

Celiac Disease Foundation is Changing Lives

For far too long, celiac disease has been relegated to the margins of America's \$3 trillion healthcare industry. As a consequence, millions of Americans who have this serious autoimmune disease are suffering needlessly today. Quite likely, there are undiagnosed celiac disease sufferers right here in your neighborhood, living in agony from the cramping, constipation, bloating, diarrhea, anxiety, fatigue, depression, brain fog, joint pain, and countless other symptoms associated with celiac disease and gluten intolerance.

How do we know this? The math is actually quite simple. Researchers estimate that three million Americans have celiac disease, or slightly less than 1% of the population. That is approximately the number of Americans with Parkinson's disease, multiple sclerosis, muscular dystrophy, lymphoma, leukemia, and myeloma combined. Yet, despite the

surge in interest around the gluten-free diet, only one in six of those with the disease has been correctly diagnosed.

In 2015, Celiac Disease Foundation (CDF) focused our efforts on changing this



persistent ignorance about celiac disease that continues to threaten the well-being – both short- and long-term – of millions of Americans. As we did in 2004 by achieving federal recognition of celiac disease through the National Institutes of Health (NIH)

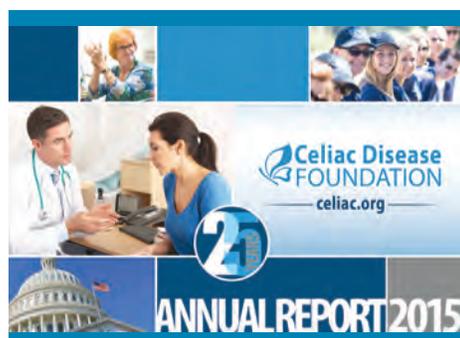
Consensus Development Conference, we took our arguments, our data, and our passion about ending the needless suffering caused by celiac disease to the heart of the American massive medical enterprise,

Washington, D.C., the home of the National Institutes of Health (NIH), the Food and Drug Administration (FDA), and the U.S. Department of Health and Human Services (HHS).

Additionally, in 2015, we focused our efforts on supporting the small, but exceptionally talented, celiac disease research community that is seeking to answer the difficult questions that continue to surround this disease. Specifically, what are the long-term implications of celiac

disease? Why are there no approved drug therapies to mitigate disease impact? And, more importantly, why is there no cure?

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2015 Annual Report

We proudly share with you our 2015 Annual Report, provided by a grant through the Taproot Foundation.

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Research Award Launched

The CDF Young Investigator Award provides funding for celiac disease research. Learn how you can support this program.

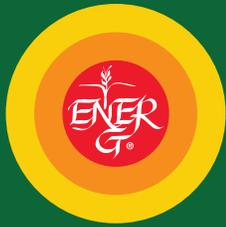
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Happy Gluten-Free Holidays

CDF Registered Dietitian, Janelle Smith, provides tips for ensuring a fun, safe, and delicious gluten-free holiday season.

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Ener-G Foods

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Marilyn's Message

Dear Friends,

When my son was finally diagnosed with celiac disease after years of debilitating physical and emotional symptoms, and dozens of visits to doctor's offices, I was both relieved and angry. The reason for the relief was obvious. We started him on a gluten-free diet, and within a few weeks, he was dramatically better. I was angry because so many doctors had looked at my son and his symptoms and didn't order the simple blood test for celiac disease.

Today, we know more about celiac disease than we did even five years ago. But what we still don't know is why doctors continue to refuse to order celiac disease blood screenings when presented with symptoms. Why do millions continue to suffer? It is a simple blood test. As important, we still don't know the complete picture of the long-term implications to the human body and mind when celiac disease goes undiagnosed and patients continue to consume gluten.

Anyone who follows these issues appreciates how difficult it is to effect change in American medicine. We, however, have no choice in the matter. We have to change the paradigm in American medicine, where more than 80% of celiac disease sufferers go undiagnosed, and where those who do get diagnosed must endure 6-10 years, on average, of symptoms. We have to be on the forefront of securing significant investments in research to better understand the long-term impact of celiac disease on the human body.

In 2016, consistent with our 2014 Strategic Plan, we will continue our transition from a patient support organization into a disease advocacy and research organization. With most of the important decisions on therapy development, disease research, and public health policy happening in Washington, D.C., we will continue our constant presence to assure that the voice of the celiac disease community is loudly heard. Additionally, we will continue to increase our investments into celiac disease research, strategically deploying our resources to catalyze change.

As always, we will continue our mission to be the most trusted and, to the best of our ability, definitive resource and information center for the celiac disease community through celiac.org, our Gluten-Free Allergy-Free Marketplace, our annual National Conference & Gluten-Free EXPO, and more.

I thank you for your continued support of our work. We cannot do this without you.

To Our Health,

Marilyn G. Geller
Chief Executive Officer

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Celiac Disease Foundation Announces New Members to Board of Directors

Celiac Disease Foundation (CDF), the nation's leading voluntary health organization for celiac disease, announces the appointment of four new members to its Board of Directors for the 2015-2017 term. Joining the Board of Directors are: Deidre Berman, Tina Bingham, Bradley Herrema, and Michael Karp, M.D.

"Our four new Directors bring talent, expert knowledge, and passion to the Board, and we are grateful to have their support of the Foundation," said Marc Riches, CDF Board Chair. "The full Board looks forward to working together to drive diagnosis, treatment, and a cure for this woefully underdiagnosed genetic autoimmune disease."

The newly elected Board Members are:

Deidre Berman, whose experience in the evolving healthcare delivery system has been multi-faceted, including a fellowship at the Henry Ford Hospital in Detroit and Strategic Planning at Kaiser Permanente and the Permanente Medical Group. For the last 15 years, Deidre has held various positions at Anthem Blue Cross (formerly Blue Cross of CA) in their Legislative/Public Policy department, Operations Management, and now as a Director of Change Management over the Large Group Accounts segment, working with both internal and external stakeholders. This business segment represents all employer customers within California that provide healthcare benefits to 50 or more employees. Deidre was introduced to celiac disease and Celiac Disease Foundation when her father, Marvin Berman, was finally diagnosed after years of suffering.



