



a "connection" of the Celiac Disease Foundation
 csgmv-news BIMONTHLY ISSUE II-1
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DISCLAIMER

Information and dietary recommendations are intended for the benefit of our members and other interested parties. Individuals should consult with their physician before following any medical or dietary recommendations.

No liability is implied by -- or assumed for -- the use of information contained herein.

MISSION STATEMENT - CSGMV

The CSGMV organized to provide support to the diagnosed person (and family) with Celiac Disease in the form of medical, dietary, and food preparation information on an initial and continuing basis. Further, CSGMV provides the general community and medical professionals with direct information about this elusive malady.

Adopted 1/2000

MEETING SCHEDULE

February 16, 2002
 March 16, 2002
 April 20, 2002

MAY 4, 2002 WALK

"Make Tracks for Celiacs"

@ Sangertown Square - 8 AM – 10 AM

let's go!!



May 18, 2002
 June 15, 2002
 July 20, 2002
 August 17, 2002
 September 21, 2002

October 19, 2002

"Annual Event"

November 16, 2002
 December 21, 2002

a bit of post-Holiday humor –

According to the Alaska Department of Fish & Game, while both male and female reindeer grow antlers in the summer, each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December. Female reindeer retain their antlers till after they give birth in the spring.

THEREFORE, according to every historical rendition depicting Santa's reindeer, every single one of them, from Rudolph to Blitzen, had to be a girl.

We should've known. Only women, while pregnant, would be able to drag a fat man in a red velvet suit all around the world in one night and not get lost!!



excerpted from Fall 2001 CDF newsletter –

If you're having a medical evaluation and your doctor suspects celiac disease, a blood test may help to diagnose the problem. People with the disease have higher than normal levels of certain antibodies in their blood. Your doctor may also recommend a blood test if you're at increased risk for the disease because an immediate relative has the condition. To confirm a diagnosis of celiac disease, your doctor can do an endoscopic biopsy and remove small portions of intestinal tissue to check for damage to the villi. **DON'T GO ON A GLUTEN-FREE DIET BEFORE BEING TESTED FOR CELIAC DISEASE BECAUSE THIS COULD MAKE TEST RESULTS MISLEADING.**



excerpted from the Winter 2002 CNYCSG Newsletter –

Lectins – the real story – CSA has put forth inaccurate information re: Lectins as being a "gray area" for Celiacs. This is NOT founded in research facts. The end result is: There is no need to avoid a food just because someone says it contains lectins....

(origin: MGIG News – the newsletter of the Midwest Gluten Intolerance Group – Dave Westheimer, President)



from **GIG Newsletter** (Cynthia Kupper, MS RD) - Canola Oil is, and has always been, safe for celiacs – it is gluten-free. Other products stated as safe by the American Dietetic Assoc. are: distilled vinegar, distilled whiskey, buckwheat, quinoa, millet, and amaranth. This should make life a little easier for Celiacs!!



Companies + Numbers/Addresses:

- Dietary Specialties** 1-888-640-2800
1248 Sussex Turnpike, Unit C-1,
Randolph, NJ 07869
- Miss Roben's** 1-800-891-0083
PO Box 1149, Frederick, MD 21702
- The International Gourmet**
1-888-342-4405
www.TheInternationalGourmet.com
- Mrs. Leeper's** 1-858-486-1101
(fax) 1-858-486-1770
mlpinc@pacbell.net
(see recipe below)



Pasta Chicken Salad

- 12 oz. Mrs. Leeper's Rice Vegetable Twists
- ½ lb. snow pea pods 4 scallions (chop fine)
- ¾ tsp. dried tarragon ½ C. GF mayonnaise
- 3 tsp. fresh lemon juice
- 2 C. chicken –cooked & chopped
- ½ T. horseradish (optional)
- salt & freshly ground pepper to taste

Prepare pasta according to package directions. Remove ends and strings from pea pods. Immerse in boiling water for 1 minute. Rinse in cold water & drain. Mix together the pea pods, chicken, mayonnaise, lemon juice, scallions, tarragon, horseradish, salt and pepper. Add the drained pasta & toss gently. Cover & chill. Serves 4.



excerpted from CDF Newsletter Fall 2001 article "What's Wrong With Me" by Teresa A. Andrasik, RN, BS

"CD is treated by diet alone. Celiacs who are ingesting gluten are actually poisoning themselves. The gluten-free (GF) diet is a challenge for anyone to learn, but well worth the effort for a celiac! Once a celiac starts a GF diet, the body can heal, better absorption occurs, and good health returns. The GF diet is a diet for life. This disease does not go away; the GF diet is the treatment of choice....."



how much xanthan gum???

- salad dressings ¼ -1/2 tsp. per cup liquid
- cookies ¼ tsp. per cup of flour
- cakes ½ tsp. per cup of flour
- muffins; quick breads ¾ tsp. per cup of flour
- bread 1 to 1 ½ tsp. per cup of flour
- pizza 2 tsp. per cup of flour
- thickener for sauces 1 tsp. in place of each Tbs. of original thickener



