



**GLUTEN  
INTOLERANCE  
GROUP**  
of East Central Wisconsin

# GLUTEN-FREE NEWSLETTER

[http://bit.ly/GIGECW\\_Newsletters](http://bit.ly/GIGECW_Newsletters)

## Educate / Motivate / Advocate

### In This Issue

Gluten-Free Thoughts.....	1
Navigating the Holidays .....	2
Cheerios Update .....	7
What Oats?.....	8
Pie Crust Recipe .....	11
Pumpkin Pie Recipe .....	12

### Meetings

When: Third Saturday of odd  
numbered months (Jan, Mar.,  
May, July, Sept., Nov.)

9:00 am to 11:00 am

Where: Ripon Medical Center  
in the Ripon/Princeton Rooms.

Spouses and loved ones are  
also encouraged to attend.

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[www.gigofecw.org](http://www.gigofecw.org)

[www.facebook.com/GIGofECW](https://www.facebook.com/GIGofECW)

As the holidays approach,  
and the year that seemed  
oh-so-new-11-months-ago  
draws to close - I find  
myself becoming more  
introspective. Don't we all?

It's all too easy to focus on  
the negative aspects of the  
gluten-free life. *[I find I'm  
most vulnerable when I'm tired - too many late nights/early mornings.]* I  
suspect even the most positive individuals have fallen into that  
trap.

Our thoughts affect us more than we realize [or care to admit].  
Negative thoughts can tear us down mentally and physically.  
When our mental state declines, our physical state soon follows.  
It becomes a downward spiral that quickly spins out of control.

Negative thoughts got us into this mess, positive thoughts can get  
us out. When I start falling, I remind myself of these words:

*"A gluten-free life is not about what you remove,  
but what you get to add."*

I hope these words are as powerful to you as they are to me.

I wish you peace and blessings.

Alan Klapperich  
GIG of ECW Branch Manager

### Gluten-Free Thoughts



## More Thanksgiving Hints & Tips

GIG's "Happy, Health Holidays Thanksgiving & Beyond"

<http://bit.ly/1I0CyM3>

Gluten-Free Living's "Host your Gluten-Free Holiday"

<http://bit.ly/1j7qQU8>

The Savvy Celiac's "Top GF Thanksgiving Tips You'll Need This Week"

<http://bit.ly/1MSjWhl>

Jane Anderson's "Make a Traditional Thanksgiving Menu...Completely Gluten-Free"

<http://abt.cm/1j7s0yV>

GFJules' "18 Tips for GF Bread Baking".

<http://bit.ly/1LmAFUT>

# Navigating the Holidays

Alan Klapperich – GIG of ECW Branch Manager

For many, the holiday season is filled with smiles, laughter and lots of merriment. However, for those with dietary restrictions, it can be the complete opposite – fear, dread and lots of worry.

The risk of getting sick at every meal is a huge source of stress and concern. Now let's pile on the stress of family dynamics. We've got the fixings for an epic family battle royal. "Let's get ready to rumble!"



*"My family puts the FUN in dysfunction"*

I'm sure many can relate to the quote above. If you feel your family is the poster child for dysfunction, do not worry. All families are dysfunctional, it's simply a matter of degree.

Since the dawn of time, our existence has revolved around the acquisition and sharing of food. We have evolved and times have changed, but the primal need to gather and share food with members of our clan still remains. Holiday celebrations are a perfect example of that.

If we dig deep inside and look beyond the medical necessity of our food requests, we will find an emotional component. Our requests are an extension of ourselves. When our family and friends fail to acknowledge our food requests, we feel it as exclusion and rejection of us as a person. Maybe it is, maybe it isn't. Sometimes it's hard to tell what is inside the hearts and minds of our loved ones. I suspect the reasons are many and varied. Perhaps it is fear? Maybe they are afraid to try because they don't want to make us sick? Maybe we've yelled at them one too many times about food selection or preparation? What can we do? We have to talk to them.

