

CNY CELIAC NEWSLETTER

A Publication of the Central New York Celiac Support Group

Meeting Location

Town of Dewitt Community Room
(Behind Carrier - next to
E. Syracuse Fire Dept)
148 Sanders Creek Parkway
(off Kinne Street), E. Syracuse

**Topic: Wake Up Your Taste Buds
and Try Something New**

Date: April 12, 2015, 2 - 4 PM

♦ **Do you love bagels?** If so, you'll want to attend our next meeting. Mildred Mann, one of our members with help of her sister and daughter, will demo the step-by-step preparation of her delicious GF bagels. Mildred a long time baker, starting baking GF when her daughter was diagnosed with celiac disease.

♦ **Suzanne Anthony**, owner of Hunka Foods, a new local bakery, will demo ways to prepare GF all purpose flour blends and offer baking tips. Hunka Foods are available at Natur-Tyme and Green Planet. All ingredients are natural, organic, non-gmo, and dairy free.

♦ Also **Nancy Mangano**, owner of Vin-Chet Bakery, will be bringing their new line of GF baked goods for us to sample. They are available at local TOPS Markets.

Hope you can come, taste, and enjoy these GF products.

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Thank you

Thank you to all who have paid their dues.
We so appreciate your support.

Making Tracks for Celiacs Center for Celiac Research At Massachusetts General

SUNDAY, April 26, 2015
Jamesville Beach Park
Jamesville, NY

**NOTE – We have
changed this event to a
SUNDAY this year !!**

REGISTRATION at 10:00 AM

1 Mile Walk or 5K Cross Country Run at 11:00

Pre-register online at celiacwalk.org **by
April 20th**, or come early and register the
morning of the walk

\$25 registration fee ages 13 and older

\$10 – age 12 and under

T-shirts for those who pre-register.

5 years and under free (no T-shirt)

Gluten Free Taste of CNY

Gluten free restaurants and Vendors with
samples. Great Raffles.

Games, face painting & balloons for kids.

Prize for the most donations collected.

**For more information or if available to
help,**

call Karen Dorazio 469-8154 or email her at:

kdorazio@twcny.rr.com

**Note: For free admission to the park, mention
"Celiac Walk" at the entrance booth.**

**Collecting GF food for local needy
families.**

For every GF non-perishable item you bring to
donate, you will receive two raffle tickets for our
basket raffle!

Central New York Celiac Support Group

Medical Advisory Board:

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James Tifft, M.D. Gastroenterologist
5100 Taft Rd. Liverpool, NY

Mission Statement:

The CNY Celiac Support Group was formed to share support and understanding in helping us manage our lives without gluten, and to create public awareness in both the lay and professional community.

Disclaimer:

This newsletter is intended to be a general information resource. It is not for use in diagnosis, treatment, or any other medical application. All recommendations, information, dietary suggestions, product news, menus, and recipes generated by the CNY Celiac Support Group are intended for the benefit of our members and other interested parties. Individuals should consult with their physicians before following any medical or diet information mentioned in this newsletter. Food manufacturer's products are subject to formula change at any time and these changes may not be reflected on labels. Products mentioned do not constitute endorsement. No liability is implied by or assumed for the use of information in this newsletter. Feel free to reproduce any portion of this newsletter unless it specifically states otherwise. We request that you indicate where the information came from.

**** Directions to Meeting ****

Take James St. to Kinne St., E. Syracuse. Turn left. Go exactly one mile to Sanders Creek Parkway. Turn right. The Community Room will be on the right, next to the Fire Department. Park in the lot on the left side of the building.
Wheelchair accessible.

**** Web Site Address ***

www.cnyceliacs.org

CNYCSG Board of Directors:

President:
Ruth Wyman < jwyman1@twcny.RR.com > 463-4616

Membership:
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Treasurer:
John Wyman < jwyman1@twcny.RR.com > 463-4616

Newsletter Editor:
John Wyman < jwyman1@twcny.RR.com > 463-4616

Kid's Group – R.O.C.K.:
Karen Dorazio < kdorazio@twcny.RR.com > 469-8154
Nicki Hai < nickiHai@yahoo.com > 315-252-2764

