



**GLUTEN  
INTOLERANCE  
GROUP**  
of East Central Wisconsin

# GLUTEN-FREE NEWSLETTER

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

## Educate / Motivate / Advocate

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### Meetings

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

9:30 am to 11:30 am

Where: Ripon Public Library in  
the Sliver Creek Room (lower  
level).

Spouses and loved ones are  
also encouraged to attend.

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May means Celiac  
Awareness Month.

The Department of Health  
and Human Services list  
over 200 national health  
observances on their  
[website](#). And that doesn't  
account for all the  
unofficial observances.



**Gluten-Free  
Thoughts**

Celiac Awareness Month has not been listed on their calendar since 2012, but September 13th is listed as National Celiac Disease Awareness Day. No doubt this is due to the stalling of a bill to officially declare May as Celiac Awareness Month. If you want the whole history of this, please check out our [May 2015 Newsletter](#).

Hand Hygiene Day, National Radon Action Month, and Brain Awareness Week are important issues, however I can't help but wonder if all the awareness days are effective?

Jonathan Purtle, an assistant professor at the Drexel University School of Public Health, and public health consultant Leah Roman rolled up their sleeves and published their 2015 study: [Health Awareness Days: Sufficient Evidence to Support the Craze?](#)

The simple answer - not really. It was really difficult to determine because many awareness campaigns are poorly designed; vague and difficult to measure. They found simply knowing about a topic is not enough to bring about change. They suggest awareness activities be tied to a specific action - like signing a petition. *“Awareness days can potentially have very positive impacts... if*

## Popular Celiac Disease Information

- 1 in 133 Americans (about 3 million) have celiac disease however 83% are undiagnosed.
- 1 in 56 have related symptoms.
- 1 in 22 have celiac if they have a diagnosed first-degree relative (parent, child, sibling).
- 1 in 39 have celiac if they have a diagnosed second degree relative (aunt, uncle, cousin).
- Celiac disease can be triggered at any age, even after previous negative testing.
- If non-celiac has family members with celiac disease, get tested every 2-3 years.
- A large percentage of celiacs do not have the classic gastro symptoms. Common adult symptoms include: unexplained anemia, fatigue, joint pain, depression, anxiety, numbness & tingling of hands and feet.
- Do not go gluten-free before proper testing (blood work and/or intestinal biopsy). This could cause a false-negative.
- Lists of celiac disease blood screening tests: <http://bit.ly/>

## Gluten-Free Thoughts - Continued

*they raise awareness around specific policy issues and advocate for policy change—not just individual change.” Signing a petition to institute better food labeling policies, or to declare gluten in medications would be excellent agents of change.*

As writer, speaker, consultant Beth Waldron says [“Knowledge Empowers. Action Transforms.”](#)

Yes, it’s good to share all the popular celiac disease statistics. They are educational, and attention grabbing. However, the recommended action aspect is...missing in action.

I’m going to put a twist on the action part of the awareness equation. Instead of calling someone else to action, I’m calling for action of ourselves. The action: *Give yourself and this lifestyle the respect they deserve. You have only one body - make the most of it - you are worthy.* I know I’m “preaching to the choir” on this, but I’m also hoping to reach those new to the gluten-free lifestyle.

Cheating or other reckless behavior not only [damages our bodies](#), and our own personal credibility, but it also affects the credibility of the entire gluten-free community.

If we want our friends, family, and general public to take us seriously, our actions must consistently and accurately reflect our commitment. If we do not take this seriously, how can we expect others to do the same?

For the people we encounter, we become the face of celiac/non-celiac gluten sensitivity. We take a statistic and turn it into a living, breathing being before their very eyes.

Through the knowledge we acquire, we transform ourselves. Our actions then starts the transformation process in others - we “plant the seed” and wait for it sprout.

Stay strong and together, let’s keep moving forward!

Alan Klapperich  
GIG of ECW Branch Manager

## The Champion's Academy

**What is gluten?** Gluten is the generic term for the proteins found in grains. The proteins found in wheat (durum, graham, kamut, semolina, spelt, emmer, einkorn), barley, rye and commercial oats (think Quaker Oats) are not acceptable for those that gluten-free. Certified gluten-free oats are acceptable for some.

