

Celiac Disease Foundation Celebrates May Celiac Awareness Month with 7 Day Gluten-Free Meal Plan and Team Gluten-Free Challenge

Join the Team Gluten-Free Week Without Wheat (Barley and Rye) Challenge to Raise Awareness of Celiac Disease and Gluten Sensitivity

Celiac Disease Foundation (CDF), in honor of May Celiac Awareness Month, released a 7 Day Gluten-Free Meal Plan to help individuals diagnosed with celiac disease or other gluten-related disorders and their families ease the transition to a gluten-free diet. The gluten-free meal plan provides a clear and concise 7 day menu of three meals and two snacks per day with easy to make recipes and “Quick-Fix” options for those on-the-go. This free meal plan, developed with CDF Medical Advisory Board member Alicia Calvo, MPH, RD, CDE, can be accessed at celiac.org/mealplan.

The 7 Day Gluten-Free Meal Plan is the

newest addition to CDF’s toolkit to help people with gluten-related disorders monitor and manage their disease. The toolkit

includes a symptoms checklist (celiac.org/symptoms) designed to help facilitate communication between patients and their healthcare practitioners, and a nationwide directory of practitioners (celiac.org/directory) specializing in celiac disease and gluten sensitivity who

can review checklist results to determine a patient care plan. Patients diagnosed with celiac disease and other gluten-related disorders must adhere to a strict gluten-free diet, which means the elimination of wheat, barley, rye and their derivatives from their

everyday meal choices. Research has shown that ingestion of more than 1/8 of a teaspoon of gluten daily can result in intestinal damage

to individuals with celiac disease, which can lead to serious health complications.

“When my son was diagnosed at age 15 with celiac disease and was told to immediately eliminate all gluten from his diet, we found that first week completely overwhelming,” said Marilyn G. Geller, the

Foundation’s Chief Executive Officer. “The only information our physician provided about the gluten-free diet was to tell me to look it up on the internet. When I did, I found

Continued page 7

Celiac Disease FOUNDATION		7 DAY GLUTEN-FREE MEAL PLAN						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Breakfast	Egg Omelet w/ Spinach, Tomato & Cheese GF Toast Orange	Cream of Rice Milk Blueberries Waffles	GF Waffles w/ Syrup Egg Strawberries	GF English Muffin/ Almond/ Peanut Butter Banana	GF Cold Cereal/ Nuts/Wheat Cereal/ Greek Yogurt Mixed Berries	GF Breakfast Bar/w/ GF Eggs Bell Peppers, Mushrooms & Shredded Cheese Honey	GF Bagel Whipped Cream Cheese Lentils Protein Fruit Cup	
Snack	String Cheese & GF Crackers	Hard Boiled Egg & Orange	Dried Apricots & Almonds	Yogurt & Berries	Peanut Butter & Apple-Cheese	GF Bar	Peanuts & Banana	
Lunch	Black Bean Turkey Chili Baked Potato/ GF Cornbread Broccoli Orange	Grilled Fish/ Chicken Salad w/ Tomato, Lettuce, Cheese, Shredded Cheese & Cauliflower	Falafel w/ Hummus/ Tahini Sauce, GF Pita, Cucumbers, Tomato, Pickling & Shredded Lettuce Grapes	Cappuccino Salad w/ GF Crackers Cappuccino Grapes	Tuna Salad w/ Mushrooms & Celery GF Crackers Shredded Lettuce Honey Baked Chips, Apple	Turkey Sandwich w/ GF Bread, Lettuce, Tomato, Honey & Mustard	Roasted Chicken & Quinoa Salad w/ Avocado, Shredded Lettuce & Feta Mixed Berries	
Snack	Smoothie w/ Yogurt, Banana & Strawberries	Peanut Butter & Banana	GF Cereal Milk	Naches w/ Cashews, Chips, Shredded Cheese & Sour Cream	Popsicles & String Cheese	GF Trail Mix	ChocoMilk w/ Cashews & Shredded Cheese	
Dinner	GF Pasta w/ GF Sauce, Shredded Tomatoes, Spinach, Basil & Parmesan Cheese, Green Beans	Balsamic Glazed Chicken w/ Mushrooms, Grilled Asparagus & Lemon/ GF Dressing	Steak Baked Potato/ Tomato Grilled Asparagus Salad w/ Wheat Oil & Lemon/ GF Dressing	Salmon Blossoms Spinach GF Fruit	Pork Loin Mashed Potatoes Grilled Asparagus Applesauce	Beef & Cheese w/ GF Pasta & Shredded Cheese Lettuce & Tomato Salad	Steak Fry w/ Beef, Brown Rice, Mixed Vegetables, GF Soy Sauce & Ginger & Garlic Crushed Potatoes	
Snack	GF Crackers	Popsicle	Lentil/Hummus/ Stoneware Ice Cream	Dark Chocolate Rice	GF Pudding	GF Smoothies	Dark Chocolate Covered Raisins	



CDF Southern California Chapter

CDF Southern California Chapter hosts first ever gluten-free food and wine fundraiser.

