



Our next meeting is on **Sunday, September 12<sup>th</sup>** at 1:30 PM at the Kathryn Weil Center near Home Hospital in Lafayette.

Our theme will be “What I did on my summer vacation.” Did you have any good (or horrible) dining experiences? Find a great product or recipe? Our meetings are a great way to learn about new foods and products, so feel free to bring a gluten free (or naturally gluten free!) treat for all to try. Bring along a copy of the recipe to share, also.

September is dues time! The dues this year will be \$15.00, which gives each member five newsletters with a lot of celiac and gluten free information. At the meeting there will be a sign-up sheet where you can choose to get the newsletter by email, by regular USPS mail, or both.

Questions? Call Nancy at 497-0665.

## **Annual Free Blood Screening**

The University of Chicago Celiac Disease Center will hold its annual free blood screening on **Saturday, October 9, 2010**. In addition to screening people for Celiac Disease, a panel of experts will be available for an interactive Q&A. Exhibitors will also be on hand with various products & services for the celiac community. Registration opens on Monday, August 16<sup>th</sup>. Please call 773-702-7593 to register. Pre-registration for screening is essential. To determine your eligibility, a brief phone consultation is required. Go to <http://www.celiacdisease.net/free-blood-screening> for more information. You must be eating gluten to be eligible.

### **MEETINGS**

IGIST meets at 1:30 pm on the second Sunday five months of every year on the 4th floor of the Kathryn Weil Center, located in the Medical Arts Building at the corner of 26th and Cason Streets (415 North 26th Street) in Lafayette, Indiana, unless otherwise specified. All active members and their families are welcome. Memberships are \$15/year. Guests are welcome by invitation.

The next meeting will be our Holiday Pot Luck on November 14<sup>th</sup>.  
Meetings are usually in September, November, January, March, and May.  
In 2011 our first two meetings are on January 9<sup>th</sup> and March 13<sup>th</sup>.

Would you like to attend? Contact Nancy Linneman at 497-0665 or [n.linnemann@comcast.net](mailto:n.linnemann@comcast.net).

## Local News

Scotty's Brewhouse has a new gluten free menu! Items include nachos, pineapple salsa tilapia, latin chicken, smothered BBQ bacon chicken, thai chicken skewers. Any of their burgers, chicken sandwiches, or salads can also be made gluten free. They also serve New Grist beer! Scotty's is in Wabash Landing in West Lafayette. The new menu is here:

<http://www.scottysbrewhouse.com/media/178399/gluten%20free.pdf>

There is a new chapter of ROCK in Indianapolis! ROCK (Raising Our Celiac Kids) is a free support group for parents, families and friends of children on the gluten-free diet. For more information, contact Kelly Kurzhal at (317) 697-4933 or [rock-indy@comcast.net](mailto:rock-indy@comcast.net). The next meeting will be a holiday pot luck and will be on November 6<sup>th</sup>, location TBA.

Need information about where to eat in the Lafayette area? See our website [www.igist.org](http://www.igist.org). There you'll find an updated list of restaurants that have gluten free selections.

## Gluten Free Product News

Do you love Udi's bread? Sign up for their newsletter and get a \$1 off coupon for your next loaf! <http://udisglutenfree.com/>

Snyder's of Hanover has released their new gluten free pretzels and multigrain tortilla chips. Right now they're only available at Whole Foods and a few other health food stores. The products are certified gluten free by GIG's Gluten Free Certification Program, and will cost approximately \$2.99 for an 8 ounce bag.

From Glutino: "Great Beginnings, Berry Great Beginnings, and Frosted Great Beginnings. All three varieties start with a corn/rice flake and are the only fortified gluten-free cereals on the market so they are a delicious and nutritious way to begin your day. Glutino's new cereals will join the Honey Nut and Apple Cinnamon cereals currently in market, giving consumers and retailers a variety of delicious cereals to choose from." Right now they're only available in Indiana at Whole Foods and Trader Joe's.



The new GF Bisquick and Hamburger Helper are in stores now, as seen in local Wal-Marts. Pay Less has expanded its selection of Kinnikinnick foods, including breads and doughnuts. They're also stocking two brands of GF pizza (Amy's and one other which the editor forgets). Keep an eye out at Aldi's, they have started to label lots more of their products as GF, especially the luncheon meats. Also, this editor (Christine) has emailed Aldi and all of their canned beans are GF, including pork and beans and their private label version of Bush's beans.