Tina Bingham, who is a partner in the legal and business consulting firm, Kaleo Legal, in Virginia Beach, Virginia. Her practice focuses on corporate and securities law, public and private capital raising, corporate governance,



and compliance. Tina has broad experience advising public and private company clients on a wide range of regulatory and transactional matters, and advises boards of directors, executive management teams, and entrepreneurs on business strategy, transactional planning, financing options, and investor relations. Tina joined the Board of Celiac Disease Foundation after her young nephew's diagnosis with type 1 diabetes and celiac disease.

Bradley Herrema,

who is a Shareholder in Brownstein Hyatt Farber Schreck's Los Angeles office, and a member of the Water & Public Lands and Public Agency Groups. His practice includes a broad range of water issues in the Southwest, including strategic water supply planning, water rights permitting and regulatory compliance, adjudications of groundwater rights, water utility concerns, Indian water rights, and environmental matters affecting water use, including CEQA compliance and water quality issues, including those arising under the federal Clean Water Act and California Porter-Cologne Water Quality Control Act. Brad was diagnosed with celiac disease at the age of 35, and in the past two years, a number of his immediate family members have also been diagnosed.



Michael Karp, M.D.,

who graduated from the University of Southern California School of Medicine (since renamed the Keck School of Medicine). He completed training in Internal Medicine at USC, was Chief Resident of the training program, then joined the faculty of USC in July 2013. As teaching faculty, his

role over the years has included supervision of medical students and residents, and oversees their studies on celiac disease during their training. This supervision occurs as an Attending on the General Medicine inpatient wards at the LAC+USC Medical Center, Keck Hospital of USC, and in the outpatient clinics. His current role is that of Chief of the division of Geriatrics, Hospital, Palliative Care, and General Internal Medicine within the Department of Medicine at USC.



Gluten-Free Allergy-Free Marketplace Drawing Winner Announced!

Celiac Disease Foundation is proud to announce the launch of a new program, the Gluten-Free Allergy-Free Marketplace Giveaway! Every month, CDF will select one lucky winner from those who sign up to receive Marketplace updates. The winner for the October drawing was Lance A. from Los Angeles, CA! Lance received samples of Surf Sweets, Tru Sweets, and TruJoy Gluten-Free Candies. Congratulations, Lance! To be among the first to find out about our upcoming giveaways and special news and updates, visit celiac.org/marketplace.

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CDF Board of Directors Gift of Hope Match



If you give \$100, we will add another \$50 to it for a total gift of \$150.

I want to encourage everyone to make a generous, year end, tax-deductible donation to Celiac Disease Foundation's annual Gift of Hope campaign. The goal for this year's campaign is \$100,000 – funds that will help finance CDF's ambitious efforts to increase the celiac disease diagnosis rate and to advance research that will lead to a better understanding of the disease and its impact.

I am also delighted to announce that for the third consecutive year, CDF's Board of Directors (which I proudly chair) has agreed to match your donation, in effect increasing the impact of your gift by 50%, up to our goal of \$100,000. For example, if you give \$100, we will add another \$50 to it for a total gift of \$150. If you give \$1,000, we will add another \$500 for an effective total of \$1,500.

We are making a difference. We are giving voice to the celiac disease community where we have not historically been heard. We are strategically funding research that we believe will lead to important discoveries about the disease and its impact. But we need your help. You can give online at celiac.org/goh.

We cannot do this without you!

Marc Riches

Board Chair



Unified Celiac Disease Registry

In keeping with our mission to advance research by leveraging technology, Celiac Disease Foundation is pleased to announce the launch of the Unified Celiac Disease Registry (UCDR). The UCDR allows users to report online the patient experience of living with celiac disease and other gluten-related disorders in order to further accelerate research into treatments and a cure. Data collected through the UCDR will be made available to the FDA and the research community starting in 2016.

By aggregating data from the profiles of thousands of people with celiac disease and other gluten-related disorders, the UCDR will provide much-needed insight into how celiac disease and gluten sensitivity impact those affected. Patient registries for other chronic diseases have been credited with improving treatment by as much as 50% through helping researchers and clinicians discover critical patterns in treatments and outcomes.

"CDF is a strong proponent of patient-centered research," says CDF CEO, Marilyn G. Geller. "Patients are the experts on their own disease. The UCDR allows them to share that expertise and

shape research priorities into diagnosis strategies, new treatments, and a cure. We can also effect change at the FDA regarding stronger gluten-free labeling rules for all products containing gluten. We are

proud to launch this valuable tool as a shared resource for the celiac disease community."

The UCDR is an initiative of the Community Engaged Network for All (CENA), a Patient Centered Outcomes Research Institute (PCORI)-funded project, led by the Genetic Alliance, of which CDF is a member. The UCDR was developed in collaboration with the University of California, San Francisco (UCSF), the University of California, Davis (UCD), the University of California, Los Angeles (UCLA), the CDF Medical Advisory Board and scientific and medical communities, Private Access, and ten disease advocacy organizations that were selected by Genetic Alliance from more than 100 applicants.

The power to shape new treatments and a cure comes from all of us sharing our experiences. The success of the UCDR relies on the contributions of our entire community. To enroll in the UCDR for you or a loved one, please visit celiac.org/ucdr.





 Celiac Disease
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3 Million Battle Celiac Disease

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change a life



"After a positive blood test and an endoscopy, the results showed that Alex had celiac disease. . . Later that night, after it all sank in, I cried for him. I cried for the struggles he would face, the children's birthday parties where he would need to bring his own food, the need to always worry if what he would eat would hurt



him, and the feelings he may have of being different. After a few weeks on a gluten-free diet, Alex had more energy and a much better disposition. After Alex's diagnosis, I knew I wanted to partner with CDF, the leading organization to help raise awareness and funds to fight celiac disease. In the years since, we have raised over ten thousand dollars, and educated many people. We are grateful that Alex was diagnosed so early in life, and we know that not everyone is as lucky. Because Alex's celiac disease is not completely resolved, we pray that one day there will be a cure. We are doing our part to get us there. That is why we are supporting CDF's 2015 Gift of Hope \$100,000 Challenge. Please join us and make your tax-deductible gift today!"