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CDF National Conference & Gluten-Free EXPO

The nation’s largest patient conference for celiac disease and gluten sensitivity is a huge success.

Page 11



Gluten-Free Recipes for Summer

Exciting new gluten-free recipes for Fourth of July and Labor Day meals include salads, burgers, and kabobs.

Page 20



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Marilyn's Message

Dear CDF Friends:

During May Celiac Disease Awareness Month, Celiac Disease Foundation introduced the third tool in our online toolkit to drive early diagnosis and treatment of celiac disease. The CDF 7 Day Gluten-Free Meal Plan eases the transition to a gluten-free diet for newly diagnosed individuals and families, and provides a roadmap for those struggling to live gluten-free. Along with the CDF Symptoms and Conditions Checklist and the CDF Healthcare Practitioner Directory, this Meal Plan treatment tool empowers our patient community to take charge of our disease and stand up for our right to be diagnosed and treated. As this edition of INSIGHT goes to press, our software team is hard at work developing our next online tool, the CDF Gluten-Free Marketplace. The Marketplace will feature the best in gluten-free products and services, including the foods and ingredients featured in our Meal Plan and monthly recipes, and the items exhibited at our CDF EXPOS. The Marketplace will direct you where to shop and dine locally or you may purchase items directly through our affiliation with Amazon.

In honor of May Celiac Disease Awareness Month, CDF also launched the Team Gluten-Free Week Without Wheat (Barley and Rye) Challenge to raise both awareness and funds in the fight against celiac disease. Participants committed to raising \$100 or more to support CDF programs of advocacy, education and advancing research. Funds raised allow us to continue our programming to increase the diagnosis and treatment rate and to fund medical research so that there will be pharmaceutical treatment for celiac disease, and one day, a cure. In an exciting step towards this end, CDF met with the leadership of the North American Society for the Study of Celiac Disease (NASSCD) at Digestive Disease Week in Chicago to plan for an FDA public workshop on gastroenterology regulatory endpoints and the advancement of therapeutics.

This FDA workshop will be held in Maryland in March 2015 and the public will be invited to comment. We look forward to involving those of you unable to attend our west coast-based national conference as we head into CDF's 25th anniversary year.

Thank you for your continued generous support of CDF. While we have a long way to go to stop the suffering caused by celiac disease, with your help we are getting there.

To Your Health,

Marilyn G. Geller

Chief Executive Officer



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New Branch of CDF: Southern California Chapter

Celiac Disease Foundation proudly introduces its newest chapter, the CDF Southern California Chapter. The CDF SoCal Chapter held its first fundraiser to support the CDF School Nurse Awareness Program in El Segundo on Sunday, April 27th. To date, the chapter, led by Janelle Smith, has educated more than 250 school nurses in Los Angeles County about celiac disease and gluten sensitivity. Advocate Sandra Eagleson is the lead educator for school nurses on the signs and symptoms of children at risk for gluten-related disorders. The leadership team of the chapter also includes Vice President Suzanne Frieder, Secretary Jackie Schaffhauser, and Treasurer Katrina Rubin. We are pleased to welcome the CDF Southern California chapter and we wish them great success.



Above: The leadership team of the Southern California chapter of CDF (from left to right): Suzanne Frieder, Vice President, Janelle Smith, President, Jackie Schaffhauser, Secretary, and Katrina Rubin, Treasurer.



Lower left: Sandra Eagleson, School Nurse Awareness Program Educator



Lower right: CDF National CEO Marilyn Geller and CDO Deborah Ceizler with Karly Gilbert



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Celiac Awareness Month *Continued from page 1*

complicated recipes with unfamiliar and difficult to find ingredients. My son required a medically necessary gluten-free diet, and I did not have the culinary skills to make him gluten-free options from scratch. With this nutritionally balanced and simple to follow meal plan, it is our intent to provide a smooth first week transition to a gluten-free diet."

In honor of Celiac Awareness Month and to showcase the 7 Day Gluten-Free Meal Plan, CDF is encouraging celiac disease and gluten-sensitivity advocates to participate in its Team Gluten-Free Week without Wheat (Barley and Rye) Challenge. Participants will join CDF Board of Directors' Treasurer Christopher Holland in committing to eating entirely gluten-free for at least 7 days to raise funds and promote awareness of celiac disease and other gluten-related disorders. Those already on a gluten-free diet may commit a family member or other loved one, even a pet.