Opening up a line of communication is so important when it comes to resolution. They need to understand what it takes for

us to be happy and healthy. Having a calm, honest conversation about our health concerns is the best chance we have. It is up to us to kindly and respectfully educate them on how to do things correctly, no one else will do it.

I invite you to read this informative article on **Confrontations vs Conversations** from PsychCentral: <http://bit.ly/1GQw2q1>

It offers some great insights...

*Confrontations are usually fueled by anger.  
Conversations are fueled by curiosity.*

*Confrontations have an aura of a judicial proceeding.  
Conversations frame a problem as something to be solved.*

*Confrontations have an element of moral superiority.  
Conversations happen between equals.*

*Confrontations shield the confronter from any responsibility.  
Conversations say "we're in this together."*



More tips on dealing with lack of support from family members can be found here: [http://bit.ly/GIGECW\\_LackofSupport](http://bit.ly/GIGECW_LackofSupport)

For us today, gluten-free comes as easy as breathing, but it wasn't always that way. Think back to the beginning, we were frustrated and confused. It's reasonable to expect family members might feel the same way. However, their behavior may appear to us as stubborn, unyielding, or uncaring. Remember, listening is a critical component of communication.

**Træ-'di-shən:** a way of thinking, behaving, or doing something that has been used by the people in a particular group, family, society, etc., for a long time.

Despite our best efforts, we may have to accept the fact that some people just won't get it. This does not mean we can give up, however! Let's face it, we're up against years, decades, or in some cases centuries of traditions. The very definition of tradition allows it to brazenly flip change, the bird.

"What?! No stuffing inside the turkey? Great-Great Grandma Brunhilde would turn over in her grave if we didn't use her recipe!"

Changing family traditions is downright heresy. Remember, to your family, gluten-free will be the new kid on the block. Situations like this call for the utmost patience. It may take some time for this concept to percolate through their brains and become a newly added family tradition. Don't panic, stay calm, and keep the lines of communication open. Keep up your educational efforts even if its only small tidbits here and there. Sometimes it's best not to flood them with information – ever try to drink from a fire hose?

I wish I had one simple answer that would solve every gluten-free holiday and family situation, but I don't. If I did, my name would be Dr. Phil and I'd have a TV show.

*Surviving the Holidays - Continued*

**Bottom line – if you can not resolve any of the food issues, try to put that aside and focus on the people that love and care about you – that is what really matters.**

**Some tips to get you through the holiday season.**

- If you are brand new to the gluten-free lifestyle, it might help to have some basic information. Please see GIG of ECW's Gluten-Free Diet Boot Camp article: [http://bit.ly/GIGECW\\_GFBootCamp](http://bit.ly/GIGECW_GFBootCamp)
- Plain turkey is often gluten-free, but not always. Read the labels to verify (see right side bar). Several brands will now say "Gluten-Free" or "No Gluten". Make sure it has not been pre-seasoned or marinated; seasonings and marinades may contain gluten. Some turkeys will have a gravy packet. Verify the gluten-free status of the gravy before using. Better yet, ditch the gravy packet and make your own...you'll be glad you did!
- Like turkey, many hams are gluten-free [again, read the label], remember to check the glaze too.
  - A list of some gluten-free turkey and ham options:  
[http://bit.ly/GIGECW\\_Turkeys](http://bit.ly/GIGECW_Turkeys)
- If the turkey has been stuffed with gluten stuffing, *do not eat the turkey*, it's been contaminated.
- Stuffing made inside the turkey is a food safety concern. If you cook the turkey long enough to properly cook the stuffing [to a temperature of 165], the turkey is dry and over done. If you cook the turkey until it's done, the stuffing may not have reached the food safe temperature of 165. Make the turkey and stuffing separately.
- Cooking bags are commonly used to help keep meats moist. However, the instructions state a tablespoon of flour should be added to the bag and shaken. The flour prevents the bag from exploding. Ask your host about this ahead of time. FYI - cornstarch or gluten-free flour will work too. [I never knew about exploding bags, we always use a bag and never put flour in it.]