—Adrienne Bender, CDF Team
Gluten-Free member and mother of
a celiac disease patient

"When I was diagnosed in 2009 at the age of 15 with celiac disease, I was told to adhere to a strict gluten-free diet, and I would be well on my way to feeling great. It's been five years, and I find myself never having found that "I feel great" moment. I am a celiac disease patient still struggling, but have learned along the way that, unfortunately, I am not the only one. As a college student, I've realized my biggest culprit is cross-contamination. It's a never-ending cycle that I hope and pray will end soon. It can end if we increase awareness about celiac disease, specifically for vigilance of cross-contamination across restaurants, schools, college campuses, businesses, and manufacturers. Raising awareness, increasing research, and finding a cure starts with disease advocacy organizations. That is why I chose Celiac Disease Foundation. The close-knit support from CDF is the reason so many are able to get through. At 20 years old, I never believed I would be an advocate for something, but I am turning my struggle into hope for others. I enthusiastically support CDF's Gift of Hope \$100,000 Challenge. This is how we effect change. It has certainly changed my life."



—Tori Kenyon, CDF Team
Gluten-Free member

"I found out I had celiac disease when I was 15 years old. I had years of random stomach pain, and my mom always thought, "Here, have some bread, it will settle your stomach." She didn't know – none of us did – how wrong that was. I saw multiple doctors looking for relief, until one finally decided to test me specifically for celiac disease. I lost 15 pounds because I didn't know what I could and couldn't eat. That is a considerable amount on a 150-pound frame. CDF was my mom's first stop to figure out how to manage the gluten-free diet in a gluten-filled



world. My mom went to the CDF National Conference & Gluten-Free EXPO many times. She tells me that CDF helped her navigate the celiac disease world. Today, I have a solid grasp on how to manage my celiac disease, but I would never have learned how without my team of my mom and CDF. I often felt it was us against everyone. And every food. I can't thank my mom and CDF enough. That is why I support the Gift of Hope \$100,000 Challenge."

—Julien Solomita, CDF Team Gluten-Free
member and YouTube personality

To Donate, Visit celiac.org/goh



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View the 2015 Annual Report at celiac.org/ar2015

BECAUSE. THREE MILLION AMERICANS SUFFER FROM CELIAC DISEASE AND ITS PREVALENCE DOUBLES APPROXIMATELY EVERY 15 YEARS

Yet celiac disease continues to be among the least diagnosed and most misunderstood diseases. Only one in six Americans has been diagnosed. Many of those fortunate enough to be diagnosed are not being adequately treated.

Recent breakthroughs in research have proven that what we were told about celiac disease is wrong. Millions are needlessly suffering. Some are dying.

We are determined to end this suffering. Our mission at Celiac Disease Foundation is to lift the veil of ignorance that surrounds this debilitating disease, and ensure that the interests of patients and their caregivers remain first and foremost. We are making progress. Change is coming. At every level we are the unequivocal and powerful voice for the celiac disease community. We are leading the fight.

Let's be clear: ending the needless suffering of millions caused by celiac disease is a massive undertaking. We have no illusions about the effort and investments required. But together, we can improve the quality of life and long-term prognosis for those we love.



The Simon Family The Simon Family Foundation

Our son was eight months old before the doctors figured out that he had celiac disease. Sixteen years ago, there was nowhere to go for information and support, not to mention precious few gluten-free food options. Still seeking help, in the early 2000s we developed a relationship with Elaine Monarch. We liked what she was doing for our celiac disease community so much that we became major donors to CDF.

Among other projects, we are funding an initiative to examine the impact of celiac disease and gluten intolerance on low-income populations with the goal of ensuring that everyone, regardless of economic status, has access to the support and resources they need to effectively manage this disease.

"Today, when a patient is diagnosed, there is access to education, research, and support, because of CDF."

Dear Friends,

As a thank you for your sustained support of CDF's work, I want to share with you our first-ever Annual Report, provided by a grant from the Taproot Foundation.

In it you will find descriptions of the range of our work on behalf of the celiac disease community, from funding research to finding sustainable treatments and a cure, to public and healthcare provider education to increase the diagnosis rate, to advocating in Washington DC and elsewhere for celiac disease to be treated by healthcare policymakers as a serious disease that impacts the lives of millions. You will also find stories of individuals like you who have been directly impacted by our efforts to end the needless suffering caused by celiac disease.

Please take a moment to look at our work on your behalf. We hope that something in this report inspires you to consider what else you can do to end the suffering caused by celiac disease.

To Our Health,

Marilyn G. Geller, Chief Executive Officer

Year in Review [Continued from page 1](#)

ADVOCACY

In February 2015, CDF funded and served on the Steering Committee that organized the first ever FDA meeting on celiac disease. The FDA Gastroenterology Regulatory Endpoints and Advancement of Therapeutics (GREAT3) Workshop served to formalize the discussion of therapeutic treatments for celiac disease. This

landmark conference addressed endpoints and outcome measurements for clinical trials for products intended to treat celiac disease. In April 2015, in preparation for the FDA's Gastrointestinal Disorders Patient-Focused Drug Development Workshop, the second ever FDA meeting addressing celiac disease, CDF surveyed our community. Over 1,000

individuals responded in just two days. The results of the survey were illuminating, and deeply disturbing. They were not, however, a surprise to anyone with celiac disease or who cares for someone with the disease.

[Continued page 10](#)

Year in Review *Continued from page 9*

- Forty-five percent reported it took five years or more after symptoms presented to receive their diagnosis of celiac disease. Only 21% were diagnosed in the first year. Note that this reflects the population fortunate enough to receive a correct diagnosis.
- 21 different symptoms were reported by our respondents as having a significant impact on their life. 50% cited abdominal pain, and slightly less than that cited fatigue. Chronic diarrhea and bloating ranked high, as did brain fog for more than 27%, and depression or anxiety for more than 25%.
- Even though 85% report that their symptoms have improved since adopting a gluten-free diet, 54% report that there are specific activities that are important to them that they cannot do because of the disease.
- More than 60% report that the high cost of gluten-free foods is a financial burden.
- Almost 70% report that symptoms last three days or longer after exposure

to gluten. More than 8% report that symptoms last 14 days or more.

- Forty percent report missing school/work days due to symptoms.