Participants who join the Team Gluten-Free Week Without Wheat (Barley and Rye) Challenge agree to raise \$100, and receive a Team Gluten-Free t-shirt and a Team Gluten-Free fundraising page. Participants are encouraged to post their progress in following the 7 Day Gluten-Free Meal Plan, and rally the community by posting on CDF's Facebook page and tweeting @celiacdotorg, #tgfchallenge.

"I am committing to the CDF Team Gluten Free Week Without Wheat (Barley and Rye) Challenge for as long as it takes to get the message out about celiac disease worldwide," said Christopher J. Holland, the Foundation's Board of Directors Treasurer. "That means none of my favorites (i.e. pizza, bread, pasta, beer) unless it's gluten-free, and I am asking for your support in my efforts. Keep me in line, tempt me, join the Team, spread the word, and donate."

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& Bavaria Tour: Aug 24 to Sep 3, 2014

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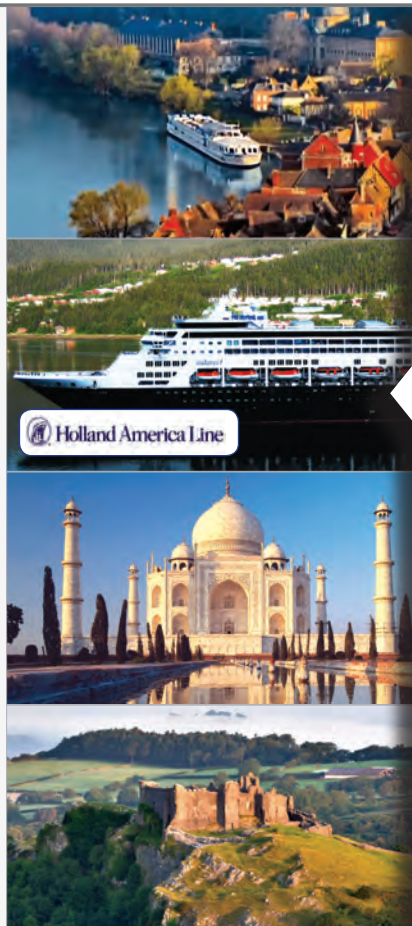
Ireland, Scotland & Wales

May 2015

Bob & Ruth's 3rd exciting tour of the Emerald Isle plus Bonnie Scotland and, new next year, Dylan Thomas's Wales with romantic and picturesque places named Swansea and Cardiff. Welsh rarebit, anyone?

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Research on Elafin Proteins and Celiac Disease

by Saul Geller

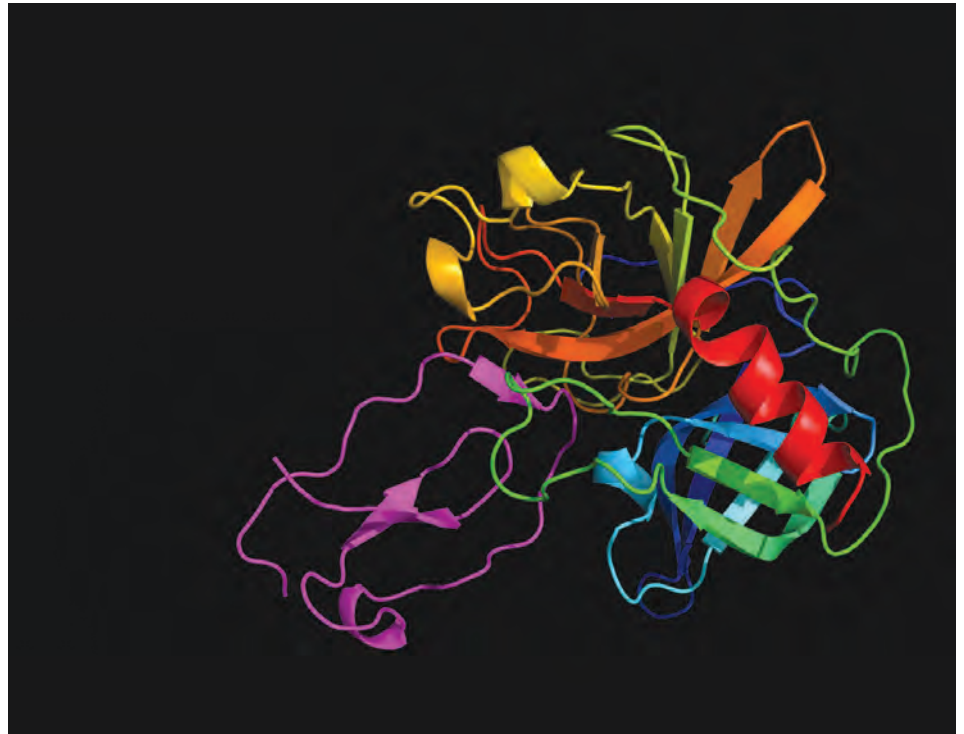
Celiac disease is currently treated with a strict and life-long gluten-free diet which can be very challenging and expensive. Alternative therapies to this diet are being researched, such as drugs that target and eliminate gluten on its way through the digestive tract and compounds that strengthen the intestinal lining to prevent gluten from getting into the body. A recent study, published by *The American Journal of Gastroenterology* has uncovered a new potential method for treating celiac disease.

