



**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.)

9:00 am to 11:00 am

Where: Ripon Public Library in the Silver Creek or Nash Rooms.

Spouses and loved ones are also encouraged to attend.

Alan Klapperich,  
Branch Manager

Phone: 920-748-4877

[GIG.EastCentralWisconsin@gluten.org](mailto:GIG.EastCentralWisconsin@gluten.org)

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

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

*“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”*

– Melody Beattie



I wanted to share these words because they really resonate with me, maybe they’ll strike a chord inside of you as well. Removing gluten allowed to me to enter into a bountiful new world. Lack of concrete medical answers provided an opportunity to learn and accept new a new way of life. Simple [gluten-free] ingredients can be transformed into something greater than the sum of its parts. This journey has taken me “around the world” meeting and making new friends.

I think everyone in the gluten-free community can relate to denial, chaos, and confusion. The denial of the diagnosis. The chaos of re-engineering a new life. The confusion over how to pull it all off. Stress, frustration, fear, and anger make large withdrawals from our emotional bank account. Anxiety levels increase, depression starts creeping in, grief comes calling - holy crap our life is in a shambles. There are days we feel like there’s no way out. Fear not! Take a deep breath. It’s OK - [we need to process those feelings](#).

Cue Gluten-Free Gratitude. ACTION!

[bit.ly/GIGECW-Gratitude](http://bit.ly/GIGECW-Gratitude)

Gratitude allows us to focus on what we have, instead of what is missing. As we assemble the pieces of our new gluten-free life we discover that goodness has not abandoned us, it is merely manifesting itself in different ways - ways that we have not previously recognized. Gratitude is the glue that keeps us from coming apart at the seams.

I wish you peace and many blessings this holiday season.

Alan Klapperich  
GIG of ECW Branch Manager



## More Holiday Hints & Tips

GIG of East Central WI's  
"Navigating the Holidays"

[http://bit.ly/GIGECW\\_Navigate\\_Holidays](http://bit.ly/GIGECW_Navigate_Holidays)

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>

Gluten-Free School's "Tackle the Holidays like a Gluten-Free Pro"

<http://bit.ly/2ArGmUm>

## HAPPY, HEALTHY HOLIDAYS – THANKSGIVING AND BEYOND

*Nicol Creach, Gluten Intolerance Group*

Maintaining a healthy lifestyle in the midst of holiday traditions can be a challenge. Many factors are at play. Virtually all gatherings include food, much of it not gluten-free. Enter the stress of being around foods you can't have, and/or making sure you have something to eat that's not been cross-contaminated (and just as delicious as the special holiday treats you may need to pass up!). And even when the gluten-free issue is solved, how do you stay balanced and not over-do it too much on the rich and sweet specialty items which generally help mark this time of year? Add in busier schedules, less likelihood of finding time for exercise, and houseguests and/or travel. If staying balanced and healthy seems like it's too much to manage, here are some tips. These are especially geared towards Thanksgiving day but can easily be adapted to other holiday occasions.



### Staying Gluten-Free

Celebratory gatherings invariably include food, the gluten-free status of which can be difficult to confirm. Dishes are often brought by various members of a holiday gathering. If all in your party are people you know, and who are aware of your need to be gluten-free, then hopefully they will have accommodated your needs, either by modifying dishes or by letting you know you that their dish contains gluten so you can make other choices. But if you're at a gathering where food is being brought by people who are unaware of your needs, things get a little more complicated. You may feel uncomfortable bringing the issue up and decide to guess on gluten-free status of foods: never a good way to go.

*Happy, Healthy Holidays - Continued*

Here's where hosting the meal yourself can be beneficial. Even if guests bring some dishes, you can have control over what's in most of the food. Choose to make the stuffing and pie yourself, since these are traditional items which can easily be converted to gluten-free. Hosting also gives you the opportunity to show your guests how delicious gluten-free food can be. When menu planning with guests who will be bringing dishes, do state your need to be gluten-free, but also assure people that if their traditional favorite side dish contains gluten and they want to bring it, that's o.k. – you

just need to know so you can avoid it. For friends and family who aren't yet familiar with gluten-free eating, also be sure to explain the importance of avoiding cross-contamination through shared serving utensils or other means.