It is evident that adherence to a strict gluten-free diet helps our community survive, but that therapies are needed to test and treat accidental exposure and to treat celiac disease that is not mitigated by the gluten-free diet. In addition to the FDA Workshops focusing on the drug development pipeline, we were invited to meet with Dr. Susan Mayne, Director of the Center for Food Safety and Applied Nutrition, to address the gluten-free food labeling needs of the celiac disease community. We have committed to providing Dr. Mayne's office with patient-reported data regarding the efficacy and impact of the FDA gluten-free labeling rule and its communication through our Unified Celiac Disease Registry (UCDR).

CDF met with the White House on their Precision Medicine Initiative, and later with NIH on the same program. We are driving the effort with Congressman Tim Ryan's (D-OH)

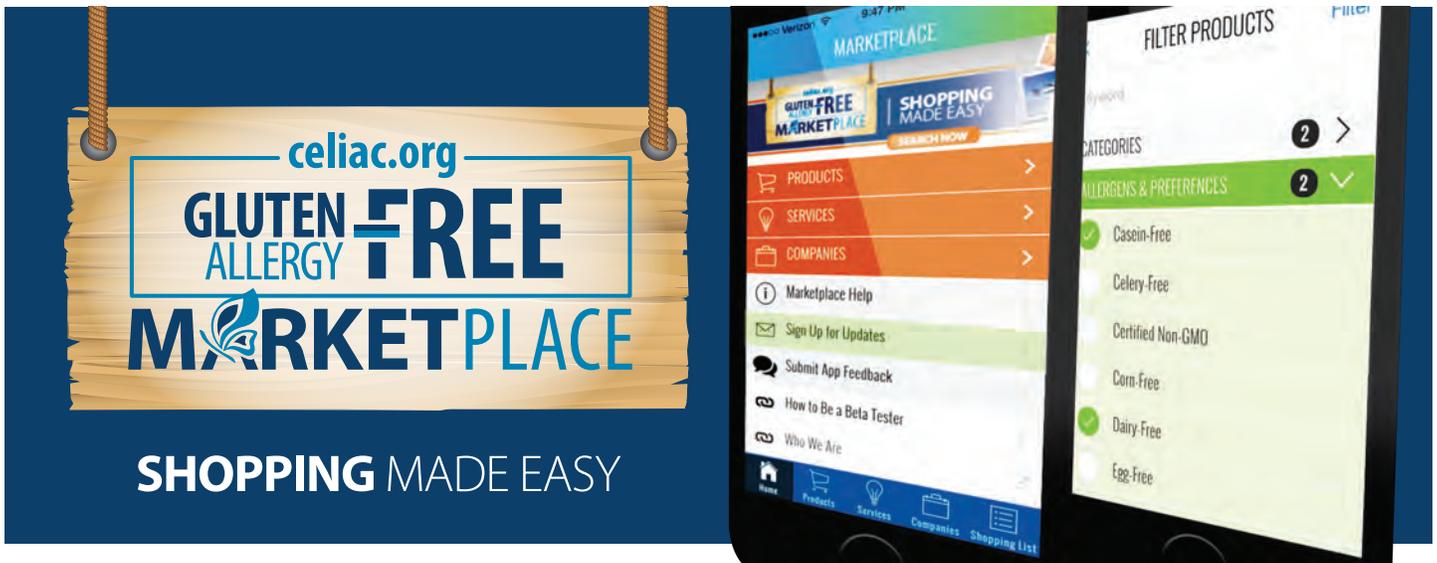
Washington, D.C. staff to strategize support of H.R. 3648: Gluten in Medicine Disclosure Act, which aims to require that medication labels identify any gluten-containing ingredient.

EDUCATION AND SUPPORT

CDF remains dedicated to providing the public with innovative tools and technologies in the promotion of celiac disease education. This year, CDF was proud to add another resource to our array of online tools for patients and consumers on celiac.org. Complementing the Symptoms Checklist, Healthcare Practitioner Directory, and 7-Day Gluten-Free Meal Plan, CDF launched the Gluten-Free Allergy-Free Marketplace, an online destination hosted on celiac.org, also available as an app for iPhone and Android. Featured at celiac.org/marketplace, the Marketplace showcases products and services from companies that care about the gluten-free and allergy-free community, and have made a deep commitment to supporting CDF's mission of diagnosis, treatment, and a cure for celiac disease.

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G E T T H E A P P



SIGN UP FOR MARKETPLACE UPDATES AND MONTHLY GIVEAWAYS



New Test to Measure Gluten Exposure in Celiac Disease Patients

By Victoria Hornstein

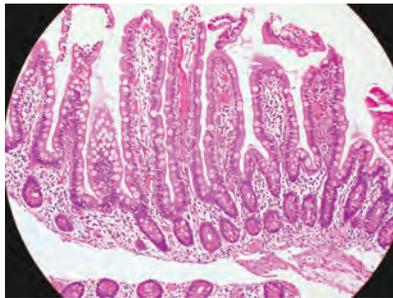
A new innovation from the biotechnology company, Biomedal, introduced a process to help monitor gluten intake for those attempting to adhere to a strict gluten-free diet (GFD). The test is sensitive enough to detect gluten consumed between four and six hours after ingestion of a substance as small as a crumb of bread (50 mg of gluten). By using Gluten Immunogenic Peptides (GIPs) as a marker in one's stool, this test is extremely sensitive and accurate. Referenced by Francisco Leon, MD, PhD, at CDF's 2015 National Conference and Gluten-Free EXPO, this new technology is at the forefront of innovation for gluten-free research.

When food that contains gluten is broken down during the digestive process, large proteins become smaller peptides and amino acids. GIPs are then modified in the gut of celiac disease patients and an autoimmune response occurs. This improper digestion of GIPs causes symptoms typical to those who have the disease. This primarily includes villous atrophy, or flattening of the villi in the small intestine. Unlike observing villous atrophy through an endoscopy, this test is an exact measurement of gluten consumed by gluten-free individuals, and could be useful for a variety of diseases.