The study, titled “Novel Role of the Serine Protease Inhibitor Elafin in Gluten-Related Disorders” was first published online on April 8th, 2014. Its authors—doctors and scientists hailing from all over the world—looked at several different aspects of a protein called elafin and its effect on gluten-related disorders like celiac disease.

In humans, elafin is a protein found in the gastrointestinal tract that inhibits certain other proteins. It had previously been found to be less expressed in patients with inflammatory bowel disease, but whether this holds true for patients with celiac disease had not yet been established prior to this study. Elafin is also a substrate for tissue transglutaminase (tTG), a protein known to be involved in the pathogenesis of celiac disease.

In this study, the authors conducted three experiments investigating elafin. They first looked into elafin’s expression among three groups: 10 patients with active celiac disease, 9 patients with celiac disease that had been on a gluten-free diet for at least a year, and 11 patients without celiac disease but who were undergoing a gastroduodenal endoscopy. They found that elafin was less common in patients with active celiac disease compared to the control group of patients without celiac disease. The group of patients with celiac disease but on a gluten-free diet had levels of elafin in between the other groups but the difference did not reach statistical significance.

Then they examined how elafin affected tissue-transglutaminase (tTG) in the lab. Gliadin, a component of gluten, is cleaved



Shown above is a cartoon image of the crystal structure of human elafin, colored in pink, complexed with an elastase protein

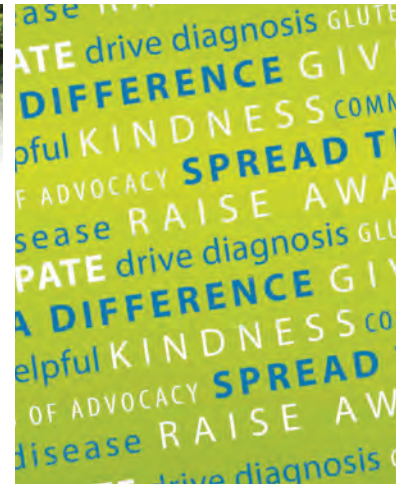
Elafin proteins may be a prime target for future therapies for gluten-related disorders, especially celiac disease.

into fragments after being digested; one of these fragments, a 33-amino acid-long peptide chain, is the primary immunogen for patients with celiac disease. This peptide becomes a stronger immunogen, meaning it more potently activates the immune system after it undergoes deamidation by tTG. Test tubes of tTG and the gliadin fragment, along with varying levels of elafin, were incubated and liquid chromatography-mass spectrometry was used to see how much deamidation of gliadin had occurred. The

results showed elafin was able to significantly slow down tTG’s deamidation of the immunogen.

Lastly, the authors explored the anti-inflammatory and barrier-enhancing characteristics of elafin in a living, breathing organism, a mice model of celiac disease. Elafin was inserted into the intestine via a bacterium called *Lactococcus lacti*. The *L. lacti* was genetically modified to produce the elafin, a method that had been used previously in mice models of colitis. In the gluten-sensitive mice treated with elafin, inflammation and barrier function both improved compared to controls that had been given gliadin.

The results of these three experiments suggests that the loss of elafin from the gastrointestinal tract might play a role in celiac disease and that elafin may be a prime target for future therapies for gluten-related disorders, especially celiac disease. The next step will be to fully investigate how elafin improves inflammation and intestinal barrier function.



JOIN NOW!

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Turn passions and interests into unique fundraising opportunities...it's a rewarding experience.



There is a critical need to **raise awareness and funds** for advocacy, education and advancing research for a **cure**. You can play an active role with **Team Gluten-Free**, the community fundraising program supporting Celiac Disease Foundation's mission to improve the lives of all people with gluten-related disorders. Existing and new TGF members will get a **personal fundraising page**, access to an abundance of fundraising tips and tricks, support from CDF staff, and entry into a growing **support group of individuals** who are affected by gluten intolerance in some way, and who want to **make a difference**.

Join today at celiac.org/teamglutenfree to receive a free TGF t-shirt

Week Without Wheat (Barley and Rye) Challenge!

It's easy to raise awareness. Take the pledge to live gluten-free for at least one week and to raise \$100 in the fight against celiac disease. If you're already gluten-free, pledge on behalf of a family member, other loved one, even your pet.

