

LIVING BETTER gluten free™

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Happy new year and welcome

to the premier issue of the Greater Cleveland Celiac Association's newsletter! We are delighted to be able to deliver more supportive information to our members as a supplement to both our regular meetings and our website: www.clevelandceliac.webs.com.

Whether you have Celiac Disease (CD) or care for someone who does... whether CD has been part of your life for weeks or years ...you'll find information in *Living Better Gluten Free* that's practical, helpful, and timely. It's designed to help make the gluten-free part of your life a little less complicated and intimidating, and much more enjoyable. We'll provide new ideas that will help you enjoy food that's as healthy and tastes as good – or better – than the food you had before you were diagnosed. We'll provide newsworthy updates and offer plenty of tips and advice around food preparation techniques, product recommendations, eating away from home, navigating labels, saving money at the grocery store, fun food facts, and more!

We also invite you to join our chapter. Come and learn something new! The \$20 annual membership fee includes monthly meetings where you'll be supported with innovative

ideas and encouragement. Here, you'll exchange helpful information and success stories with others in attendance, and return home inspired, with new tried and true solutions to gluten-free hurdles. You'll benefit from feature guest speakers who frequent our meetings including doctors, dieticians, caterers of gluten-free foods, and others in the business of serving the population of those impacted by CD. Members will also receive our new quarterly newsletter! Visit our website for meeting times and locations, along with links to other helpful resources, a list of restaurants in our Greater Cleveland Ohio area that offer gluten-free ("GF") selections, and many other sources of support.

Now, as the autumn season comes to a close and the fallen leaves dance away with the familiar, cold Ohio winds, our thoughts turn to winter and all the possibilities of aromatic home-cooked meals, traditional baked treats, parties, and family gatherings. Read on for gluten-free ("GF") ideas that can help make this time of year a little less frazzled, a little warmer and

Food for thought

A message from the President of the Greater Cleveland Celiac Association

Celiac disease affects people of all ages throughout the world. It is the most common under diagnosed genetic disease in the United States. One in about 133 has the disease, but only one in 10,000 have been diagnosed. The average time it takes for one to get diagnosed from first symptoms to diagnosis is 7-10 years. Because it is a genetic disease anyone with a first degree relative – parent, sibling or child – who has been diagnosed with celiac should be tested for the disease. There is no medication and no cure at this time for Celiac. Adherence to a gluten-free diet is the only treatment. This means people with celiac must avoid all products derived from wheat, barley, rye, spelt, oats, and a few other lesser-known grains (gluten-free oats are available).

Admittedly, it is daunting at first, but with proper education and support it becomes a welcome new way of life. We are committed to helping people become comfortable with the gluten-free diet.

One of the Greater Cleveland Celiac Association's missions is to spread awareness of Celiac which will improve treatment. The more people become aware of the symptoms of celiac disease the faster people will get properly diagnosed and avoid the complications of undiagnosed celiac. In addition, the more people who are diagnosed, the more gluten-free products will become readily available both in stores and in restaurants and the quality of life of those with celiac will improve.

We are "Celiacs helping Celiacs." Volunteers are always needed; let us know how you can help. We would love to hear from you.

*Cindy Koller-Kass
President, Greater Cleveland Celiac Association
Thriving with Celiac for more than 15 years*

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Product Review

Read about some recent favorites you might look forward to trying! Opinions are those of members of the Greater Cleveland Celiac Association... yours may differ. If you have a product you would like to review or would like us to feature let us know. All availability of products and prices are subject to change but are accurate at time of printing.

Schar Pizza Crusts

These crusts, packaged in a box with two crusts - found in the grocery (not refrigerator or freezer) aisle, are among the best my 16-year-old son has tried...great flavor and chewy texture and overall closest to the gluten-filled version. They can be ordered online at schar.com (\$9.39 for a box of 2 crusts).

Goldbaum's Brown Rice Pasta

The flavor is comparable to other popular gluten-free brown rice pastas and, as long as the product is heated - or even reheated - it delivers on texture. Available at Marcs, a 1-pound bag of spaghetti, penne, or elbow macaroni is \$1.99...affordable enough to serve the entire family!

Edy's Slow Churned Pumpkin Ice Cream

What a great flavor- tastes like pumpkin pie! Perfectly spiced and wonderfully creamy, it's delicious on its own. Find it in your favorite grocery store, including Marcs and Giant Eagle.

But, if you'd like to serve your guests a more decadent dessert that's a twist on the traditional pumpkin pie, try this next recipe! No need to make a crust - just a sprinkling of spiced graham crumbs adds richness without being too sweet.