**Remember:** USDA products are not required to comply with the FDA's allergen labeling regulations. However, it's estimated that 80 to 90% do so voluntarily.

USDA products include: meats, poultry, egg products, and mixed products that contain more than 3% raw or 2% cooked meat (some soups and frozen entrees)

If a "Contains" statement is on a USDA product, this is a good indication they comply with the FDA's food allergen labeling regulation.

If in doubt, red flag ingredients in USDA products include: Starch, Food Starch, Modified Food Starch, Dextrin. These ingredients may be derived from gluten sources and must be verified by calling the company.

*Surviving the Holidays - Continued*

- Mashed potatoes, a gluten-free piece of cake, right? Not so fast, some recipes call for a bit of flour [oh the humanity!]. Scalloped Potatoes is another dish that more than likely has wheat flour. FYI, some potato salad recipes also call for flour. If you don't know how the host prepares their potatoes, it's best to ask.
- Mainstream "cream of" soups are not gluten-free and so are any dishes made with them, [think Green Bean Casserole].
  - Gluten-free alternatives from Pacific Natural Foods:
    - Cream of Chicken: <http://bit.ly/ixlcraE>
    - Cream of Mushroom: <http://bit.ly/itpZlxc>
  - Progresso offers their Cream of Mushroom soup, but it's not quite as condensed as actual condensed soup, but with some slight recipe modifications it can be used.
- Cornbreads or corn muffins often times have a mixture of cornmeal and wheat flour. There several mixes that are available. Krusteaz brand has a pretty good cornbread mix that's available in mainstream grocery stores. <http://bit.ly/ipAUT9P>
- Veggie & fruit trays are always popular. Be sure to survey the neighboring foods and assess cross contamination risks.
- Stay away from the butter dish. It's a crumb magnet!
- Be wary of communal chip or veggie dips. They might not be gluten-free and they could be contaminated due non-gluten-free snacks.
- BYOF (Bring your own food). Bringing a dish to pass ensures you'll have something you know is safe. We may feel a bit guilty about asking others to go out of their way to accommodate our requests. Good news! We have the ability be part of the solution instead of the problem. Politely ask the host what you can bring. Ask them to allow you to help. Let them know you want to ease their work load and worry-factor - not add to it - when it comes to making something safe for you. It helps to know what's on the menu so your dish will fit in with the others. Tip: Make sure you bring plenty for yourself and others.
- Open a line of communication early. It's a delicate topic, but you have to discuss gluten-free food selection and cross contamination concerns with the host if they are not familiar with preparing gluten free dishes. Because they are not immersed in the gluten-free lifestyle, they'll need your help to educate and guide them. The education process is not a "once and done" event, it occurs over time. This is not





*Navigating the Holidays - Continued*

on their radar 24x7x365, so they will need gentle reminders. Sometimes it's hard for people to grasp, so please be patient if they don't get it right away.

- Here are some helpful education resources:
  - GIG of ECW - Educating Family & Friends about Gluten-Free
    - [http://bit.ly/GIGECW\\_GF\\_Education](http://bit.ly/GIGECW_GF_Education)
  - GIG of ECW - Guide to Gluten Cross Contamination
    - [http://bit.ly/GIGECW\\_GlutenContamination](http://bit.ly/GIGECW_GlutenContamination)
- Enlist the help of an ambassador. Sometimes it's easier to have another person to be an advocate for you. Ask a brother-in-law, sister-in-law, aunt, uncle, or cousin that you trust to help the host find gluten-free options for you. The more family members you have on your team the easier it will be.
- Make sure the hosts know that you appreciate their efforts. Thank them, thank them and thank them again.
- Eat [at least something] before you leave home, it takes the edge off of your hunger.
- If you like to cook, host the celebration yourself. This gives you ultimate control. If the guests ask to bring something, request things that are naturally gluten-free. Veggie tray, fresh fruit tray, an undressed salad, a bottle of wine or other beverages (not beer unless it's gluten-free. No Omission gluten-reduced beer please), vanilla ice cream (suggest a good brand). Don't be afraid to suggest non-food items: festive napkins, folding chairs, family favorite tableware, etc.
- If guests do bring gluten items, have a designated area for gluten-free and not gluten-free dishes.