CDF Medical Advisory Board member Alicia Calvo, MPH, RD, CDE has created the CDF 7 Day Gluten-Free Meal Plan to help you kick-start your gluten-free lifestyle. This nutritionally balanced Meal Plan provides 3 meals and 2 snacks each day with easy to make recipes and "Quick Fixes" for those on-the-go.

Celiac Disease FOUNDATION		7 DAY GLUTEN-FREE MEAL PLAN						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Snack	Egg Omelet w/ Spinach, Tomato & Cheese GF Toast Orange	Cream of Rice Milk Blueberries Walnuts	GF Waffles w/ Syrup Egg Strawberries	GF English Muffin/ GF Bagel Almond/ Peanut Butter Banana	GF Cold Cereal/ Nutty Rice Cereal Greek Yogurt Mixed Berries	GF Breakfast Burrito w/ Egg, Bell Peppers, Mushrooms & Shredded Cheese Melon	GF Bagel Whipped Cream Cheese Lox/Other Protein Fruit Cup
	Lunch	String Cheese & GF Crackers	Hard Boiled Egg & Orange	Dried Apricots & Almonds	Yogurt & Berries	Peanut Butter & Apple Slices	GF Bar	Peanuts & Raisins
Lunch	Snack	Black Bean Turkey Chili Baked Potato/ GF Cornbread Broccoli Orange	Grilled Fish/ Chicken Tacos w/ Tomato, Lettuce, Onion, Shredded Cheese & Corn Tortillas	Falafel w/ Hummus/ Tahini Sauce, GF Pita, Cucumber, Tomato, Parsley, & Shredded Lettuce Grapes	Caprese Salad w/ GF Crackers / Caprese Panini Grapes	Tuna Salad w/ Mayo & Celery GF Crackers Shredded Lettuce Orange	Turkey Sandwich w/ GF Bread, Lettuce, Tomato, Avocado & Mustard Baked Chips, Apple	Roasted Chicken & Quinoa Salad w/ Asparagus, Sundried Tomatoes & Feta Mixed Berries
	Dinner	Smoothie w/ Yogurt, Banana & Strawberries	Peanut Butter & Banana	GF Cereal Milk	Nachos w/ Corn Chips, Shredded Cheese & Sour Cream	Popcorn & String Cheese	GF Trail Mix	Quesadilla w/ Corn Tortilla & Shredded Cheese
Dinner	Snack	GF Pasta w/ GF Sausage, Sundried Tomatoes, Spinach, Basil & Parmesan Cheese, Green Beans	Balsamic Glazed Chicken w/ Mushrooms, Grilled Asparagus & Mashed Garlic Cauliflower, GF Roll	Steak Baked Potato/ Yam Zucchini Salad w/ Olive Oil & Lemon/ GF Dressing	Salmon Brown rice Spinach GF Roll	Pork Loin Mashed Potatoes Grilled Asparagus Applesauce	Mac & Cheese w/ GF Pasta & Shredded Cheese Lettuce & Tomato Salad	Stir-Fry w/ Beef, Brown Rice, Mixed Veggies, GF Soy Sauce & Ginger & Garlic Crushed Peanuts
	Snack	GF Cookies	Popcorn	Lowfat Vanilla/ Strawberry Ice Cream	Dark Chocolate Bites	GF Pudding	GF S'mores	Dark Chocolate Covered Almonds

Gluten-Free Community Unites at Celiac Disease Foundation National Conference

Life-Changing Opportunity for Individuals with Celiac Disease and other Gluten-Related Disorders in Pasadena, CA June 7-8

LOS ANGELES, CA - Celiac Disease Foundation (CDF), the leading national organization for improving the quality of life for all people affected by gluten-related disorders, announced that over 3000 people attended CDF's **20th Annual National Conference & Gluten-Free EXPO** in Pasadena on June 7 - 8, 2014.

Patients, family members, caregivers, health care professionals and gluten-free foodies converged at the Pasadena Convention Center for this educational and gluten-free experience. The June 7th conference focused on medical information and updates on celiac disease, one of the world's most prevalent and under diagnosed genetic autoimmune diseases. The June 8th EXPO celebrated food options now available for people with celiac disease, the gluten-sensitive and others who seek benefit of the gluten-free lifestyle. For many of the conference attendees, this was the first time in which they were surrounded by a community of people living with celiac disease or gluten-sensitivity.

"Celiac Disease Foundation is committed to boosting public awareness about the importance of screening and treatment for celiac disease and other gluten-related disorders. Experts from the medical, nutritional and biopharmaceutical communities discussed the latest research on living with celiac disease and gluten sensitivity," stated Marilyn G. Geller, the Foundation's Chief Executive Officer. "Pioneers in the gluten-free food industry shared their personal stories and there was sampling from more than 100 gluten-free exhibitors in the EXPO hall. This was an eye-opening and life-changing event for all people following a gluten-free diet, whether medically required or a lifestyle choice."