More than half of those on a gluten-free diet continue to have the symptom of villous

atrophy. The new test, iVYLISA GIP-S, attempts to reduce this high rate. Biomedal notes that those attempting to adhere to a GFD with celiac disease will benefit from new tests for three reasons:

- Ninety percent of patients develop symptoms within a week after consuming gluten, inferring that even ingesting small amounts of gluten can be very damaging to those with celiac disease.
- As gluten is a common ingredient in many foods, it can be easy to consume without one's knowledge. With this test, users would be aware of all involuntary exposure.
- The information from tests could aid healthcare providers in informing patients and advising them on how to avoid involuntary gluten exposure, and use this knowledge in treatment plans.



In the United States, all technologies are still in clinical trials, while in some European countries, these tests are already available through regular laboratory analysis. These stool tests are known to be more sensitive than urine tests. Within the next few years, it is expected that stool tests will become available with collaborations by laboratory companies in the United States as well, soon followed by urine tests.



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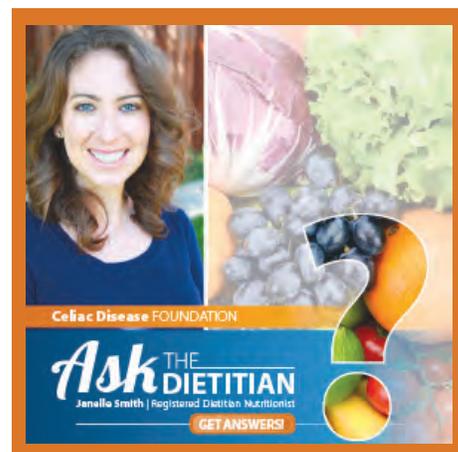
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Happy Gluten-Free Holidays

by Janelle Smith, RD

A diagnosis of celiac disease or gluten intolerance not only changes what we eat, but how we celebrate. Gluten-free holidays certainly take planning and coordination to ensure that you or your loved ones can be safe while eating, and even enjoy the experience with some of your regular traditions! Here are some of our recommendations to create a fun, safe, and delicious gluten-free holiday season.

- Research recipes that others recommend if you're unsure of gluten-free baking; celiac.org is a great resource for delicious gluten-free recipes for all occasions.
- Bake gluten-free items the day before or after baking gluten-containing items. Loose flour can stay airborne for several hours in kitchens and cross-contaminate your food.
- Stuff your own Cornish game hen with gluten-free stuffing so you can enjoy the whole experience from preparation to stuffing, basting, and gravy-making with the drippings. Find an easy recipe for gluten-free stuffing below.
- Use place cards to designate gluten-free items, and make sure you have a designated serving spoon to prevent cross-contamination between dishes. Download and print CDF place cards at celiac.org/placards.
- Bring your own dish to parties to ensure something tasty, satisfying, and safe to eat.
- Utilize cup-for-cup gluten-free baking mixes that easily substitute into your favorite recipes. Find many of these mixes from CDF sponsors on the CDF Marketplace (celiac.org/marketplace): **Glutino**, **Hodgson Mill**, **Pamela's Products**, **Bob's Red Mill**, and **Schar**.
- Ready-made crusts for pies and tarts are especially helpful if you don't have a dedicated gluten-free baking space available. Crushed graham style crackers from CDF sponsor, **Mary's Gone Crackers**, make great crusts for pies, bars, and cheesecakes.
- Know that it's common to mourn old favorite foods at holidays, and to struggle with difficult family members who refuse to understand your dietary needs. CDF offers support and tips for these situations at celiac.org/diningout. With some planning and communication, you can create new traditions with your family to enjoy for years ahead!



Holiday Recipes

No-Fuss Stuffing



Ingredients

- | | |
|---|---|
| 8 cups Glutino bread, cubed (with or without crust) | 2 medium apples, peeled and chopped |
| 3 tablespoons olive oil | 1 cup dried cranberries |
| 2 cups onions, chopped | 1 ½ cups gluten-free chicken broth |
| 3 stalks celery, chopped | 3 large eggs |
| 4 gluten-free chicken and apple sausage links (pre-cooked), chopped | 2 teaspoons gluten-free poultry seasoning |
| | ¾ cup chopped pecans, walnuts, or sunflower seeds |

Directions

Preheat oven to 350°F. Spread bread cubes on cookie sheets in a single layer, and bake in oven until cubes are dry, about 15 minutes. In a large skillet, heat oil and sauté onion and celery until soft. Add apples and sausage and sauté until apples are soft, about three minutes. Remove from heat. In a large mixing bowl, combine bread cubes, onion mixture, and remaining ingredients. Mix until bread is thoroughly moistened. Use as much stuffing as needed to lightly pack turkey cavity, and cook according to weight of the bird. Press remaining stuffing into lightly oiled baking dish. Bake covered in a 350°F oven for 45 minutes. Remove cover and continue baking to let stuffing brown, about 10 minutes.

Note: Instead of stuffing the turkey, pack all the stuffing in a lightly oiled two-quart baking dish and follow the baking instructions above. Approximate nutrition per serving: 235 calories, 26g carbohydrate, 12g fat, 10g protein, 388g sodium, 13g sugar. Serves 12.

Recipe courtesy of **Glutino**.

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Holiday Recipes, continued

Green Bean Casserole



Ingredients

- ½ cup **Crunchmaster** Original Multi-Seed Crackers, finely crushed
- 1 large onion, thinly sliced
- 1 clove garlic, finely chopped
- 2 cups button mushrooms, thinly sliced
- 1 ½ cups milk (or non-dairy alternative)
- 1 lb. fresh green beans
- 2 oz. fresh goat cheese, crumbled
- ½ cup slivered almonds

Directions

Preheat oven to 350°F. In a large skillet, sauté onions and garlic in oil for 20 minutes or until caramelized. Add mushrooms and milk. Meanwhile, steam green beans in a large pot over medium heat for four minutes; transfer to a bowl of ice water. Drain and set aside. Transfer green beans into a baking dish. Cover with creamy onion mixture and goat cheese. Top with crushed **Crunchmaster** Crackers and almonds. Bake for 15 minutes or until golden brown. Serve warm.

Approximate nutrition per serving: 180 calories, 20g carbohydrate, 9g fat, 8g protein, 118g sodium, 6g sugar. Serves 6.

Recipe courtesy of **Crunchmaster**.