### Where is gluten found?

Just about everywhere! Bread, pizza, cake, cookies, crackers, pasta, cereal, soups, sauces, beer, candy - just to name a few foods. Many processed foods contain gluten in some form or another. It's very prevalent in the Standard American Diet.

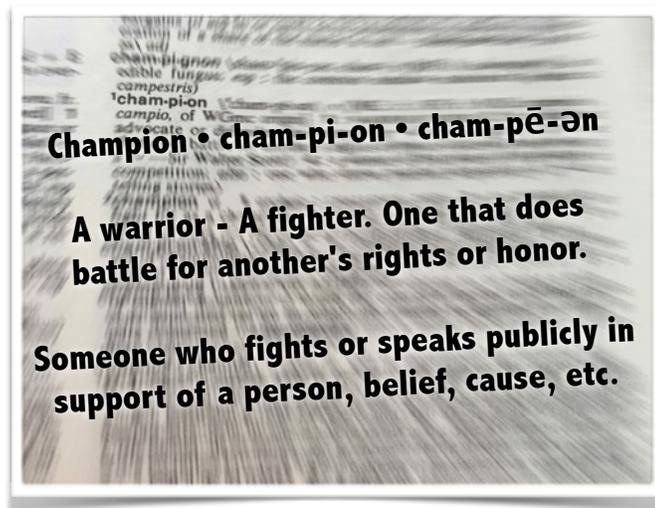
It's even found in personal care, hair and beauty products.

### What does gluten do?

Gluten provides the structure, the framework - it holds everything together. It provides that chewy texture that is desirable in many foods like bread & pizzas. It also makes a lot people sick.

# Becoming a Gluten-Free Champion

by Peggy & Alan Klapperich



**Y**our spouse, family member, or friend has suffered from recurring health issues for years. You've seen them at their best, and at rock bottom. Regardless of how long they've been suffering, you don't like to see it.

Finally, someone figures it out; your loved one has just told you they must be gluten-free. You're not really sure what gluten-free is or what it means, but you politely listen to their brief explanation and nod your head sympathetically.

*"Wow," you think. "That sounds horrible. Sure glad I don't have to go through that."*

Sorry to break the news, but pack your bags - you're going on the journey with them. Why? Because you are a caring, compassionate human being and you want them to be healthy and happy. Good for you!

If you're a spouse, you made that commitment when you said, *"I do."* If you're a friend, you signed up when you accepted their most precious gift of trust. If you're a family member, your name has been on the trip's manifest since birth. They deserve your respect and help because that's just what family members do for one another.

*"...but, I know nothing about this, how can I be so important?"*

The important take-away here - you have the power to help them. Your support in this effort is crucial; it could mean the

## The Champion's Academy

**How Much Gluten?** Think of gluten as a poison. How much arsenic would you like in your food?

Not only must the food be gluten-free, it must not come in contact with any gluten.

The concept of "a crumb will hurt you" is hard for people to understand because it involves very small amounts.

How small? Literally, a very small crumb.

A [multicenter, double-blind, placebo-controlled, randomized study](#) has shown that some celiacs can safely consume up to 10 milligrams of gluten per day. (10mg = [1/8th of a teaspoon of flour](#))



**Yes, crumbs matter!**

An average grain of rice weighs 28 mg. 1/3 of a grain is just under 10 mg.

BUT - For many, even 10 mg is too much.

**No gluten is the goal.**

## GF Champion - Continued

difference between their success and failure.

Support doesn't require money, or even specialized knowledge. It can be as simple as just being there for them in whatever way they need you - a smile, a hug, a sympathetic ear, or a strong shoulder. It can also be much, much more.

Today, there are a lot of resources available to those who are gluten-free. However, very few are designed to help you - the person who loves and cares for their gluten-free loved ones - the gluten-free champion.

You may not know it, but hiding beneath your street clothes is a superhero's suit just waiting to be called into action.