"This is the largest gathering of its kind



Attendees sample and learn about different gluten-free products at the CDF Conference & EXPO

in the United States for patients, family members and the public to receive credible information about celiac disease and other gluten-related disorders, and to sample

the latest and best in gluten-free products," added Marc Riches, National Chair, CDF Board of Directors.

The Education Conference

The June 7th Education Conference featured two keynote speakers: world renowned experts Dr. Alessio Fasano, author of *Gluten Freedom*, and the founder of Boston's Center for Celiac Research, and Dr. John Zone, Chairman and Professor of Dermatology at the University of Utah, of CDF's Medical Advisory Board. Pamela Cureton, RD, LDN of Boston's Center for Celiac Research addressed the nutritional needs of those requiring a gluten-free diet.

The Gluten-Free EXPO

The June 8th Gluten-Free EXPO featured more than 100 companies exhibiting the latest and best in gluten-free products and services. Attendees were able to sample to their hearts' content, try new products not yet found in stores, and leave with a bag full of gluten-free goodies and coupons. With cooking demonstrations, book signings and products available for purchase at discounted prices, this was an event not to be missed.

Sponsors included General Mills, Dole, Jones Dairy Farm, B&G Foods, TH Foods, Blue Diamond Almonds and Frito-Lay.

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Celiac Disease and Vitamin Deficiency

by Saul Geller

There are a variety of nutritional deficiencies associated with celiac disease, primarily caused by the damaged small intestine not being able to properly absorb enough of the nutrients the human body needs. People recently diagnosed with celiac disease are commonly deficient in fiber, iron, calcium, magnesium, zinc, folate, niacin, riboflavin, vitamin B12, and vitamin D, as well as in calories and protein. Lower levels of other important nutrients like copper and vitamin B6 are also possible, but are more rare. A study from 2002 by Bona et. al. suggests that the delay in puberty in children with celiac disease is at least partially due to low amounts of B vitamins, iron, and folate.

After treatment with a strict gluten-free diet, most patients' small intestines recover and are able to properly absorb nutrients again, and don't necessarily require any

supplementation. For certain patients however, nutrient supplements may be helpful.

Issues with the gluten-free diet itself may also add to this problem of nutritional deficiency. Though the gluten-free market has grown immensely over recent years and is still growing, many gluten-free products are not enriched and have lower amounts of folate, iron, thiamin, niacin, fiber, and riboflavin. Gluten-free products may also be unbalanced in other ways. Patients on strict gluten-free diets were shown to have a higher amount of calories from fat and less from carbohydrates. Following a strict gluten-free diet while maintaining proper nutrition can be very challenging.

Vitamin and mineral therapy can be used in addition to the standard gluten-free diet to hasten a patient's recovery from nutritional deficiency. However, certain

ingredients in medications, typically the inactive ingredients, can contain gluten, so extra care must be taken to avoid any gluten exposure.

The gluten-free diet is very complex with research still being done on many types of grains and cereals. The FDA has only recently standardized the meaning of a "gluten-free" label, so it is important for those patients suffering from a gluten-related disorder to talk to a registered dietician about their diet. If you need help finding a registered dietician or physician with expertise in dealing with gluten-related disorders, try using Celiac Disease Foundation's Healthcare Practitioner directory at the following link: celiac.org/directory

Sources:

www.ncbi.nlm.nih.gov/pubmed/15825119

www.ncbi.nlm.nih.gov/pubmed/12065930

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Meet the 2014 Summer Interns!



Alana Broe

My name is Alana and I was diagnosed with celiac disease in May 2013. I am a rising junior at Auburn University and I am majoring in Nutrition Science. After college, I plan to attend law school. In my free time, I advocate for victims of human trafficking and work to raise awareness about modern day slavery.



Talia Hassid

Hi, my name is Talia Hassid. I'm currently in graduate school at Touro University, getting my Master's in Public Health. I've been gluten (and dairy!)-free for three years now, and I'm feeling great. In my free time, I love cooking and baking, baseball games, traveling, exploring cities, and spending time with friends and family.



Rebekah Kuhfal

My name is Rebekah Kuhfal. I am from a small town in Nebraska, called Neligh, where I was diagnosed with celiac disease at age 9. In the fall, I will be a senior at the University of Nebraska at Omaha (UNO). I am working towards a Dual Degree in Mathematics and Media Arts. When I am not studying, I enjoy running, ice skating, and crafting.



Nicole Ramos

Hello my name is Nicole Ramos and I am going into my sophomore year at Rutgers University, in New Brunswick, NJ. I was diagnosed with celiac disease on March 5, 2012. My interests are singing, going on adventures, going to concerts and eating gluten-free!