Pretzel Snowflakes



Ingredients

- Snyder's of Hanover**® Gluten-Free Pretzel Sticks (12 per snowflake)
- White candy melts
- Easy squeeze frosting, white
- Cupcake gems – Perfect Pearls
- Sanding sugar, silver and/or white

Directions

Line a baking sheet with wax paper; set aside. Prepare each snowflake by creating a star with six Pretzel Sticks on the lined baking sheet. Break off 12 equal lengths of pretzel sticks. Each piece should be approximately ½" – ¾" in length. Double check that these pieces, when in position, can fit between each of the pretzel sticks that made the star. When you have all your snowflake designs ready, melt the white candy melts in a small sandwich bag, following package directions. Snip off a small corner of the sandwich bag containing the melted candy melts and "glue" the center of the pretzel "star" so that the six pretzel sticks adhere to one another. Using just a drop of the melted candy, adhere each of the small pretzel stick pieces to each side of the star arms. Let set. Once set, spread a little of the white Easy Squeeze on each portion of the snowflake. For a smoother effect, lightly dip a small artist's brush in warm water and "paint" over the frosting. While the frosting is wet, place in the cupcake gems of your own design and sprinkle with sanding sugar.

Approximate nutrition per serving: 300 calories, 45g carbohydrate, 13g fat, 1g protein, 95g sodium, 41g sugar. Serves 6.

Recipe courtesy of **Snyder's of Hanover**®.

Holiday Recipes, continued

Cranberry Sauce



Ingredients

1 package (12 oz.) **Dole**® Frozen Cranberries
1 cup orange juice
¾ cup sugar
Pinch ground cloves

Directions

Stir together cranberries, juice, sugar, and cloves in medium saucepan. Cook over medium-high heat, stirring occasionally, until boiling. Reduce heat to simmer and cook 8-10 minutes.

Approximate nutrition per serving: 305 calories, 81g carbohydrate, 0g fat, 0g protein, 6g sodium, 60g sugar. Serves 2.

Recipe courtesy of **Dole**®.

Pumpkin Pie Bars



Ingredients

Crust

1 box **Enjoy Life Foods** Crunchy Sugar Crisp Cookies
¼ tsp ground cinnamon
¼ cup confectioner's sugar, sifted
4 tbsp sunflower oil

1 ½ cups water
¼ cup + 3 tbsp potato starch
1 tsp ground cinnamon
½ tsp ground ginger
¼ tsp ground allspice

Pumpkin Filling

2 cups pumpkin puree
¾ cup maple syrup

Topping

½ cup **Enjoy Life Foods** Cinnamon Crunch Granola

Directions

Preheat oven to 350°F. Line a glass 9x9 baking dish with parchment paper. To prepare crust, place the **Enjoy Life Foods** Crunchy Sugar Crisp Cookies and ground cinnamon in a food processor, and pulse until you have fine crumbs. Pour into a bowl and mix in the confectioner's

sugar. Then drizzle in the sunflower oil and mix with a fork until everything is coated with the oil and mixed together. Press into the parchment lined baking dish. Bake for 24 minutes. Remove from oven. Meanwhile, whisk together all the pumpkin filling ingredients in a medium saucepan until combined. Place over medium-low heat and bring to a simmer, whisking constantly, until mixture thickens. Pour over prepared cookie crust, spreading with a spatula until smooth. Bake for 30 minutes. Remove from oven, cool at least two hours. Cut into squares and top each with a spoonful of the **Enjoy Life Foods** Cinnamon Crunch Granola.

Approximate nutrition per serving: 330 calories, 56g carbohydrate, 11g fat, 2g protein, 77g sodium, 31g sugar. Serves 9.

Recipe courtesy of **Enjoy Life Foods**.

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

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CDF Endorses H.R. 3648: Gluten in Medicine Disclosure Act of 2015

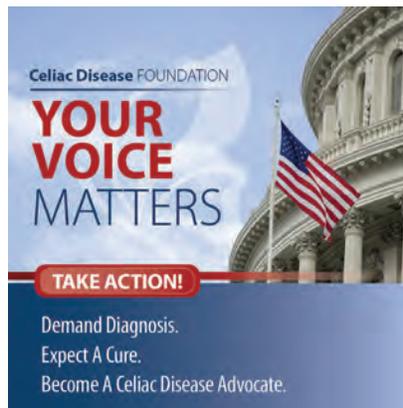
After a long fight, in 2014 the FDA finally implemented regulations for the labeling of gluten-free foods. In 2012, Representative Tim Ryan (OH-13) introduced legislation that would require that gluten be identified on all medication labels, both prescription and over-the-counter. We strongly endorsed this legislation when it was first introduced in 2012, but it never made it to a vote.

Fortunately, this year, Representatives Tim Ryan (OH-13) and Nita Lowey (NY-17) introduced H.R. 3648: Gluten in Medicine Disclosure Act once again, and Celiac Disease Foundation enthusiastically endorses this legislation. We pledge to re-double our efforts, along with other celiac disease organizations, to get this vital legislation passed and on to the White House for signature. Celiac disease patients deserve to know what is in the medications they take that are supposed to make them well. H.R. 3648: Gluten in Medicine Disclosure Act will make it easier to identify gluten in pharmaceutical products. This legislation requires that drug labels contain a statement identifying the source of any ingredient constituting or derived from a grain or starch-containing ingredient.

This is critical legislation to the celiac disease community. We should be able to take both

prescription and non-prescription medicines with as much confidence as possible that it will improve our quality of life. Without this legislation, that confidence is missing. The lack of information regarding gluten in medicine is hazardous for celiac disease patients, and CDF is therefore determined to get this important legislation through Congress this year.

Furthermore, at the request of Representative Ryan's office, CDF is marshaling our resources to secure co-sponsors for the legislation. We are delighted to share our first success. Marilyn G. Geller, CDF Chief Executive Officer, and Talia Hassid, CDF Community Coordinator, met with Representative Brad Sherman (CA-30) and his staff on November 13, 2015, to discuss H.R. 3648: Gluten in Medicine Disclosure Act. As one of Representative Sherman's priorities is consumer protection, he was convinced that H.R. 3648 is vital to the celiac disease community, and agreed to become a co-sponsor. We are pleased to have Representative Sherman's support. It is a start, but we need many, many more. You can help. Contact your Representative, make the case why this legislation is important to you and the entire celiac disease community, and ask for them to sign on as a co-sponsor. For more information on how to become an advocate, please visit our advocacy page at celiac.org/advocacy.