We have a few tips and wealth of information in *The Champion's Academy* (see side bar) to help you make the leap.

### Peggy's Story

What do you do when someone you love gets sick? What do you do when nothing helps them to feel better? What do you do when your best friend, your soul mate and your life partner has changed so drastically that you barely recognize him...

That was the position I found myself in about 14 years ago. It all started gradually, an upset stomach here, some foot pain there, a little more burping and belching than usual. Nothing big, until it got big. When my normally cheerful, energetic, quick to laugh husband was replaced by a pale, thin, ill man I hardly recognized. A person who sat listlessly staring into space not wanting to see friends or attend family functions for no other reason than "I just don't feel good".

As the complaints increased there was much "encouragement" to see the doctor and get these thing "checked out". The assumption was that a test or two would pinpoint the problem and a medication would be prescribed and everything would be fine.

That's not what happened. A test or two turned into multiple tests and multiple doctors which did not find the root of the problem. Medications were prescribed that only helped a little or not at all. No real answers were to be

## The Champion's Academy

### What is Celiac Disease?

A multi-system auto-immune condition where the consumption of gluten [protein found in wheat, barley, rye] causes the body to attack [and damage] the small intestine.

Untreated, this condition can lead to: malnutrition since nutrients are not being absorbed properly, additional autoimmune diseases, increased risk of certain cancers.

Learn more:

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

### What is Non-Celiac Gluten Sensitivity (NCGS)?

Also known as "*The Gluten Syndrome*" is a condition that is still evolving in the eyes of mainstream medicine.

NCGS can present with many of the same symptoms of CD, however it does not present with same autoimmune intestinal damage. The lack of intestinal damage does not make this condition any less severe than celiac disease. Damage can occur in other body parts.

Learn more:

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

## GF Champion - Continued

found. In the meantime Al continued to get sicker, I felt even more helpless.

I worked in healthcare for God's sake, someone, somewhere must have some idea, something that would make him well again. With increasing frustration and fear, I often found myself crying in the shower so he wouldn't know how afraid I was. I wondered if he were dying as I was just standing by helplessly, watching.

Fast forward to March 2003 where we find ourselves on a white sandy beach surrounded by the beautiful turquoise blue water of Jamaica. When my unwell husband requested a vacation to somewhere warm, I, his loving and dutiful wife made it happen! That March was my turning point.

Al had been doing a lot of research and discovery about this thing called gluten and it's effects on some people. While the discoveries he was sharing with me were very counter intuitive; [read what do you mean crackers and toast can give you a belly ache?] they oddly sounded like him and his symptoms. His gastro doctor was willing to take intestinal biopsies for celiac disease, however the samples did not show intestinal damage. Finding non-celiac gluten sensitivity presented with similar symptoms without intestinal damage, Al started experimenting with a "gluten-free" diet but, the first real evidence I saw happened in Jamaica.

Before the week ended I had my husband back! The energetic guy who was actually looking for a pickup volleyball game! Some may say it was the magic of Jamaica and I won't disagree, but a large part of that magic was the naturally gluten-free diet that he ate.

That week "sealed the deal" for me. Any time that Al would question himself about whether being gluten-free was really the root of the problem or not, my mind went back to that week and the health it brought.

When Al started down the gluten-free path, I knew I would walk it with him. There was no question. If this is what needed to happen for him to be well, this is what we would do. I would help him in any way I could, we were a team. We both come from families where whining, fussing or complaining didn't get you very far; you took what was given to you and made the best of it. That's how we took on this

## The Champion's Academy

### The Stages of Change by Kendra Cherry

<http://abt.cm/1ZxH2wA>

This article explores one of the many theories of how change occurs. The Stages of Change model demonstrates that change is not always easy and often requires "baby steps" toward the ultimate goal.

*"Understanding the elements of change, the stages of change, and ways to work through each stage can help you achieve your goals"*

### 5 Steps to Changing Any Behavior by Alex Lickerman, MD

<http://bit.ly/1PCurD7>

Dr. Lickerman's article also explains the Stages of Change model. He shares some wise words:

*"Always remember: none of us was born with any habits at all. They were all learned, and can all, therefore, be unlearned. The question is: how badly do you really want to change?"*

## GF Champion - Continued

challenge. I am not saying it was easy and we did everything perfectly...it wasn't and we didn't.