If you're going to be a guest somewhere else for a holiday meal, check in with your hosts well in advance. Let them know of your need to be gluten-free, but at the same time communicate that you don't expect your needs to be catered to. Just explain that you do need to know what contains gluten so you can avoid those things in order to stay healthy. Depending on how well you know your host and the others who will be sharing the meal with you, you and/or your host may feel comfortable passing this information along to them as well. If not, you can decide on the day of the event whether or not you feel comfortable talking with people about what they brought and what it contains; if not, simply avoid those dishes. When talking with your host, offer to bring a few side dishes: always appreciated and will assure that you'll have safe food available.

**Exercising**

When schedules get busier, exercise is often one of the first activities to be sacrificed. And for those who have an outdoor routine, bad weather and shorter days may be additional obstacles. But if you take a half hour in the morning to exercise, you'll feel energized and better all day, making the time



*Happy, Healthy Holidays - Continued*

commitment pay off. On Thanksgiving (or other “big meal” days), for an enjoyable group activity, go on a walk with your dining companions after the meal and before the pies come on. This will also give you more time to “work up an appetite” for dessert! Exercise, stress relief and a good group activity all rolled into one.

**Managing Stress**

Increased demands on schedules (often combined with less exercise) can increase stress. Spending time with friends and family is at the heart of holiday celebrations, but finding the time to fit it all in can still add stress. Hosting house guests may increase stress too, since extra efforts and time commitments are nearly always involved. Remember, even positive activities can add

stress. Stress may be further increased due to skipping your usual activity routine. For some people stress can also lead to excess snacking, easy to do when lots of appealing foods are around, usually the case on holidays. Try not to over-schedule, have healthy foods available (see below) and focus in on what’s most important. Making time for exercise (see above) can help keep stress in check too.

**Managing an Abundance of High Fat, High Calorie Foods**

Excessive intake of higher calorie special occasion foods can lead to unwanted weight gain, raising risk of adverse health effects down the road. Some data has indicated that many people gain about a pound between Thanksgiving and the end of the year. While this may not seem like a lot, these pounds are usually not lost, so 10 years later, this amounts to a significant 10 extra pounds. While it’s fine to indulge to a degree (these are special occasions after all), over-doing it can result in not feeling great in the short term, and can leave you with unhealthy extra pounds at the end of it all.

For gatherings taking place at your house, have healthful, lower calorie foods around while prepping food and spending time with family or visitors. Have a colorful supply of fresh raw vegetables on hand to reach for. Buy pre-prepped vegetables, or do the peeling and cutting the night before. Keep a bowl of whole fresh fruit out and available. Not only will this make healthful snacks easily available, but it adds visual appeal too.

When faced with a tempting, endless spread of dishes,



*Happy, Healthy Holidays - Continued*

consciously choose small portions of the many foods on offer. It's important to be able to enjoy traditional foods even if "unhealthy," just keep quantities moderate. When cooking and baking, don't skimp or try to modify traditional favorites (unless you've tried in advance and still get a great result). Instead, cut down on fat (and calories) in other ways. Skip the butter on your roll and the cheese on the appetizer platter. In fact, skip the appetizers altogether unless they are a central part of your tradition. And don't "waste" space and calories on foods which are commonly available at other times of year. Instead focus on what's really special to the particular holiday or occasion. Skip having seconds; save room and calories for dessert.

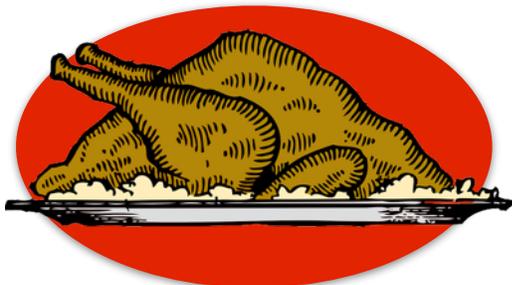
To help keep your diet relatively healthful, include lots of vegetables. Many holiday meal spreads include plenty. If yours usually doesn't, change your approach this year so it does. Vegetables also help balance out some of the richer and heavier traditional foods like stuffing and pie. Whether you're hosting or bringing dishes to a friend's, include a fresh green salad. Among so many rich foods, something lighter and refreshing (and, by the way, healthier) is often appreciated and enjoyed.