Recipe Chairperson:
Grace Bentley < FBentley@twcny.RR.com >
607-753-1595

Webmaster:
Olga Fischer < admin@cnyceliacs.org >

Pharmacist:
Catherine Widrick < golfergirlone@aol.com >

Registered Dietitian
Julie Procopio RD < julieapi@aol.com > 469-6444

Publicity:
Holly O'Hara < hohar2@twcny.rr.com >

Membership

Membership dues are \$15.00 per family per year (renewable each January), plus a \$5 new member fee. Membership includes a subscription to this newsletter. Dues and additional contributions may be given to Sally Seeley at our meetings, or sent to:

Sally Seeley
203 E. Ellis Street
East Syracuse N.Y. 13057

Checks should be made payable to:

Central New York Celiac Support Group

If finances are a problem, contact Sally Seeley at (315) 437-4117 for a reduced price or complimentary membership to our support group.

For more information, contact Ruth Wyman at 463-4616, or send email to: jwyman1@twcny.rr.com

The New Word on Wheat Starch

by Van Waffle February 2, 2015

A new and unlikely ingredient is making its way into a few gluten-free foods. Don't be surprised to find wheat starch in some products in the United States.

New U.S. Food and Drug Administration (FDA) rules allow wheat starch in gluten-free foods if the wheat starch is specially processed to remove gluten. Some food companies say it can improve flavor and texture in certain products.

But gluten-free consumers who have long gone by the rule that any food that contains wheat, barley or rye in any form is forbidden may have some trouble adjusting to the idea that certain kinds of wheat starch are now allowed.

It has already appeared in a chocolate and tangerine treat in one of GoPicnic's gluten-free packaged meals. And Dr. Schär, a European company that has made foods for special diets for 93 years, will introduce gluten-free plain and chocolate-filled croissants containing wheat starch in the United States early this year.

Although some food companies plan to begin using wheat starch, don't expect many to follow quickly. Overall, use of wheat starch in gluten-free food appears to be a tough sell to both food makers and consumers.

Danger signal

For decades the word "wheat" has signaled danger to anyone on a gluten-free diet. It's of particular concern to people with celiac disease because of the damage gluten-containing grains cause to the small intestine. There's only one effective treatment: lifelong, complete avoidance of any food containing gluten.

Those who have gluten sensitivity do not experience intestinal damage, but they often suffer symptoms severe enough to prompt them to completely eliminate gluten-containing grains, as well.

Pam Cureton, R.D., a celiac disease specialist at the Center for Celiac Research and Treatment in Boston, teaches new patients to read ingredient labels and to avoid wheat, barley, rye, malt, brewer's yeast and—unless the product is labeled gluten free—oats.

But she now has to make an exception for wheat starch and explain to her patients why it can be acceptable on the gluten-free diet. Whenever wheat starch is used in a food labeled "gluten free," it must appear in the ingredients list. Wheat will also appear in the "Contains" statement if the product has one.

The label also has to say that the "wheat has been processed to allow this food to meet the Food and Drug Administration (FDA) requirements for gluten-free foods." When an ingredient list says only "starch," it means cornstarch, which is naturally gluten-free, Cureton notes.

"When [gluten-free consumers] see 'Contains wheat,' of course they'll put [the product] back on the shelf," Cureton observes. "They're hesitant to purchase even a product that says it's manufactured in a plant that contains wheat."

"Our consumers will avoid those types of products. So a lot of education is needed to explain to them that this wheat starch has been processed to remove the protein and it must meet the standards of the FDA to be less than 20 parts per million [ppm]."

The FDA in 2013 established safety standards for gluten-free foods. Products labeled gluten free have to contain less than 20 ppm of gluten and may not be made with gluten-containing grains such as wheat or any derived ingredients that have not been processed to remove gluten.

However, foods labeled gluten free may contain a derived ingredient if it has been processed to remove gluten as long as the final food product contains less than 20 ppm. Wheat starch is an example of this kind of ingredient, along with a few others, according to the FDA.

Products made with gluten-free wheat starch are absolutely safe, says Cureton, even for people with particularly high sensitivity to gluten. Wheat starch contains such a tiny amount of gluten that it doesn't significantly add to the gluten level in the final product. But consumers have to continue to read labels, understand what they mean, and make sure anything containing wheat starch also identifies itself as gluten-free and says that the ingredient has been processed to remove gluten.