There were plenty of times the groceries I brought home went to the local food pantry because I had made the wrong choices; gluten-free labeling laws didn't exist then. Full loaves of bread and bowls of pasta were chucked into the garbage because they were so bad Al couldn't eat them. The first batch of beautiful gluten-free cookies came out of the oven only to disintegrate into dust when I tried to take them off the pan! We learned from those experiences and tried to make things better the next time. We didn't give up. I think the key word is we, I think that Al has been just as much of a support to me as I have been to him. He has always encouraged my efforts and has been appreciative of them.

As the gluten-free lifestyle became our new normal, it became more important to me that it be "normal". When I was asked by family and friends about the diet, I always responded there are more things he can have than things he can't.

It also became my goal to show people that gluten-free was not synonymous with taste-free. I have always enjoyed cooking and baking for people. Nothing gives me more pleasure than to have someone eat and enjoy what I have made and then ask me to make it again. Slowly, I continued transforming all Al's favorite gluten-full treats to gluten-free treats. It became my passion to learn new ways of baking so others wouldn't feel left-out. And then to be able to pass on what I had learned to others just added to my joy. It has become my way of supporting and helping others on their gluten-free journey. In my humble opinion no one, gluten-free or not should ever go without a good cookie or piece of cake!

Al and I have also been blessed with supportive family and friends. Their willingness to make sure Al can eat safely in their homes has been a Godsend to us. Their efforts have not gone un-noticed or unappreciated and have made my job as main support so much easier.

I never considered myself a "champion", but according to the definition, I am and will continue to stay the course.

*"Do not look back. You are not going that way."*

## The Champion's Academy

How to Withstand  
Food Peer Pressure  
by Karen Diaz, RD

<http://huff.to/1OMFmKx>

This article does not directly address gluten-free, but it does offer some valuable tips to help combat the pressures that exists.

*"When you are trying to listen to your body, food peer pressure can be the last straw making you throw in the towel. Here are four important ways to withstand food peer pressure."*



**Gluten-Free Diet Boot Camp** is a large collection of information on celiac, non-celiac gluten sensitivity, gluten-free diet basics, recipes, dining, and a whole lot more!

[http://bit.ly/GIGECW\\_GFBootCamp](http://bit.ly/GIGECW_GFBootCamp)

*"When patterns are broken, new worlds emerge."*

- Tuli Kupferberg

## GF Champion - Continued

### Embrace Change

You've probably discovered this will be a life changing event. It is not simply a change in diet - it's a change in lifestyle. The cold, hard truth - it affects every aspect of day-to-day living. Not only for your gluten-free loved one, but for you too. Because of your relationship you will experience these changes with them, albeit in a different way.

Knowing how to deal with change is important. Change is never easy. In fact, it's one of the most difficult aspects of this. It will take time and effort, but the gluten-free lifestyle will become the new normal both inside and outside your home.

As with anything new, there will be challenges to navigate and some things will need to change to keep your loved one safe.

Embrace these changes and you will see all the good things that will come with your new normal.

### Know what you are dealing with.

Knowledge is your friend. Once it has been determined that gluten is the culprit making your loved one ill, learn about it.

You don't need to know the exact science, but have a basic understanding of what happens to the body when gluten is ingested, how can it make that body feel, where gluten is found and what should be avoided.

You will need to adjust how much you know around your loved one's knowledge. If your situation requires you to be the "guardian of the knowledge" (e.g. for your child) you'll slowly want to pass that knowledge on to them. Teach them how to look for gluten and know its hiding places, teach them how to cook.

### Communicate

As in most things, communication is key. An essential element of communication is listening. Your loved one is going through so many changes, both physical and emotional. If they are newly diagnosed there is a [grieving process](#) to navigate. Sometimes they may need someone to listen to their frustrations and fears...not offer opinions and solutions, but just to listen.