Marisa Rothman

My name is Marisa Rothman and I will be a sophomore at the University of Michigan in Ann Arbor in the fall. I found out that I had celiac disease when I was in 7th grade, and I have been managing a gluten-free vegetarian diet ever since. I love to run, travel, study Spanish, learn about new cultures, and try new foods.

KEEN ON QUINOA?

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Invest in What Matters: Donor Advised Funds

By Michael Weiss, MD

In the Spring edition of *INSIGHT*, Van Durrer described the advantage of donating appreciated stocks and bonds. A tax deduction can be taken at market value, without the necessity of first paying federal or state tax.

The donor advised fund allows the same pre-tax donation, but has a few wrinkles that make it even more appealing than direct giving.

The donor advised fund is a charitable vehicle administered by a public charity. The administering entity might be a brokerage firm, such as Schwab or Fidelity, or a community foundation. The first donor advised funds originated in the 1930s but have become especially popular in the last two decades as an inexpensive, easy-to-establish, low maintenance alternative to the private foundation.

Although of obvious interest to those of us not of foundation level philanthropy, the advised fund has attracted some heavy



hitters. Mark Zuckerberg and his wife recently donated almost \$1 billion to a donor advised fund set up with the Silicon Valley Community Foundation.

I have a donor advised fund administered

by Charles Schwab. An appreciated stock from my personal Schwab account was recently transferred to my donor advised fund. The asset was then sold, allowing me an immediate tax deduction. The funds were used to purchase shares in several mutual fund-like pools run by Schwab Charitable Fund. I can now donate to any 501(c)(3) charity, immediately or at any time of my choosing. In the interim, the invested funds might appreciate tax-free. It should be emphasized that the movement from the personal account into the donor advised fund is irreversible, and the deduction is taken immediately. There is no additional deduction at the time of the charitable donation.

The author claims no tax expertise, and the reader should rely on a tax professional.

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This super quick and easy marinade will become your favorite way to add flavor this summer. Switch out meat for tofu for a tasty vegan meal, or you can marinate your veggies.

METHOD

Place the Massel Concentrated Liquid Stock into a deep bowl and add the same quantity of a tasty red wine. Place your meat, tofu or veggies into the mixture ensuring they are well covered. Leave for ½ minute to 1 minute, depending how strong you like your marinade. Cook as normal.

INGREDIENTS

5 TABLESPOONS OF MASSEL CONCENTRATED LIQUID STOCK

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Entries close July 31. Draw will be August 1, 2014



Dole Packaged Foods Partners with Celiac Disease Foundation to Promote Awareness and Increase Support

Dole Packaged Foods announced today that they are now a proud sponsor of Celiac Disease Foundation (CDF), a national nonprofit organization dedicated to driving early diagnosis and treatment of celiac disease through advocacy, education and advancing research to improve the quality of life for all people affected by gluten-related disorders.

—Westlake Village, CA (PRWEB)
March 12, 2014

Dole Packaged Foods announced today that they are now a proud sponsor of Celiac Disease Foundation (CDF), a national nonprofit organization dedicated to driving early diagnosis and treatment of celiac disease through advocacy, education and advancing research to improve the quality of life for all people affected by gluten-related disorders.

Celiac disease, a genetic autoimmune disorder in which the ingestion of gluten leads to damage in the small intestine, affects 1 in 100 people worldwide and often goes undiagnosed. It is estimated that 83 percent of Americans with the disease do not know that they have it. By sponsoring CDF, Dole will help bring attention to the disease, in addition to highlighting gluten-free products in its fruit-based portfolio via on package call outs, its website, advertising, promotion and social media.

“We are proud to be partnering with Celiac Disease Foundation and help in bringing needed attention to this issue,” stated Barbara Vass, Marketing Director of Dole Packaged Foods. “We know that living with gluten sensitivities can present challenges and CDF does important work in



assisting those with the disease.”

“It is with great pleasure that we welcome Dole Packaged Foods’ sponsorship of CDF,” stated Marilyn G. Geller, CEO of Celiac Disease Foundation. “Partnering with Dole Packaged Foods to raise awareness of celiac disease and gluten sensitivity is the next step in our evolution of community outreach, and we are excited at the prospect of the things that we can accomplish together.” Dole will also

be supporting the CDF National Conference & Gluten-Free Expo at the Pasadena Convention Center in Pasadena, CA on June 7 – 8, 2014. It is the largest conference of its kind in the country, providing educational support of celiac disease and gluten-related disorders to attendees who depend on gluten-free products and services to support their medically required diet.

About Dole Packaged Foods

Dole Packaged Foods LLC, a subsidiary of Dole International Holdings, is a leader in sourcing, processing, distributing and marketing fruit products and healthy snacks throughout the world. Dole markets a full line of canned, jarred, cup, frozen and dried fruit products and is an innovator in new forms of packaging and processing fruit. For more information on Dole International Holdings Corporate Social Responsibility (CSR) initiatives please visit www.doleintlcsr.com.