European record

Wheat starch in a gluten-free food may come as a surprise to U.S. consumers, but it has an established record in Europe where Dr. Schär has used it for at least 20 years, according to Anne Lee, R.D., director of nutritional services for the company's U.S. operations in Lyndhurst, New Jersey. Research has found no evidence that foods containing gluten-removed wheat starch harm people with celiac disease. A 2003 study at Tampere University Hospital in Finland tracked newly diagnosed patients after they adopted a gluten-free diet.

One group of 23 randomly assigned volunteers ate only naturally gluten-free foods, while 26 also ate gluten-free products that contained wheat starch. After one year both groups showed equally good recovery based on reported symptoms and quality of life, small intestine biopsies and blood tests. In recommending wheat starch, the authors of this study argued that minute contamination of less than 20 ppm of gluten is virtually impossible to avoid in any diet. International standards have accepted this level because it's considered safe for the vast majority of people with celiac disease.

But some experts express skepticism. "I would not expect to see gluten-free wheat starch approved in Canada in the near future, but if the experience is a positive one in the United States, there may be a review of the situation in the mid to long term," says Sue Newell, operations manager for the Canadian Celiac Association.

Tricia Thompson, R.D., founder of Gluten Free Watchdog, a food-testing company in Boston, shares Newell's concern. If a manufacturer chooses to use wheat starch, it should thoroughly test its products with a laboratory that takes multiple samples from each lot of wheat starch and the final products, she says.

"At least some testing should be done at an independent third-party testing facility," Thompson says. "Studies published by both the FDA and Gluten Free Watchdog found that a majority of labeled gluten-free foods are testing under 5 ppm of gluten. It will be interesting to see how wheat-starch-based products test."

The Celiac Disease Foundation supports the legislation allowing wheat starch, however. "The FDA went through a vigorous consulting process with the national groups in celiac disease, both medical and scientific, and this was the consensus: that wheat starch that has been processed to remove gluten to the FDA standard is safe for the celiac disease population," says Marilyn Geller, chief executive officer of the foundation.

Authors of the Tampere University Hospital study point out wheat starch's benefits. Compliance with a gluten-free diet is more important to recovery than avoiding trace amounts of gluten, they say. Because wheat starch improves the flavor and texture of certain foods, it can mean the difference in some people's ability to accept such a difficult diet.

But will gluten-free consumers buy it? Toro, a Norwegian food company, tried introducing baking mixes containing wheat starch to U.S. markets before the FDA regulations were approved. In the absence of labeling standards, the product packages went into detail to explain how wheat starch could be safe. These

details only confused people, according to Cureton. They wouldn't buy the products, and Toro's U.S. experiment failed.

"I'll be anxious to taste more of the products as they come out using wheat starch," says Cureton. "I think the first outing of products is going to have a tough road. If people taste the products and they don't get sick, I think manufacturers down the road will have an easier time. But the first few brave companies will probably have to answer a lot of questions."

Dr. Schär will be in that group. Founded in 1922, the company introduced its first line of gluten-free products in Europe in 1981 and entered the U.S. market in 2008. The company also sells its products in Canada and some countries in Latin America and the Middle East. Focusing on new food technology and innovative products, Dr. Schär has been trying to position itself as the leading producer for specialty diets in both Europe and North America. The company makes bread for U.S. markets in a plant in Swedesboro, New Jersey, and imports all other products from Europe.

Lee emphasizes that none of the Dr. Schär products familiar to U.S. consumers will change. The company has never used wheat starch in its breads and pastas, even in Europe. The company uses processed wheat starch only when necessary to achieve a high-quality product, she says. But the new croissants will showcase the sensory benefits of wheat starch.

"Even though you're removing the protein, wheat starch provides a certain durability to the dough, an elasticity. So you can get a croissant that's light and flaky," Lee says. "Everyone gets used to gluten-free pasta. We get used to breads, although they're getting better and better all the time. But to develop a puff pastry or a croissant: That's hard to do with most gluten-free flours and starches."

Not all wheat starch is made the same way, and products labeled gluten free can include only the type specifically processed to remove gluten. Lee does not say where Dr. Schär's wheat starch comes from, but several European companies manufacture the ingredient for gluten-free foods.