## The Champion's Academy

### The Art of Listening: How Open Are Your Ears? by Susan Heitler, Ph. D.

<http://bit.ly/1V1Hkhh>

*"Listening, which is one half of the art of conversation, is an act of connection. Even if you can't touch or see someone, you feel connected if you hear their voice.*

*Listening enhances the health of your marriage and other close relationships.*

*Listening to yourself enables you to live with more well-being, especially if you combine listening to yourself with listening to others.*

*Listening to your body keeps you physically healthy.*

*And between a couple, listening is an act of love."*

#### **Effective Listening Habits:**

- Hungry Listening
- Hunting
- Gathering
- Clarifying
- Porous Listening

#### **Problematic Listening Habits:**

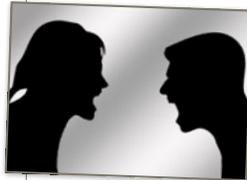
- Non-responsive Listening
- Listening Like a Goalie
- Rebounding Listening

To learn more details on these habits, and take a self-assessment listening quiz:

<http://bit.ly/1V1Hkhh>

## GF Champion - Continued

Relationships can become strained when chronic health issues arise. Illness can breed feelings of [fear and loss, guilt and resentment](#). These feelings make it easy to build emotional walls. When the walls go up, the communication shuts down. It can be painful, but having conversations about what's going on is vital.



When emotions boil over, things can be said in the "heat of the moment". Conversations can quickly turn into confrontations, further damaging the relationship. It's important to know the difference between the two.

*"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."*

*Conversations will preserve the relationships while the people involved work toward understanding and solutions."*

*-Marie Hartwell-Walker, Ed.D.*

Source: <http://bit.ly/1GQw2q1>

Beside working through the physical and emotional elements, there will be many practical, day-to-day things that need to be discussed. Meal and menu changes, how to handle kitchen clean up and what precautions need to be taken to avoid cross contamination or make the house totally gluten-free, how to replace those family favorite foods with a good gluten-free alternatives.

You may need to communicate with family and friends about the new diet and the importance of your loved one's need to not deviate from it. Yes, a little bit of gluten does hurt!

Being open to and answering their questions and planning strategies on how to manage family functions and parties will be a large part of the communication process.

*Warning: Family members can be difficult and [un-supportive](#).*

You may also need to convey gluten-free requirements to people outside your immediate circle - servers in restaurants, the

## The Champion's Academy

### What it Really Means to Hold Space for Someone

*How to be there for the people who need you most*  
by Heather Plett

<http://bit.ly/1WDtm6f>

*"What does it mean to "hold space" for someone else?"*

*It means that we are willing to walk alongside another person in whatever journey they're on without judging them, making them feel inadequate, trying to fix them, or trying to impact the outcome. When we hold space for other people, we open our hearts, offer unconditional support, and let go of judgement and control."*

#### 8 Tips to Help You Hold Space for Others

1. Give people permission to trust their own intuition and wisdom.
2. Give people only as much information as they can handle.
3. Don't take their power away.
4. Keep your own ego out of it.
5. Make them feel safe enough to fail.
6. Give guidance and help with humility and thoughtfulness.
7. Create a container for complex emotions, fear, trauma, etc.
8. Allow them to make different decisions and to have different experiences than you would."

[Read More...](#)

## GF Champion - Continued

pharmacist at the drug store, and the pastor at church, and yes - even medical professionals.

Be clear, concise and confident in your communications.

-oOo-

Sometimes your gluten-free loved one isn't taken seriously, so it helps to have another person *[like yourself]* be an ambassador - an advocate *[fancy words for a "kick-ass champion"]*. Someone who will travel not ahead, nor behind, but beside them on the path to gluten-freedom.

It may be trying at times, but please understand they are not being difficult on purpose. Everyone wants to be happy and healthy, for some it requires a bit more effort.

Please be patient, be kind, be positive, and most of all be there for them - **"hold space"** for them (see side bar for an excellent article). Your love and support will be appreciated beyond words - beyond measure.

