.htm?elqTrackId=D06936235ECB5C965BDD118E19103EDC&elq=083ec141695f42b1a7de52fb19533cdb&elqaid=754&elqat=1&elqCampaignId=354>). Although the rule has helped celiac disease sufferers, it is still recommended that you read every label, including products specifically labeled "Gluten Free". If you believe you were glutened by a product labeled Gluten Free, contact a FDA [Consumer Complaint Coordinator](#) in your region (Note: in Indiana, the contact number is 313-393-8189). The coordinator asks for specific information such as when the food was eaten, a copy of the product label, where it was purchased, and what the lot number was if available. This information assists the FDA district offices in collecting samples at the food facility, and will then study and test the product to see if it is mislabeled.

Celiac disease was in the pop culture news earlier this month when Mandy Moore, a musician and actress, reported that she was diagnosed with celiac disease (complete with a photo on Instagram of her right after her upper endoscopy!). <http://people.com/tv/mandy-moore-documents-her-upper-endoscopy-to-test-for-celiac-disease-on-instagram/>

Dr. Peter Green recently did a video for Business Insider, emphasizing that the gluten free diet is not a healthy diet, except for those with celiac disease or a diagnosed gluten sensitivity. Gluten free grains are not often fortified, and scientist have found that people on a gluten-free diet have increased levels of heavy metals — arsenic, lead, and mercury— which is likely due to the large amount of rice that's eaten on a gluten-free diet because rice appears to absorb these heavy metals from the ground at a greater rate than other grains.

<http://www.businessinsider.com/gluten-free-diet-unhealthy-most-people-without-celiac-disease-2017-10>

Canadian researchers have found that celiac disease is common but mostly goes undiagnosed, based on the bloodwork of nearly 3000 people studied in Toronto (<http://www.cbc.ca/news/health/celiac-disease-1.4343691>). Of those people, about one percent were found to have undiagnosed celiac disease. Researchers will need to conduct studies in other provinces to clarify whether or not the findings are representative of the whole country.

Canada will be pulling Gluten Free Cheerios off shelves this month (<https://globalnews.ca/news/3826328/celiac-association-applauds-general-mills-decision-to-pull-gluten-free-label-from-cheerios/>), as the Canadian Celiac Association expressed a question as to how General Mills was sorting their grains, whether the testing was adequate. No word on whether they would be doing the same in the US; note that the 'gluten free' label may have different requirements in Canada than in the US.

## Recipes

### Gluten Free Cranberry Bread

<https://glutenfreeonashoestring.com/gluten-free-cranberry-bread/>

6 tablespoons (84 g) unsalted butter, at room temperature  
1 cup (200 g) granulated sugar, plus 1 tablespoon  
2 eggs (100 g, weighed out of shell) at room temperature, beaten  
2 1/2 cups (350 g) [all-purpose gluten-free flour](#) (I used my Better Than Cup4Cup blend once, and Mock Better Batter another – both came out great)  
1 teaspoon xanthan gum (omit if your blend already contains it)  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
3/4 teaspoon kosher salt  
10 ounces fresh cranberries, halved  
1/2 cup (4 fluid ounces) milk, at room temperature\*  
1/2 cup (108 g) sour cream, at room temperature\*  
\*The milk and sour cream together can be replaced by 1 cup (227 g) plain whole milk yogurt, or with 1 cup (8 fluid ounces) real buttermilk.

- Preheat your oven to 350°F. Grease or line a standard 9 x 5-inch loaf pan and set it aside.
- In the bowl of a stand mixer fitted with the paddle attachment, or a large bowl with a handheld mixer, place the butter. Beat on medium-high speed until light and fluffy. Add the 1 cup of granulated sugar and the eggs, beating well after each addition.
- In a separate, medium-size bowl, place the flour blend, xanthan gum, baking powder, baking soda and salt, and whisk to combine well. Place the cranberry halves in a separate, small bowl. Add about one tablespoon of the dry ingredients to the cranberries, and toss to coat. Set the cranberries aside. To the bowl with the butter and sugar mixture, add the dry ingredients, alternating with the milk and sour cream, beginning and ending with the dry ingredients. The mixture will be thick but smooth.

Add the cranberries and reserved dry ingredients, and mix gently into the batter until evenly distributed throughout.

- Scrape the batter into the prepared pan, and smooth the top. It will nearly fill the pan. Smooth the top with a wet spatula, and sprinkle with the remaining tablespoon of sugar. Place the pan in the center of the preheated oven and bake, rotating once, until golden brown on top and a toothpick inserted in the center comes out clean (about 1 hour). Remove from the oven and allow to cool in the pan for 20 minutes before transferring to a wire rack to cool completely. Slice and serve.

## Broccoli Winter Slaw

<https://glutenfreegirl.com/2010/01/broccoli-winter-slaw/?v=7dd1d0765a31>

1 head broccoli  
10 brussels sprouts  
1/2 head Napa cabbage  
2 stalks celery

½ cup mayonnaise, fresh-made if possible  
1 tablespoon Dijon mustard  
2 tablespoons rice wine vinegar  
kosher salt and cracked pepper to taste

Take off all the little florets of the broccoli head. Peel the outer layer of the broccoli stalks and slice them in half lengthwise, then dice them (about 1/2-inch cubes). Remove the outer layer of the brussels sprouts. Cut each Brussels sprout in half. Slice the halves as thin as you can. Cut the Napa cabbage in half. Remove the core and slice as fine as you can. Slice the celery down the middle, lengthwise, then dice the celery stalks the same size as the broccoli stalks. Combine all the vegetables in a large bowl.

Mix the mayonnaise, mustard, and rice wine vinegar. Season it with salt and pepper to taste. If you want the dressing a touch thinner, add a bit more vinegar or a smidge of water.

Finishing the salad. Coat the vegetables with the dressing. Season the salad to your taste.



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