Inspiration for this article goes to:

Quick Guide to Holiday Family Dining  
Celebrate Gluten-Free Newsletter Fall 2014  
Gluten Intolerance Group of North America  
<https://www.gluten.net/product/gig-membership/>

25 Tips for handling a GF holiday  
Gluten-Free Living - December 2014  
<http://www.glutenfreeliving.com/>





## More info on Cheerios

Cynthia Kupper, RD,  
CEO Gluten Intolerance Group  
Cheerios Recall

<http://bit.ly/1S7VUzf>

Alice Bast,  
NFCA, President & CEO  
Cheerios Recall

<http://bit.ly/2174dS7>



Cheerios Test  
Results - 11/18/15

<http://bit.ly/GFW-Cheerios-Testing2>

Cheerios Test Results

<http://bit.ly/GFW-Cheerios-Testing1>

Sick From Eating Cheerios?

<http://bit.ly/GFW-Sick-From-Cheerios>

Updated Cheerios  
Position Statement:

[bit.ly/1UKxBrn](http://bit.ly/1UKxBrn)

## Cheerios Update

**October 5th 2015** - General Mills issued a recall of 1.8 million boxes of Yellow Box and Honey Nut Cheerios.

According to a press release, these boxes were produced in Lodi, California over a four day period for Yellow Box Cheerios and thirteen day period for Honey Nut Cheerios.

The recall was issued because wheat flour was accidentally introduced into the oat flour. General Mills admitted that finished product testing had not been done on those run dates.

Recall Lot Numbers:

Honey Nut Cheerios	Honey Nut Cheerios	Honey Nut Cheerios	Yellow Box Cheerios
12JUL2016LD	17JUL2016LD	23JUL2016LD	14JUL2016LD
13JUL2016LD	18JUL2016LD	24JUL2016LD	15JUL2016LD
14JUL2016LD	20JUL2016LD	25JUL2016LD	16JUL2016LD
15JUL2016LD	21JUL2016LD		17JUL2016LD
16JUL2016LD	22JUL2016LD		

**If you have gotten sick from Cheerios, please follow the protocol described at Gluten Free Watchdog:**

<http://bit.ly/GFW-Sick-From-Cheerios>

**October 30th 2015** - A class action lawsuit was filed in the US District Court for the Eastern District of California against General Mills for “deceptive, unfair and false advertising and merchandising practices”.

Food Navigator USA: <http://bit.ly/1jasoNb>

TopClassActions.com: <http://bit.ly/1MqKMfo>

Tricia Thompson, RD at Gluten-Free Watchdog has been keeping a close eye on this entire situation.



## The Scoop on Oats

Looking for more detailed information on oats? Check out the articles below. They offer a lot of information so you can make an educated decision if oats are right for you.

**CeliacDisease.About.com**

**Nancy Lapid:**

<http://abt.cm/1HZsDSD>

**CeliacDisease.About.com**

**Jane Anderson:**

<http://abt.cm/1F2Qwuk>

## *What oats through yonder package breaks?*

Oats and products made with oats have been burning up the interwebs lately. People in the gluten-free community started asking manufacturers exactly what kind of oats are used in their products. More on that later, but first a little background information on said ingredient of discussion.

Oats have been controversial for over 20 years. Are they acceptable on a GF diet or not?

See Nancy Lapid's article (left side bar) for summaries of all the North American celiac/gluten free organizations and treatment centers recommendations on oat consumption.

Currently, most medical professionals say gluten-free oats can be tolerated in limited amounts [up to a 1/2 cup per day for adults]. Many in the gluten-free community would beg to differ with that recommendation because they react to gluten-free oats as well.

Regular followup testing is also advised to make sure intestinal damage is not occurring. For those newly diagnosed, it's suggested to restrict the use of oats for up to one year.