**"Managing the Holidays  
with Celiac Disease EP050"**

<http://bit.ly/2zZHv8J>

**GIG of ECW's  
Gluten-Free Turkey List  
2017**



[http://bit.ly/GIGECW\\_Turkeys](http://bit.ly/GIGECW_Turkeys)

**Walmart's  
Gluten-Free  
Condensed Soups**

**NEW!**



# *International Celiac Disease Symposium (ICDS) New Delhi, India*

*Nichol Creach, Gluten Intolerance Group*

<http://bit.ly/GIG-ICDS2017>

Every two years the International Celiac Disease Symposium brings together researchers, clinicians, educators, and food industry representatives from the fields of celiac disease and gluten/wheat sensitivity. These experts come together from around the world to discuss and explore the best ways to address the challenges faced by patients with celiac disease. Subject areas include epidemiology, diagnosis, foods and diet, patient management, and research into new therapeutic approaches. If you know they cause you discomfort, do not eat them.

Laura Allred, regulatory and standards manager for the Gluten Intolerance Group (GIG), presented the following GIG initiatives at the symposium:

- **Safety of gluten-removed beer:** A first of its kind pilot study, GIG's "The Celiac Patient Antibody Response to Conventional and Gluten-Removed Beer," indicates that "gluten-removed" beer may not be safe for those with celiac disease. The data collected demonstrated that the active-CD patient sera used in the study did not respond to gluten-free beer made from sorghum and rice, but several did respond to conventional beer, and some of these individuals also responded to the gluten-removed beer. These findings suggest that there are residual peptides in the "gluten removed" beer that may be specifically recognized by people with celiac disease. The study has been published by the Journal of AOAC International.
- **Purity Protocol for gluten-free oats:** In collaboration with oat processors, GIG developed an industry agreed-upon definition and requirements for operating under a "Purity Protocol"—a claim made by processors for the provision of gluten-free oats. Without a universal definition of the requirements of this protocol, consumers and buyers cannot be sure that every oat supplier using this term is operating according to industry-accepted or uniform best practices. With the increase in demand for gluten-free products, it is essential that terms like Purity Protocol be defined for both food manufacturers and consumers. This protocol was published in the journal Cereal Chemistry by AACC International.
- **Threshold for gluten grains in non-gluten grains:** GIG is finalizing a new study, expected to be published later this year, that establishes number of gluten-containing grains that are allowed in non-gluten grains in order to meet the GFCO threshold of 10 ppm gluten. This study also looks at the feasibility of the proposed threshold in current oat processing operations.

Following are summaries of additional selected Abstracts presented at the meeting.  
(Countries listed indicate researchers' listed country affiliations.)

*Note: Only a few of the summaries from the original article are listed here.*

*Entire article: <http://bit.ly/GIG-ICDS2017>*

*ICDS 2017 - Continued***Global prevalence of celiac disease: Systematic review and Meta-analysis - India, United States, Norway, Italy**

Celiac disease (CD) has emerged as a major public health problem worldwide. Once reported from countries with predominantly Caucasian populations, it is now reported from other parts of the world as well. The exact global prevalence of CD is not known. A systematic review and meta-analysis was undertaken to estimate the global prevalence of CD. Pooled global sero-prevalence of CD was 1.4% in 275,818 individuals based on positive antitissue transglutaminase and/or anti-endomysial antibodies.

Pooled global prevalence of biopsy confirmed CD was 0.7% in 138,792 individuals.

The prevalence of CD ranged from 0.4% in South America, 0.5% in Africa and North America, 0.6% in Asia to 0.8% in Europe and Oceania. There was remarkable variation in country-wise prevalence of CD ranging from 0.2% (in Tunisia) to 2.4% (in Sweden). The pooled prevalence of CD was higher in females than in males (0.6% vs. 0.4%). Similarly, children had substantially higher prevalence of CD than adults (0.9% vs. 0.5%). The pooled prevalence of CD increased from 0.6% between 1991 and 2000 to 0.8% from 2001 onwards.