There may be days when you feel like you are not making an impact, but know you are an important team member. Not every hit is a home run, and sometimes a superhero simply helps someone cross the street. No act of kindness is too small.



**"You're going to make a difference. A lot of times it won't be huge, it won't be visible even. But it will matter just the same."**

Commissioner James Gordon  
Batman - DC Comics

Kudos to you for stepping up and becoming a Gluten-Free Champion!

Peggy & Alan Klapperich  
Gluten Intolerance Group of East Central Wisconsin

P.S. *Your cape should arrive within four to six weeks.*

### Success

*"To laugh often and love much; to win the respect of intelligent persons and the affection of children; to earn the approbation of honest citizens and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to give of one's self; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exultation; to know even one life has breathed easier because you have lived—this is to have succeeded."*

-[Bessie Anderson Stanley](#)



**'May Contains' on Food Labels:  
What You Need to Know**  
By: Claire Gagné

<http://bit.ly/27fg1ok>

*"Advisory labels or "may contains" (also called precautionary warnings) alert customers that traces of an allergenic food might unintentionally have wound up in a packaged food.*

*This inadvertent cross-contact can occur because of shared processing lines or baking equipment, or because workers use the same gloves while producing a number of products.*

*- The wording of the warning label does not give an indication as to the risk of the allergen being present.*

*- Because advisory labels are voluntary, there is no guarantee products without these warnings will not contain traces of allergens. If you are ever unsure about a packaged food, Allergic Living suggests calling the manufacturer to find out about its food allergy management practices. If company representatives can't adequately answer your questions, avoid the food."*

[Read More...](#)

## May Contain *Food Allergen Advisory Statements*

Recently Aldi's LiveGFree Cheesecake sampler caused quite a disturbance in the gluten-free force. Willow and Aurita, gluten-detection dogs, were asked to inspect one of these cheesecakes. A [Facebook post from Dawn Scheu](#), celiac, dog trainer, and owner of Willow & Aurita, stated both dogs indicated on this product.

This product is labeled "Gluten-Free and Wheat-Free", bears a GFCO gluten-free certification logo, but, it also has a "May contain traces of" statement that includes wheat. WHOA!

Believe it or not, this product is in compliance with current FDA Food Allergen Labeling and consumer Protection Act of 2004 (FALCPA) labeling laws.

*"May Contain", "Processed in the same facility as", or "Processed on the same equipment as" are known as [Food Allergen Advisory](#) statements. They are voluntary and are not regulated, unlike the required "Contains" statement for food allergen ingredients. According to the FDA, companies may use advisory statements as long as they are "truthful and not misleading".*

For years, we have been warned about using advisory statements for determining the gluten-free status. Their usefulness is diminished due to the lack of definition and regulation.

Let's compare products with and without advisory statements. According to some studies, the product with the 'may contain' statement could have less contamination of said allergen. Strange, but true...and damn confusing.

We covered this information in our March 19th 2011 newsletter and meeting, but it bears repeating. In 2010, HealthNow hosted their 2nd Annual Gluten Sensitivity & Celiac Forum. Cynthia Kupper, RD, GIG Executive Director was a featured speaker. She was asked this question



- "Contains" statements address the top eight food allergens found in the product as ingredients. (Mandatory)
- "May Contain" statements address potential, inadvertent cross contamination due to processing/packaging. (Voluntary)
- Gluten-Free labeling supersedes voluntary advisory statements.



## May Contain... - Continued

during her Q&A session:

**Q: The ingredient list contains no gluten, but there's a statement about "Processed in the same facility as..." or "Processed on the same equipment as..." what do you do?**

**A:** That's a voluntary advisory statement designed for people with IgE allergies. Many companies use it as a "CYA". No meaning for celiacs. A group of RD's determined that it would be reckless of them to suggest that statement should be used to determine gluten-free status. If you have an IgE (anaphylactic reaction), you need to think about it.

A "Contains..." statement is an allergen statement and required by law. "May Contain" is not an allergen statement."