Also be aware that some celiacs react to the protein found in oats [known as avenin] just as they react to the proteins in wheat, barley, rye.

### **If you know they cause you discomfort, do not eat them.**

The experts who recommend oats, all agree that only pure, uncontaminated gluten-free oats be used - no commercial oats allowed. Why? Cross contamination with gluten [wheat, barley, rye].

Often times oats are grown in rotation with wheat, barley, and rye so there can be left over plants that get harvested with the oats. Harvesting, transporting, and processing of oats can use the same equipment as gluten-containing grains.

OK - back to the issue at hand...

Shortly after Cheerios announced their recall, Quaker Oats announced they will now be offering "gluten-free oat" products.



*What Oats? - Continued*

## What is a Purity Protocol?

Oat purity protocols can vary, but the underlying goal is reduce/eliminate the gluten contamination risk of oats.

This is usually done through painstaking, labor intensive efforts.

Purity protocol examples:

- Pure gluten-free seed
- Oats are grown on fields without wheat, barley, or rye in crop rotation for 2 or more years.
- Walk fields to manually remove rogue gluten plants - multiple times - before harvest.
- Use dedicated equipment for planting, harvesting, and transporting.
- Use dedicated, gluten-free processing facilities.
- Extensive testing for gluten contamination

### Gluten Free Watchdog's Pure Oat Producer List

<http://bit.ly/GFWD-Pure-Oat-Producers>

Like General Mills, Quaker Oats will not be using oats grown/harvested/processed using a purity protocol (see left side bar *What is a Purity Protocol?*). They too have opted for the fancy-shmancy (aka “proprietary”) optical and mechanical sorting methods of removing gluten grains from their oats. However, Quaker Oats reportedly have instituted much better protocols than their competitor.

Quaker Oats describes their gluten-free oats processing and testing protocols to Gluten Free Watchdog:

<http://bit.ly/1OiMboT>

Will they fair better than our friends with the yellow boxes? Time [and independent testing] will tell.

Tricia Thompson, RD, founder of Gluten Free Watch Dog started building a list of companies who produced oats using a gluten-free purity protocol. It didn't go unnoticed that two popular gluten free companies were missing from the list. There reasons were interesting to say the least.

Bob's Red Mill, based in Milwaukie, OR

They first describe their gluten-free product protocol:

*“For all of our gluten free products, we thoroughly batch test every product in our quality control laboratory upon delivery, during production and after packaging. We adhere to a standard of no more than 19 parts per million of gluten. Should a test show that a product exceeds that limit, it would be simply rejected and made unavailable for distribution to anyone. Every step in the production of our gluten free products is done in a separate gluten free packaging division complete with specialized machinery to make sure that our products maintain their purity.”*

Then their oats (**note, they use both purity protocol oats and optically sorted oats**):

*“Oats require special care to ensure that they are safely free from gluten. Bob's Red Mill only sources from oat suppliers who are committed to practices for eliminating the presence of gluten.*

## What Oats? - Continued



### More info on Oats

An excellent article on gluten-free oats and why they can be problematic for the gluten-free community. It explains why they support gluten-free oats produced using a purity protocol.

<http://bit.ly/GFWD-Oats-A-Sticky-Wicket>

### Gluten-Free Certification Organization FAQ

<http://bit.ly/1NldmXq>

Q: What is GFCO's position on certifying products that use oats?

Answer:

We consider all oats not endorsed by GFCO as a high risk ingredient and that, when non- GFCO certified oats are used by a manufacturer, these products must meet built-in additional requirements for certification.