You'd need more than one box of GF graham crackers to make a pie crust and, at \$5 a box, why not try this "inverted" version that's easy to prepare and fun to serve.

Inverted Pumpkin Ice Cream Pie

Makes 4 servings

4 GF graham crackers
¼ teaspoon cinnamon
Pinch of ginger
Pinch of nutmeg
1 Tablespoon butter
1 teaspoon brown sugar
8 scoops Edy's Pumpkin Ice Cream
1 cup whipping cream
¼ cup powdered sugar
½ tsp gluten-free vanilla
Additional cinnamon for garnish

Place mixer beaters and a medium metal bowl in the freezer

Make graham cracker crumbs by processing crackers in a blender or food processor - or by placing the crackers on a cutting board and rolling with a rolling pin until they are "crumb consistency."

Place the crumbs to a small bowl. Add the cinnamon, ginger, and nutmeg and stir to combine.

In a small skillet, melt the butter and brown sugar together and stir until combined.

Pour the butter and sugar mixture over the crumbs. Using a spoon, stir the mixture well, until the crumbs are completely coated.

Remove the beaters and bowl from the freezer. Pour the heavy cream into the bowl and beat on low, gradually increasing to high speed, and continue beating until frothy. Add the powdered sugar and vanilla and continue beating until peaks form. Store whipped cream in the refrigerator until ready to serve.

To assemble the desserts: using individual martini glasses or dessert bowls, place 2 scoops of ice cream in each. Spoon the whipped cream onto the ice cream, and sprinkle the spiced graham crumbs around or on top of the cream. Garnish with a sprinkle of cinnamon and serve immediately.

By Catheryn Zalac, Olmsted Falls, Ohio

The Greater Cleveland Celiac Association Support Group, Chapter #50 is affiliated with the Celiac Sprue Association USA.
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Thriving on a Gluten-Free Diet

A new look at food you may not know you love

Celiac Disease (CD) is not a sentence! It can certainly feel like one - particularly after first receiving the diagnosis. On the contrary, the disease can actually provide the opportunity to appreciate and enjoy foods in a whole new way.

Try looking at the transition to a gluten-free diet as a chance to get back to basics – to eat whole foods that are healthy, delicious, and make you feel great! There are so many of types of whole foods to sample throughout the year. Have an open mind and treat yourself to a food experience that could very well surprise you by becoming a newfound favorite!

Here, we'll feature whole foods and give you ideas for using them in delicious new ways.. For the new year - a spotlight on a soon-to be favorite to incorporate into your upcoming menus:

Pomegranate

Available only from September through January, the pomegranate fruit may seem exotic but is widely available in grocery stores during these months. The San Joaquin Valley in the heart of California is the only concentration of commercially grown pomegranates in the U.S. An ancient symbol of fertility, the pomegranate is mentioned in the Old Testament and is central to the Greek legend of Persephone, who was condemned to spend half of each year in the kingdom of Hades after she had eaten six forbidden pomegranate seeds.

A great value, the pomegranate is very versatile. It looks like a holiday on a plate! In fact, the beautiful, bright red exterior can be used as a decoration amongst pine branches on a mantle, or on tucked amongst branches on a buffet.

But, to limit this fruit to decorative purposes is to sell it seriously short. The hundreds of red arils contained inside each fruit are sweet, a bit tart, and are very healthy. They are loaded with vitamin C and antioxidants. The fruit also contains anti-inflammatory qualities. They resemble tiny bright red lights that are stunning when served on their own in a plain white bowl. But, they also add a real pop to desserts, salads, entrees and more. When purchasing, just look for bright red, unbroken skins.

To prepare

1. Cut the pomegranate into quarters.
2. Gently bend a section back, revealing the red arils and gently, using your finger, roll out the arils into a bowl. Repeat with remaining sections, discarding the white parts.
3. Eat the arils whole – seeds and all – store what's left in an airtight container (they'll keep for days in the refrigerator).

Uses

Snacking – after separating the arils, begin eating – or store them in an airtight container and take them with you! Like potato chips...you can't eat just one. And don't forget to share!

Salads – sprinkle the arils in a salad with dark greens, slices of red onion, mandarin oranges, and a slightly sweet dressing of olive oil and balsamic vinegar (2 parts olive oil, 1 part balsamic vinegar, salt, and pepper).

Entrees – Add a festive touch to a honey glazed pork or chicken glazed pork roast or roast by sprinkling pomegranate arils on top of the meat and around the platter just before serving, along with some chopped parsley.

Teen Perspective

Hey guys! My name is Jake Zalac and, probably like you, I have Celiac Disease. When I was diagnosed with CD, I had just turned 16 and as any other teenager, food was a part of my hour-to-hour survival. I didn't really know what CD was at the time. When I found out, my first thought was "ARE YOU KIDDING? How am I possibly going to do this for the rest of my life?"