The main components of wheat are fiber, starch and gluten protein. Extraction involves milling the wheat into flour, making dough and washing out the starch. Starch dissolves in water but gluten does not, so the gluten-protein sediment sinks to the bottom. Then the starch solution can be drained off and dried. Traditionally, the purified gluten fraction had more value, but the gluten-free industry has placed a demand on refined starch.

Peter Koehler, Ph.D., a food chemistry specialist at Leibniz Institute in Freising, Germany, says one German company purifies starch "by excessive washing with water until the gluten concentration is below the safety threshold."

Koehler has been researching how to use peptidase, an enzyme that breaks down gluten, to produce gluten-free wheat starch. It would provide better "water-use efficiency and quality of gluten reduction," he says. However this technology remains in the experimental stage.

Lee says Dr. Schär follows a safety protocol in all its plants in Europe and the United States, and that approach will also apply to products that contain wheat starch.

When ingredients arrive, they're not immediately brought into production. "They're held in red-bag isolation ... until they test free of gluten," she says. "Then they are allowed into the production facility." Dr. Schär tests products along the production line and at the end as well. "We hold products for sampling purpose for six months to make sure that if there are any consumer questions we can go back to that exact batch and lot and recheck," Lee says.

Apart from safety, critics argue that wheat starch does not improve nutrition. Gluten Free Watchdog's Thompson says, "Wheat starch is not a nutritious food. It contains little to no fiber, vitamins and minerals. There are so many more healthful alternatives to wheat starch that I see absolutely no need to start using it in gluten-free products."

A matter of choice

“Both our Udi’s and Glutino products never use wheat starch simply because it is derived from wheat, and, regardless of the removal of protein, it would still be an allergen,” says Caroline Hughes, corporate communications director for Boulder Brands. This policy means that Udi’s and Glutino products are not only gluten free but also safe for people with a wheat allergy.

Meanwhile, new products from GoPicnic, Dr. Schär and other companies will increase the range of choices for people on a gluten-free diet. Lee says that innovations in the food industry can improve both nutrition and enjoyment.

“From a dietitian’s perspective I love that we’re looking at really good, healthy grains,” she says. “We’re looking at reducing the fat, reducing the salt, reducing the sugar in the products, not just making the product gluten free but also very healthy.”

“I’ve actually had wheat-starch-based products when I’ve been in Europe,” says Lee, who has celiac disease. “The texture is far superior and I didn’t react. I love that we’re becoming smarter, and that’s allowing us to enjoy food much more. My research on quality of life shows the diet can have a huge negative impact, but if we open those doors with products that are better quality and better health-wise, that’s going to make the life of an individual with celiac disease significantly better.”

Van Waffle, who has a bachelor’s degree of science in biology, is research editor for Gluten-Free Living. A resident of Ontario, Canada, he also contributes regularly to Edible Toronto and blogs about nature, gardening and local food at vanwaffle.com. (Reprinted with permission)

Banana Bread

Ingredients:

1/3	c. butter	1 ¾	G.F. flour
2/3	c. sugar	2 ¼	tsp. baking powder
2	eggs	½	tsp. salt
¾	tsp. grated lemon rind	½	tsp. xanthan gum
1 to 1 ¼	c. ripe mashed bananas		

Directions:

- Blend butter and sugar - then add eggs and lemon rind – beat well.
- Fold in mashed bananas and slowly mix in dry ingredients.
- If desired, add ¼ c chopped dried apricots and ½ c. chopped walnuts.
- Place in greased bread pan.
- Bake at 350° for 1 hour
- Cool before slicing.

Bulletin Board – New GF Products

- ❖ Cheerios will be available in 5 flavors this summer.
- ❖ Chex is adding oatmeal to their GF cereal list.
- ❖ McCormick has GF beef and turkey gravy mix.
- ❖ Some Pizza Huts now have GF pizza.
- ❖ Target is carrying many new Udi's products (frozen).
- ❖ Tops Markets is carrying a new line of baked goods from Vin-Chet Bakery.
- ❖ Trader Joe's has GF organic brown rice and quinoa pasta – in 16 oz packages.

**CNY Celiac Support Group
263 Roxbury Road
Syracuse, NY 13206**