*Disclaimer: IGIST does not endorse the products, services, information, or opinions expressed in this newsletter and assume no liability for use of products/information. Verify all information before applying it to your situation.*

## Celiac News

Scientists in the UK and Australia have isolated the 3 peptides that cause the majority of celiac responses to gluten, leading experts to believe that the discovery may lead to a celiac vaccine in the future. According to a recently published study in the journal *Science in Translational Medicine*,” researchers studied 200 celiac patients by asking them to eat gluten, and then tested their blood six days later to measure their immune response to different peptides, or gluten fragments. The scientists found that while no fewer than 90 peptides caused immune responses, three were responsible for the majority of the immune system’s response to gluten. A clinical trial is underway in which celiac patients are slowly being introduced to tiny amounts of the three toxic peptides in an effort to become desensitized to gluten.

<http://glutenfreeville.com/research/discovery-could-lead-to-celiac-disease-vaccine>

Medscape Today reports that the prevalence of celiac disease has increased significantly in the last 3 decades. Researchers at Mayo Clinic tested blood samples that had been stored since the 1950’s, and found a much lower rate of celiac disease than is seen today. They compare their results with 2 more recently collected sets of blood samples. Their findings suggest that celiac disease is roughly 4 times more common now than in the 1950s. <http://www.medscape.com/viewarticle/726127>

## Summer Picnic Recipes

Below are some of the recipes from our summer picnic potluck. Enjoy!

### Gluten Free Pineapple Upside Down Cake (From Betty Crocker.com)

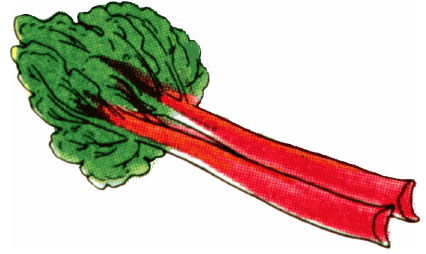
- 1/4 cup butter
- 2/3 cup packed brown sugar
- 2 tablespoons light corn syrup
- 9 slices pineapple in juice (from 16-oz can), drained
- 9 maraschino cherries, drained
- 1 box (15 oz) Betty Crocker® Gluten Free yellow cake mix
- 1/2 cup butter, softened
- 2/3 cup water
- 2 teaspoons gluten-free vanilla
- 3 eggs

1. Heat oven to 350°F. In 9-inch square pan, melt 1/4 cup butter in oven. Stir in brown sugar and corn syrup; spread evenly in pan. Arrange pineapple slices on brown sugar mixture. Place cherry in center of each pineapple slice.
2. In large bowl, beat cake mix, 1/2 cup butter, water, vanilla and eggs with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Pour batter over pineapple and cherries.
3. Bake 38 to 43 minutes or until surface is golden brown and toothpick inserted in center comes out clean. Immediately run knife around side of pan to loose cake. Place heatproof serving plate upside down onto pan; turn plate and pan over. Leave pan over cake 5 minutes so brown sugar topping can drizzle over cake. Remove pan; cool 30 minutes. Serve warm or cool. Store covered in refrigerator.



## Microwave Strawberry Rhubarb Crisp

1 lb. rhubarb (3 c.), cut in 1/2" slices  
3 c. strawberries, quartered  
1/3 c. sugar  
1 tbsp. flour  
3/4 c. quick cooking oats  
1/2 c. flour  
1/2 c. brown sugar  
1/4 c. butter  
1/4 tsp. cinnamon  
Ice cream



Combine first 4 ingredients in 8 x 8 inch glass baking dish. Combine next 5 ingredients. Sprinkle over fruit. Microwave on high until rhubarb is tender, and crisp is bubbly throughout (12-14 minutes) rotating dish once. Let stand 10 minutes. Serve with ice cream.

## Tuscan Bean Salad

1 can whole white beans, drained and rinsed  
1 can tuna, drained  
3 green onions, finely chopped  
2 Tbsp fresh basil, chopped  
1 small tomato, chopped or 10 cherry tomatoes, halved  
1/4 C olive oil  
1/4 C red wine vinegar  
1 Tbsp lemon juice  
Salt and pepper to taste

In a bowl, combine beans, tuna, onions, basil, tomato, olive oil, vinegar, and lemon juice. Season with salt and pepper to taste. Refrigerate for at least one hour to mingle flavors.

## Pasta Salad

12 oz spiral pasta (tinkyada)  
1 1/2 C diced ham  
1/2 C diced red bell pepper  
1/2 C diced cheddar cheese  
1 bottle Wish-Bone Italian Dressing  
Optional: diced tomatoes, olives

Cook pasta according to package, then mix in remaining ingredients. Chill for several hours or overnight.

# IGIST

Indiana Gluten Intolerance Support Team



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