Source: 2010 HealthNow Gluten Sensitivity & Celiac Forum DVD

According to Aldi's [Facebook posts](#), they have pulled the cheesecakes from their shelves,

*"At ALDI, we have an unwavering commitment to quality. As part of that commitment, we work closely with our suppliers to ensure that all ALDI exclusive brands meet or exceed the standards and quality of the national name brands, including our liveGfree line of products. All of our liveGfree products are certified by an approved organization that verifies the product's levels of gluten are less than 10 parts per million. These organizations include the Gluten-Free Certification Organization (GFCO), Gluten-Free Certification Program (GFCP) and Celiac Sprue Association (CSA). This particular product was certified by the Gluten-Free Certification Organization and while the amount of gluten in our liveGfree cheesecake was well below their requirements and FDA limits, it was made at a plant that also makes regular cheesecake. This is why we added the "may contain traces of wheat" statement on the packaging. However, we understand the confusion regarding this claim and have removed the product from our stores."*

So, what do we do with products like this? Call the manufacturer to ask questions. Ask about the facilities, the production lines, and their policies and procedures for allergen handling. If they do not answer the questions to your satisfaction, find another manufacturer with a similar product that does meet your needs.

## Gluten-Free Living & The Gluten-Free Kingdom



The current issue of [Gluten-Free Living](#) contains a small story on *The Gluten-Free Kingdom*.

They wanted to know the background of the story, my inspiration, and purpose for writing it.

Gluten Intolerance Group of North America posted an image of the article: <http://bit.ly/1Ns4OdE>

The entire story can be found here: <http://bit.ly/GFKingdom>

Behind the Story "The Gluten-Free Kingdom": [http://bit.ly/GIGECW\\_BTS\\_GFK](http://bit.ly/GIGECW_BTS_GFK)



## Gluten-Free Miller Park

If you're taking in a Brewers' game at Miller Park, you might inquire about their gluten-free offerings.

Remember, to ask questions. Gluten cross contact could be a factor for some of these items.

From their website:

Gluten-free Options are available at the following stands:

- Gluten-free Turkey Sandwich -- Section 123
- Dippin' Dots -- Section III, 119, 209, 232, 412, 433
- Kettle Corn -- Section 119, 123, 126, 209, 232, 412, 433
- Cotton Candy -- Section III, 119, 123, 126, 209, 232, 412, 424, 433

Various Gluten-free and Vegetarian Options at our Grab N' Go Location -- Section 123

Source: <http://bit.ly/MillerParkGF>



## transOCEAN's GF Surimi (Imitation Crab)

During a shopping trip to Walmart, a co-worker of my wife Peggy discovered [transOCEAN's Crab Classics](#) products were gluten-free.

We haven't seen a gluten-free surimi since 2009.

tranOcean's website [says this about gluten-free](#):

*"We are proud to say that effective Fall 2014, our production plant became a dedicated, 100% gluten-free facility and all of our products are now gluten-free."*

I've emailed them find out if they test raw ingredients or final products for gluten content. Ingredients they use (like starches) could still be contaminated before they bring it into their 100% gluten-free facility. No response from them yet.





# GLUTEN-FREE RECIPE

## Ingredients

1 - 6 oz can of salmon (or 1 cup of left over shredded salmon)

1/2 - Green Bell Pepper, chopped

1/2 - Onion, chopped

1 - Egg

1/4 to 1/2 cup - Gluten-Free Bread Crumbs (enough hold the salmon together)

Salt & Pepper to taste

Crushed Red Pepper Flakes or Penzey's Forward Blend to taste (optional)

Peanut Oil for frying (deep enough for croquettes to float)

## Salmon Croquettes

Submitted by Alan K.

Original recipe by [Anita Johnson](#)

*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)

If you have left-over salmon, this is an excellent way to use it! Don't worry reheating these guys if you make too many, they reheat well. Best in a toaster-oven.

### Directions:

Remove any bones from salmon and shred into a large bowl. Add green pepper, onion, egg, salt, pepper, any additional seasonings. Mix well. Add enough bread crumbs to allow the mixture to form a 4" diameter by 3/4" to 1" thick patty.

On medium heat, preheat pan and oil until it just starts to shimmer.