Year in Review *Continued from page 10*

National Conference & Gluten-Free EXPO

This past May, Celiac Disease Foundation hosted its National Education Conference & Gluten-Free EXPO at the Pasadena Convention Center, with more than 3,000 people in attendance. This is the largest gathering of its kind 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. Attendees of the National Conference were rewarded with presentations from members of CDF's Medical Advisory Board, including: Joseph Murray, MD, Sheila Crowe, MD, and Shelley Case, BSc, RD. The National Conference included an educational nutrition and dietetic panel, moderated by Shelley Case, BSc, RD, featuring Anne Lee, EdD, RD, LD, Director of Nutritional Services, Dr. Schar USA, Inc., and Yang Pan, MD, PhD, Principal Scientist, PepsiCo. This year's event also included a 25th

Anniversary GALA Dinner, honoring CDF's Founder, Elaine Monarch.

Chapters & Support Groups

Through its Chapters and Support Groups, CDF provided education and support to more than 60,000 individuals with celiac disease and other gluten-related disorders, and trained more than 5,000 school health personnel in recognizing pediatric celiac disease through the CDF SoCal Chapter School Nurse Awareness Program (SNAP). CDF also provided direct education and support to tens of thousands of people through our monthly INBRIEF eNewsletter and quarterly INSIGHT print magazine.

Outreach Efforts

CDF continued our vigorous outreach efforts to increase public understanding of celiac disease through national public awareness campaigns, speaking

engagements, media appearances, and online and social marketing. Some of our accomplishments include:

- 6,000,000 unique visitors (and counting) educated annually at celiac.org – a 20% increase from 2014
- Continued #1 Google ranking as the leading source for information about celiac disease
- Doubled email subscribers from 2014
- 50,000+ Facebook likes and 20,000 Twitter followers

RESEARCH

Thanks to research, we have learned more about celiac disease in the last three years than we learned in the previous 50. For example, we now know that the prevalence of celiac disease is doubling approximately every 15-20 years in the population. This is a stunning rate of growth. Unfortunately, we

Continued page 21

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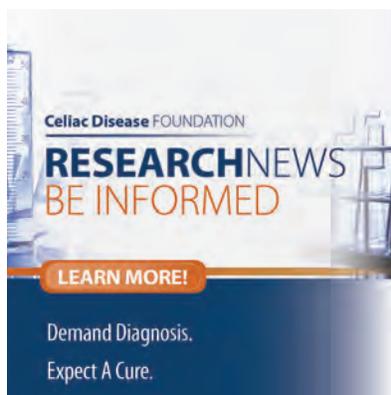
CONSCIOUS EATING®

Celiac Disease Foundation Launches Young Investigator Awards in Partnership with the North American Society for the Study of Celiac Disease

Celiac Disease Foundation (CDF) has partnered with the North American Society for the Study of Celiac Disease (NASSCD) to award a three-year, \$150,000 grant to support young investigator research in celiac disease. This grant, which will begin with awards in 2016, will focus on finding cause and treatment for celiac disease.

The Celiac Disease Foundation Young Investigator Award is part of Celiac Disease Foundation's effort to facilitate the transition of future celiac disease specialists from medical school, to fellowship, to independent clinician-scientist. Physicians just out of medical school, who may want to conduct celiac disease research during their fellowship training, find it difficult to find financial support due to a lack of public and private funding opportunities. Most seek alternative careers, leading to a dearth of celiac disease specialists.

The program is seeded through a \$50,000 gift received from the Mary Estrada Estate, encouraging outstanding young researchers to focus on celiac disease research.



CDF Chief Executive Officer, Marilyn G. Geller, remarked on the impact a program of this magnitude can have on celiac disease research. "We are grateful to the Estrada family for the launch of this initiative to significantly impact new research being undertaken throughout the country," she said. "Research in celiac disease is woefully underfunded. It is our hope that these efforts, made possible through the Young Investigator Award program, advance our understanding of this complex disease, and lead to the next breakthrough in celiac disease research."

About NASSCD

The NASSCD is the U.S. national society of medical, scientific and allied health professionals in the field of celiac disease. The organization's overall mission is to advance the fields of celiac disease and gluten-related disorders by fostering research and by promoting excellence in clinical care, including diagnosis and treatment of patients with these conditions.

Year in Review *Continued from page 18*

don't know why. We have also learned that celiac disease has significant comorbidities with a number of other diseases. And while there is evidence, for example, that undiagnosed celiac disease in young children has a direct link to type 1 diabetes, we don't understand why. These are the reasons we continue to invest in research:

- In the first national effort to systematically address the emotional and psychological issues of young people with celiac disease and other gluten-related disorders, CDF and Children's National Health System (Children's National) have launched a partnership to expand mental health education around this specific issue, and to empower healthcare providers to effectively diagnose and treat celiac disease. Children's National is based in Washington, D.C., and is recognized as one of the nation's top pediatric teaching

hospitals by U.S. News & World Report. The partnership is funded by a generous endowment from the Resnick Family, longtime CDF supporters.

- The relative paucity of research funding from both federal and private sources for celiac disease is leading to another issue: a dearth of young researchers entering the field. To help maintain a critical pipeline of young talent into celiac disease research, through the North American Society for the Study of Celiac Disease (NASSCD), CDF is funding a three-year professional development grant to fellows in the U.S. pursuing a career in celiac disease research.
- Structured and monitored tracking of celiac disease patients and their families, as well as of individuals who have genetic markers for celiac disease but no disease presence, will both speed the development of therapeutic treatments for disease and help chart comorbidities and long-term disease impact. CDF has partnered with a dozen

other disease advocacy organizations and the Patient Centered Outcomes Research Institute (PCORI) to build the Unified Celiac Disease Registry (UCDR) to improve medical research.