This review and analysis indicates that CD is a global disease and the global sero-prevalence and prevalence of CD are 1.4% and 0.7%, respectively. The prevalence of CD was found to vary with gender, age and geographic location. The prevalence of CD is increasing over time. There is a need for population based prevalence studies in many countries.

*Note: Gluten-Free RN mentioned that Dr. Alessio Fasano said in his ICDS opening talk, the prevalence in the USA is 3% - not 1% that has been frequently stated. Celiac cases are doubling every 15 years! See link to her podcast below.*

**Study of the microbiota composition in adult celiac disease - Italy**

The gut microbiota contributes to the normal development and function of mucosal immunity, intestinal epithelial cell proliferation, and metabolic pathways. Growing evidence supports a role for the gut microbiota in the development and clinical picture of celiac disease. This study clearly showed the presence of dysbiosis (microbial imbalance) in adulthood CD. In addition, the similarity between salivary and mucosal data opens the route for a non-invasive diagnostic assessment.

**Resistance of gluten to heat elimination in a homelike environment - Spain**

Gluten-containing products were cooked via electric stove, gas stove, oil deep fryer, induction stove, and water bath. Temperature ranged from 196 to 452 °F., and timing ranged from 5 to 30 minutes.

*ICDS 2017 - Continued*

On a gas stove, a temperature of 451 °F had to be maintained for 10 minutes in order to result in absence of gluten detection. On the induction stove, a temperature of up to 475°F for 6 minutes was needed to result in a negative test result.

Lower temperature ranges did not yield negative test results in spite of timing being extended to 30 minutes.

Samples processed on electric stove, water bath and deep frying showed presence of gluten immunogenic peptides in all ranges of time and temperature.

The authors conclude that eliminating gluten in a home kitchen via heat is not realistic.

**Analysis of immunotoxic peptides from dietary gluten in human urine - United States**

Samples from a CD patient were used before and after oral gluten challenge to develop a method to identify gluten peptides in urine. Twenty-two unique gluten peptides were identified. In a pilot study of 20 individuals, it was found that approximately half of the samples were positive for at least one gluten peptide. These results provide the first examples of specific peptides from dietary gluten that enter systemic circulation in humans. The researchers are currently performing fundamental studies on the immunotoxicity of these peptides, and are analyzing the pharmacokinetics of their absorption and excretion. Through a clinical collaboration, the potential utility of these peptides as non-invasive biomarkers of celiac disease status is being evaluated.

**The prevalence of mental health concerns in children with celiac disease - United States**

In adults, celiac disease (CD) is linked to poorer quality of life, higher perceived burden, and elevated symptoms of major depression, anxiety, panic, suicide, and eating disorders. However, in children with CD, the prevalence of mental health co-morbidities is not well studied and could substantially impact the effectiveness of medical care. This study aimed to review existing research examining mental health concerns in pediatric CD. It was concluded that very few studies have been published on the prevalence of mental health concerns in pediatric celiac disease. This is concerning, as preliminary evidence indicates that celiac disease may be associated with increased mental health co-morbidities. The researchers propose to prioritize more high quality prevalence research to assess the need for mental health services in celiac disease treatment.



Gluten-Free RN attended this year's symposium. She provides an excellent summary in her podcast.

<http://bit.ly/GFRN-ICDS2017>



# 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

### More holiday recipes:

[bit.ly/GIGECW-Holiday-Recipes](http://bit.ly/GIGECW-Holiday-Recipes)

## 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

More holiday recipes:

[bit.ly/GIGECW-Holiday-Recipes](http://bit.ly/GIGECW-Holiday-Recipes)

## 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:*

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### Pie Directions:

Make crust per [pie crust 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.





# GLUTEN-FREE RECIPE

## Ingredients

### Cookie Ingredients:

4 cups Bob's Red Mill Paleo Baking Flour \*\*  
 1 1/2 cups butter  
 1 cup sugar  
 1 tsp cream of tartar  
 1 tsp baking soda  
 2 eggs  
 2 tsp double-strength vanilla (or  
 4 tsp of single-strength)  
 1/8 tsp Salt

Potato or Tapioca starch (not  
 flour) for rolling.