Gently place patties into oil.

Depending on size of pan, do not add too many patties. Do not crowd them.

Fry patties for about 2 to 3 minutes per side or until golden brown.

Gently flip to fry the other side. Watch them carefully so they don't burn. Remove from oil and place on paper towel lined plate. If you have number of patties to fry, keep plate in low heated oven to keep them warm.





# GLUTEN-FREE RECIPE

## Ingredients

1/2 cup GF coconut flour (Bob's Red Mill GF)  
 1/2 cup GF sorghum flour (Bob's Red Mill GF)  
 1 cup gluten-free flour mix (Jules GF Flour Mix)  
 1/4 teaspoon Xanthan gum (Ener G)  
 1 tsp double strength vanilla (Penzey's)  
 4 extra large eggs  
 2 cups sugar  
 1 cup coconut oil (Dr. Bronner's White Virgin)  
 1 1/2 teaspoons salt  
 3 cups grated carrots  
 3/4 cups organic raisins (Roundy's - nothing but raisins)  
 1 cup raw, unsalted pecans (Nuts.com - GFCO)  
 3 teaspoons cinnamon (Penzey's)  
 2 teaspoons baking soda (Arm & Hammer)

## Frosting Ingredients

4-5 oz cream cheese (softened)  
 3 tbsp softened butter  
 3/4 lb powdered sugar  
 1 tsp vanilla (Penzey's)  
 1 tsp milk

## Carrot Cake (or Cupcakes)

Submitted by Peggy K.

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Peggy converted this recipe she got from a co-worker. It has become a GIG of ECW favorite!

### Cake Directions

In mixing bowl cream together eggs, oil & sugar. Add vanilla. Mix in shredded carrots. Add dry ingredients. Mix with mixer for 5 minutes. Fold in nuts & raisins.

Cake: Grease two 9" round pans. Add parchment paper to bottoms. Spoon mixture into pans.

Cupcakes: Insert liners into cupcake pan. Fill 2/3 to 3/4 full.

Cake: Bake at 350 for 30-35 min. or golden brown and pulls away from sides of pan. Cool in pan on rack for 5 min, then remove cakes/cupcakes from pan and allow to finish cooling on rack.

### Frosting Directions

Place ingredients in mixing bowl. With mixer whip ingredients mix for about 5 minutes or until fluffy.

Frost cooled cake. Refrigerate after it's frosted to firm up frosting.

Garnish with chopped pecans.

Note: Due to the coconut oil, refrigeration of the cake will result in it being firm. Best to serve at room temperature, unless you like firm cake.





# GLUTEN-FREE RECIPE

## Ingredients

2 cups of sugar  
 1/2 cup of milk  
 1 stick (8 tablespoons) butter  
 1/4 cup unsweetened cocoa powder  
 3 cups old-fashioned oats ([GF Harvest, LLC Old Fashioned Organic Rolled Oats](#))  
 1 cup smooth peanut butter  
 1 tablespoon pure vanilla extract (Penzey's)  
 Large pinch of salt

## Peanut Butter-Chocolate No Bake Cookies

Submitted by Peggy K.

Original recipe [Food Network](#)

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Guide to Gluten Cross Contamination:*

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*Most medical professionals say gluten-free oats can be tolerated in limited amounts [up to 1/2 cup per day for adults]. They also suggest restricting oats for one year for those newly diagnosed.*

*Some celiacs will react to the protein found in oats [avenin], just as they react to the proteins in wheat, barely, rye.*

*If you choose to add oats to your diet, please make sure they are gluten-free purity protocol oats.*

*To learn more about purity protocol oats:*

<http://bit.ly/GIGECW-PureOats>

## Directions

Line a baking sheet with parchment paper.

Bring the sugar, milk, butter, and cocoa to a boil in a medium pan over medium heat. Stir occasionally. Let boil for 1 minute. Remove from heat. Add oats, peanut butter, vanilla, and salt. Stir to combine.

Drop teaspoons of mixture onto lined pan. Let cool and sit at room temperature for about 30 minutes.