The dietician said that the best thing for me to do at this point was to just go into it with a positive outlook. I thought that that was nearly impossible, considering how much of the food I had been living off of just got taken away

from me for life. Then I thought about it for awhile and it came to me that this was never going to go away, there really wasn't a way of getting around it, and I would just have to accept and live with it (literally). So, now I try to make the best that I can out of it, and live by three simple rules that changed my entire outlook on the situation:

1. The past is done with, continue to move forward and make the experience better with every gluten-free bite you take.
2. Find substitutes for foods you frequently chowed down on before the change. It might not always be the easiest way of substituting, but if you want it enough, going through the trouble to get it will be one of the best feelings in the world.

3. Take it day-by-day. Don't look at it as a challenge for the rest of your life, but as a challenge for the next 12 hours (probably 24 hours for us food-loving teens).

What makes me appreciate this way of living the most is that if I didn't know it existed, my life probably would've been cut short. And even though it can be a battle to cope with, it's a much better battle to fight than something resulting from not following the diet such as cancer, heart disease, etc. If you are going to take anything from this excerpt, I suggest it be that.

So for all of the food-loving teens reading this: stay positive, stay determined, stay creative, but please, for the love of filling yourself with GF food, feed your appetite, and stay full.

Seasonal Recipe Card

Slow Cooked Cranberry Pork Roast

1 2 1/2 - 3 lb Pork Roast
1 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
1 tsp dry mustard
1/4 tsp ground cloves (or 4 whole cloves)
1/4 tsp cinnamon
1 can whole cranberry sauce OR 1 recipe Cranberry Sauce
2 Tablespoons cornstarch
2 Tablespoons cold water

Sprinkle salt, garlic powder, and pepper over surface of roast and place meat in a slow cooker.

Combine prepared cranberry sauce, mustard, cloves, and cinnamon. Pour over roast; place the lid on the slow cooker and, on low setting, cook for 6-8 hours, or until meat is tender.

Remove roast to a platter and cover with foil to keep warm. Skim fat from the juices and discard the fat.

Pour the remaining sauce and juices into a medium saucepan. In a small measuring cup or glass, combine the cornstarch and cold water and add to the cranberry mixture. Turn the burner to medium heat and stir occasionally until the liquid simmers and then thickens (about 5-6 minutes).

Slice the roast on the platter, pour the sauce over the top.

Serve with prepared mashed potatoes and a green salad.

By Joyce Hunt, Ashland, Ohio

Fresh Cranberry Sauce

Cranberries make a wonderful side dish that can be used all year round- not just at Thanksgiving time. Try this recipe instead of applesauce for a change; your family will thank you.

1 1/2 cups sugar
1 1/2 cups water
Zest from 1 orange (optional)
1 16-oz bag fresh cranberries

In medium saucepan over medium heat, heat sugar and water to boiling.

Add cranberries and return to boiling.

Reduce heat to low; cover and simmer for about 7 minutes or until cranberries pop open. Use in the recipe for *Slow Cooked Cranberry Pork Roast*.

Note: Recipe can also be doubled to use later as a side dish. It's delicious when heated (just microwave for a minute) or chilled and served cold (on a turkey sandwich).

By Catheryn Zalac, Olmsted Falls, Ohio

Ingredients for all recipes contained in the newsletter, as well as products featured, are gluten free.

The information contained in this newsletter is intended to provide support and to share information. It should not be considered medical advice, and no dietary changes should be made without consulting a physician.
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Developments in the gluten-free world

Post Cereals are about to join the gluten-free market. In response to increased pressure from those with celiac disease, Post Fruity Pebbles, Cocoa Pebbles, and Cup Cake Pebbles all rice-based cereals, will be certified as gluten free. Look for them in your local grocery stores starting in January 2011. Until the old stock is gone, all versions will be available on the shelves. The new boxes will clearly be marked gluten free. Be sure to check the box to make sure you get the certified gluten free version.

Snyders of Hanover gluten-free pretzels are now available locally. If you do not see them on the shelves in your local store, ask!

Want to get involved?

Please contact us via our website with any thoughts or ideas you have. If you would like to contribute an article or recipe to our newsletter or have suggestions for something you would like to see featured in upcoming newsletters let us know- we'll try to work them in to future issues!

Join our gluten-free gourmet dining club. Volunteer to help man a table at area health fairs. Review a gluten-free product. Organize a kid's project... use your imagination, the opportunities are endless.

Check us out on the web at www.clevelandceliac.webs.com

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