### Frosting Ingredients\*:

1/2 cup of butter  
 1 1/2 cups powdered sugar  
 1 teaspoon vanilla  
 1 or 2 tablespoons of milk or  
 almond milk

\*The amounts listed are  
 approximate. Adjust them until  
 it's as stiff or loose as you like.

\*\*Festival Foods in Oshkosh  
 carries BRM's Paleo Baking Flour.

**More holiday recipes:**

## Auntie's Cutout Cookies

Original recipe by Edna Schwandt

Gluten-Free adaption by Peggy Klapperich

*When using any flours/grains, nuts, seeds, etc - make sure they are labeled  
 gluten-free. Gluten contamination of these products are very likely if they're not  
 produced in a dedicated facility. To learn more about this, see our*

*"Grain-Free for the Gluten-Free":*

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

*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:

- In mixer bowl, cream butter, sugar & vanilla together.
- Add eggs - beat until fluffy
- Add dry ingredients - mix thoroughly - at least 2 to 3 minutes.
- Chill dough over night (3 hour minimum)
- Remove about 1/4 of the dough keeping the rest in the fridge.
- Dust counter with starch. Coat dough until it's no longer sticky.
- Roll dough to 3/8" thickness. It is best to keep these cookies on the thicker side. They are a bit fragile.
- Cut out cookies and place on parchment paper lined cookie sheet. Set scrap aside in the fridge. Do not add rolled dough to fresh dough
- Bake at 375 for 8 to 10 minutes - until edges start to brown. Note: cookies brown quickly. Don't let them get too brown.
- Remove cookies from oven. Allow them to cool on the pan for 5 minutes. Place on waxed paper.
- Repeat rolling & baking process until fresh dough is gone.
- Combine dough scraps, re-roll, cut and bake.
- Yield: 6 dozen





# GLUTEN-FREE RECIPE

## Ingredients

1 cup water  
 1 cup milk or milk alternative  
 (rice, soy, almond, etc -  
 unsweetened)  
 2 tablespoons oil  
 1 cup [Mehl's Gluten-Free  
 Premium Flour](#)  
 2 cups potato flakes (make sure  
 to use dairy-free if you need  
 dairy-free)  
 1/2 cup any gluten-free starch or  
 rice flour  
 Several sheets of wax/parchment  
 paper or plastic wrap

Note from Peggy K.:

*We use Mehl's Premium Flour to  
 make communion bread for our  
 church.*

*It's so good that gluten-eaters ask  
 to finish the left-over bread after  
 the service.*

More holiday recipes:

[bit.ly/GIGECW-Holiday-Recipes](http://bit.ly/GIGECW-Holiday-Recipes)

## Gluten-Free Lefse

*"You'll Never Believe These Are Gluten-free"*

Original recipe by [Mehl's Gluten-Free Bakery](#)

1404 33rd St. S. Suite H. Fargo, ND

*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:

- Add liquid ingredients to mixing bowl first, then add dry ingredients.
- Mix well until dough get nice and thick.
- Make two wax paper sheets about 12" x 12".
- Create 2" dough balls until dough is used up.
- Roll dough balls in starch until fully covered.
- Heat up a large non-stick frying pan to medium high heat with a little non-stick spray.
- Take a sheet of wax paper and sprinkle a tablespoon of starch on center.
- Place dough ball on top of starch, press down on ball to flatten, and sprinkle a little more starch on top.
- Place second piece of wax paper over top of dough ball.
- Use a rolling pin to roll out dough until it is about six to seven inches in diameter. Be careful not to roll too thin or too thick. (Practice makes perfect).
- Remove top wax paper, and flip rolled out dough into pan. Use a non-metal, heat resistant spatula to flip lefse after it cooks for about ten to fifteen seconds.
- Store finished lefse with a small piece of wax paper in between each lefse sheet. Wrap with plastic wrap and freeze for long term storage, or refrigerate for short-term storage.
- Heat lefse up for ten to thirty seconds in microwave (longer if frozen, shorter if refrigerated) to soften it for rolling when ready to use.



<http://www.mehlsbakery.com/>