About Celiac Disease Foundation

Founded in 1990, Celiac Disease Foundation drives early diagnosis and treatment of celiac disease through advocacy, education and advancing research to improve the quality of life for all people affected by gluten-related disorders. Guided by its distinguished Medical Advisory Board, and supported by chapters and support groups throughout the United States, CDF meets the growing public health challenge of diagnosing celiac disease and other gluten-related disorders through delivery of vital programs and services to the public, patients, healthcare professionals and the food industries. For more information please visit celiac.org.

“Partnering with Dole Packaged Foods to raise awareness of celiac disease and gluten sensitivity is the next step in our evolution of community outreach, and we are excited at the prospect of the things that we can accomplish together.”

Fourth of July Recipes

Celebrate this year's American holidays with a bang by mixing up old classics with a sweet summer twist. This 4th of July spend time relaxing by the pool while enjoying the wonderful flavor of a savory vegetarian burger paired with a red, white and blue salad.

Veggie Mango Salsa Hamburger



Ingredients

1 cup mango chunks, sliced thinly
1/3 cup red onion, chopped
1/2 cup red and green bell peppers, chopped
1/4 cup fresh cilantro, chopped

Directions

Coat medium skillet with cooking spray to prevent sticking. Combine onion, peppers and cilantro in bowl; place in skillet and cook for 2-3 minutes, stirring frequently. Add all chopped ingredients in a bowl and mix together. Add salt and pepper to taste. Store in refrigerator.

Ingredients

4 Amy's Sonoma Veggie Burgers
4 Udi's Gluten-Free Hamburger Buns
1 cup Easy Mango Salsa

Directions

Follow package instructions to cook burgers. Place hamburger buns in microwave for approximately 45 seconds. Place burgers inside buns and evenly top with mango salsa.

Amy's—Proud Sponsor of Celiac Disease Foundation

Summer Salad



Ingredients

5 ounces mixed lettuce leaves, washed and spun dry
1 pint blueberries, washed
1 pint strawberries, washed and hulled (if desired)
few sprigs parsley
few sprigs mint
4 1/2 ounces Brie cheese, sliced into small triangles
1 tablespoon olive oil
1 teaspoon red wine vinegar
1/2 teaspoon honey
salt and pepper

Directions

Place first six ingredients in serving bowl and arrange attractively. Make dressing by mixing all other ingredients in small cup until thoroughly blended and then drizzle over salad.

For more recipes, please visit celiac.org and choose the Live Gluten-Free tab.

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Labor Day Recipes

At the end of summer enjoy a labor-free meal on Labor Day by serving freshly cut tomatoes and peaches along with grilled chicken fajita kabobs.

Tomato, Peach, and Burrata Salad



Ingredients

3 tablespoons basil
2 large peaches
2 large tomatoes
6 ounces burrata cheese

Dressing

1/3 cup balsamic vinegar

Directions

Pour balsamic vinegar into small saucepan; bring to boil over medium-high heat. Reduce heat to low and let simmer, swirling pan occasionally, until reduced to about half original amount (about 15 minutes). Remove from heat and set aside.

Combine all salad ingredients in bowl; add dressing and toss.

Grilled Chicken Fajita Kabobs



Fajita Marinade

2 tablespoons olive oil	1/2 teaspoon dried oregano
1 tablespoon fresh lime juice	1/4 teaspoon salt
2 teaspoons chili powder	1/4 teaspoon ground black pepper
2 teaspoons cumin	1/4 teaspoon crushed red pepper flakes
1/2 teaspoon garlic powder	

Kabobs

1 pound boneless, skinless chicken breast, cut into 3/4 inch pieces
1 red onion, cut into 3/4 inch pieces
1 red pepper, cut into 3/4 inch pieces
1 yellow pepper, cut into 3/4 inch pieces
1 green pepper, cut into 3/4 inch pieces

Directions

In a small bowl, whisk together oil, lime juice, chili powder, cumin, garlic powder, oregano, salt, black pepper and red pepper flakes. Place chicken in plastic bag with fajita marinade. Seal bag; shake; ensure all chicken pieces are well coated. Place bag in refrigerator for 1-8 hours. Preheat grill on medium-high heat. Thread marinated chicken, onion and peppers onto skewers. Discard leftover marinade. Place kabobs on lightly oiled grill; cover. Cook until chicken is opaque throughout, about 8-12 minutes, turning once or twice. Transfer to warmed platter and serve immediately.

Note — if using wooden skewers, soak them in water 20 minutes prior to use.

For more recipes, please visit celiac.org and choose the Live Gluten-Free tab.



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