In 2016 and beyond, we will focus on further PCORI efforts, including patient recruitment for the Unified Celiac Disease Registry, so that clinical research can happen faster, more efficiently, and more economically than is possible now. We will continue to work with the NIH, FDA, and Congress to elevate celiac disease on the nation's healthcare agenda. Through celiac.org, we will add to our innovative digital tools for screening, diagnosis, and treatment. In addition to offering comprehensive resources, we also look forward to hosting our 2016 National Conference & Gluten-Free EXPO in partnership with Children's National Health System and UCLA and USC Medical Centers, our Ask-the-Dietitian and Team Gluten-Free programs, and more.

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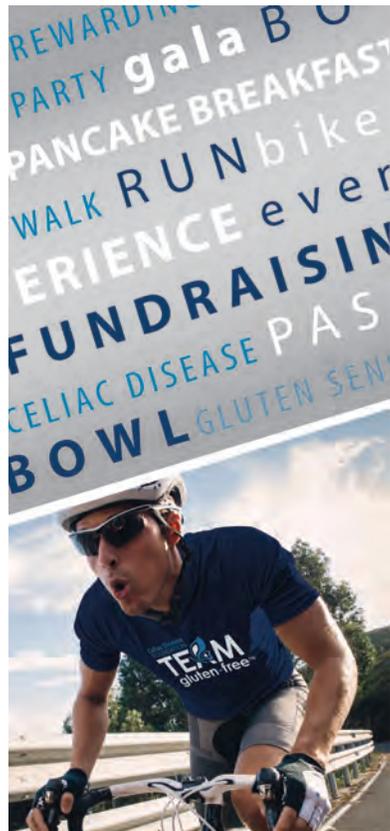
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Ready To Do
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Celiac Disease
FOUNDATION

Celiac.org/TGF

2015 was an amazing year for CDF Team Gluten-Free! TGF members from across the country hosted and participated in over 100 events. Celiac Disease Foundation knows how hard our CDF Team Gluten-Free members work to raise funds and increase awareness of celiac disease, and we are grateful to have them as part of the CDF family. Looking back at this year, we want to acknowledge some of our TGF members who have really inspired us this year.

Micah Martin's six year old daughter's diagnosis of celiac disease motivated him to take action. This year, Micah set out to complete the "Double Trifecta" with Spartan Race for Team Gluten-Free. Micah competed in six races across California while raising awareness for celiac disease, including the "Charity Challenge" Spartan Race this October which allows athletes to "Race for a Reason" and represent their charity. Micah led a team of six elite athletes to compete on behalf of Team Gluten-Free!



"Keeping her healthy is a daily struggle, but with the help of CDF, we are finding more ways to keep her healthy and living gluten-free." – Micah



Julien Solomita co-hosted two Team Gluten-Free Meetups this year. A YouTube Vlogger with over 600,000 subscribers, Julien was determined to use his popularity to help increase awareness of celiac disease – a disease close to his heart after being diagnosed at age 15. Over 350 people have joined us for our Celiac Disease Awareness Meetups with Julien to meet their favorite YouTube

personality, enjoy gluten-free food, and learn more about celiac disease. It is through events like these that Team Gluten-Free is helping fulfill the mission and purpose of CDF.

"CDF was my very first connection to gluten-free living. They taught us how to survive the gluten-unfriendly world of eight years ago." – Julien's Mother, Lisa

Adrienne Bender hosted many Team Gluten-Free events this year, including a benefit dinner at Eno Terra Restaurant in March, and a TGF workout class at The Max New Jersey in October. Adrienne partnered for the second year in a row with Chloe + Isabel, an online jewelry boutique. Twenty percent of the proceeds using a special benefit link went back to CDF Team Gluten-Free this fall. Adrienne will be hosting her final TGF event of the year this December when she partners with the New Jersey Devils to hold a Celiac Disease Awareness Hockey Night!



"Fundraising helps our son feel like part of a community, rather than being ostracized because he can't eat the same things his friends do." – Adrienne

Be a part of the team dedicated to creating a world without celiac disease! Team Gluten-Free is CDF's community fundraising program that provides a simple way for athletes and non-athletes alike to get involved and raise awareness and funds for CDF's programs for advocacy, education, and research. Fundraising efforts may include any event – from marathons to bake sales, movie nights to wedding favors – any way that you can have fun while raising funds. The possibilities are endless.

We are grateful to have such amazing CDF Team Gluten-Free members. Next year is YOUR chance to join! Visit the TGF page at celiac.org/tgf to learn about other events and to find out how you can get involved.



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 Mix all ingredients together well and store in airtight container, preferably in the refrigerator. Use cup for cup as a replacement for all-purpose flour in your favorite recipes. Yield: 3 cups

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Holiday Gift Guide: Staff Selections

The gift giving season has begun, and our staff at the National Office has compiled an assortment of some of our favorite products to inspire your holiday gift exchanges. If you are invited to a holiday party or are in need of some fun and unique gift ideas, check out our CDF Staff Selections and get creative with your giving!



Chief Executive Officer, Marilyn G. Geller, enjoys having time to relax and read during the holidays. Some of Marilyn's favorite magazines include: **Delight**, **Gluten-Free**, **Gluten-Free Living**, **Gluten-Free & More**, and **Simply Gluten-Free**.

Living gluten-free can be challenging when you want to eat healthy and have quality time for yourself. Chief Development Officer, Deborah J. Ceizler, recommends **Love with Food**, which delivers healthy snacks to your door each month, with a gluten-free option!



Gillian Entin, Development Manager, is responsible for CDF Team Gluten-Free. Naturally, her gift of choice would be some fun Team Gluten-Free swag. One hundred percent of proceeds go directly to Celiac



Disease Foundation. Purchase your t-shirt and hat at the **CDF Shop** online today (celiac.org/shop).



Talia Hassid, Community Coordinator, is a gluten-free foodie and loves experimenting in the kitchen, especially with baking. This is why she recommends **Panasonic's new Bread Machine** with a gluten-free setting as a wonderful holiday gift for a family member or friend.

The **Gluten-Free Allergy-Free Marketplace** is the source for all of your gluten-free and allergy-free needs. Now available as a free app on Google Play and the App Store, CDF's Project Manager, Matthew Clark, recommends the **Marketplace app** for a creative and useful holiday gift.



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