*Our suppliers are innovative in controlling the presence of gluten by either avoiding crop rotation with gluten containing grains or using optical sorting technology to remove grain containing gluten. Regardless of our suppliers' chosen methods for meeting our gluten free specification, we require that each lot is tested and confirmed gluten free before authorization for shipment to Bob's Red Mill. To ensure that they stay just as gluten free as the day their seedlings sprouted from the earth, we test each batch in our quality control laboratory when they arrive from the farm, during production and once again after they are packaged in our dedicated gluten free facility.*

Nature's Path, based in Richmond, British Columbia Canada

They describe their oats:

*“This is to confirm that Natures Path Foods has purchased the Country Choice brand name from Grain Millers. Grain Millers continue to be the supplier of our gluten free oats.”*

Grain Millers have been mechanically separating oats since 2012, according to Gluten Free Watchdog.

Something to keep in mind, even a gluten-free certified product may use mechanically separated or optically sorted oats in their products.

Bottom line, we don't always know what type of oats are used in the product unless we ask the food manufacturer. It helps be specific in our questions.

Because food manufacturers can use a mixture of pure and “cleaned” oats, it's best to ask about “all of their oats”. Ask directly if any of their gluten-free oats are mechanically or optically sorted. Ask about their testing protocols: at what point in production or pre-production do they test, how often do they test, do they test each final end product, do they test batches, are they using the fully validated R5 ELISA R7001 Mendez method?



# GLUTEN-FREE RECIPE

## Ingredients

Crust Recipe by: Whole Foods

<http://bit.ly/WFGFPieCrust>

### Crust Ingredients

1/3 cup GF potato starch, plus extra for dusting

1/3 cup GF tapioca flour

1/3 cup GF millet flour

1/3 cup GF almond meal

1 tablespoon powdered sugar (optional)

1/2 teaspoon salt

1/2 cup (1 stick) cold butter, cut into small pieces

1 egg, lightly beaten

## Pie Crust

Submitted by Peggy K.

*If you are making this recipe for a gluten-free guest, please read our Guide to Gluten Cross Contamination:*

[http://bit.ly/GIGECW\\_GlutenContamination](http://bit.ly/GIGECW_GlutenContamination)

### Crust Directions:

Preheat oven to 375°F.

Put potato starch, tapioca flour, millet flour, almond meal, sugar and salt into a food processor and pulse a few times to combine. Add butter and pulse again until mixture resembles coarse meal. Add egg and pulse until completely combined to make a slightly sticky dough.

Turn dough out onto a large sheet of waxed paper dusted with potato starch. Sprinkle potato starch over dough and knead gently, working in about 2 more tablespoons potato starch, until dough holds together without being sticky but is still very pliable. Using your fingertips, press dough into a 10-inch circle.

Invert a 9-inch pie pan on top of the dough then quickly flip over both the pan and the dough so that the dough now rests in the pan. Gently peel away and discard wax paper and press dough into pie plate, patching it together, if needed. Crimp and trim the edges as desired then prick sides and bottom all over with a fork.

*Peggy Tip: If you don't fill the crust with pie weights or dried beans, do not par-bake, just fill and bake it.*

Line crust with parchment paper and fill with pie weights or dried beans. Bake until crust is just set and slightly dry around the edges, about 15 minutes. Remove parchment paper and pie weights, fill with pie filling and bake as needed. Alternately, for a pie that requires a pre-baked crust, return to oven and bake until cooked through, about 15 minutes more.



# GLUTEN-FREE RECIPE

## Ingredients

Libby's Famous Pumpkin Pie  
Right off the can of pumpkin

<http://bit.ly/1xgaduJ>

### Filling

3/4 cup granulated sugar

1 teaspoon ground cinnamon

1/2 teaspoon salt

1/2 teaspoon ground ginger

1/4 teaspoon ground cloves

2 large eggs

1 can (15 oz) Libby's 100% Pure  
Pumpkin

1 can (12 oz) Nestle Carnation  
Evaporated Milk

1 9" Gluten-Free Pie Crust

## Pumpkin Pie

Submitted by Peggy K.

*If you are making this recipe for a gluten-free guest, please read our  
Guide to Gluten Cross Contamination:*

[http://bit.ly/GIGECW\\_GlutenContamination](http://bit.ly/GIGECW_GlutenContamination)

### Directions:

Mix sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.

Pour into gluten-free pie crust.

Bake in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate.

