

## Celiac Disease

# Augusta GIG

October

2010

### INSIDE THIS ISSUE:

<b>Gluten Free Fad</b>	<b>1</b>
<b>Olive Garden</b>	<b>1</b>
<b>Other GF Menus</b>	<b>2</b>
<b>Probiotics</b>	<b>2</b>
<b>Halloween</b>	<b>2</b>
<b>November Pot Luck</b>	<b>3</b>
<b>Recipe</b>	<b>3</b>

## Is Gluten Free the new “IT” Thing?

It seems to me that more and more products are boasting of the fact that they are gluten free. This could be due to the fact that in recent months, some celebrities are coming out as following the gluten free diet (for any number of reasons). While not all of them have Celiac, this is genuinely good news for those of us who do suffer from the disease. It cannot be denied that when something is endorsed by a celebrity, it gets a large amount of media attention. With the endorsement of people

like Elizabeth Hasslebeck of The View, Victoria Beckham, aka Posh Spice, Madonna, Chelsea Clinton and Gwyneth Paltrow, big businesses are taking note. The masses follow celebrities like ducklings follow their mom. Food makers know this and that's why they are marketing their products as GF. Grocery stores have entire shelves devoted to GF products alone. Publix and BiLo to name a few (isle 3 in both). Even Walmart is getting in on the action selling GF Betty Crocker mix and GF

noodles mixed in with the rest of wheat infested foods. I, for one, love this mass media attention our world is getting and am just amazed of the products that were not available just a few years ago.



Chelsea Clinton's 9 Tiered Wedding Cake

### Special points of interest:

- Gluten Free Celebrities
- Olive Garden
- Info you should know about PF Changs
- GF Candy
- GF Stuffing for Turkey Day
- Where is the Pot Luck?

### Olive Garden's GF Menu

Olive Garden Italian Restaurant now has a Gluten Free menu. It features a couple salads, one pasta dish, and five meat dishes. I went the other day and had the pasta dish, the Pen-

nine Rigate with Marinara Sauce. It was delicious. The waiter knew exactly what I was talking about when I asked for a gluten free menu. It was so nice to go out to eat to

somewhere new with my friends.



## Speaking of GF Menus

We all know that PF Changs has a delicious GF menu. What some people may not know is that they have very specific dishes that the GF foods have to be served on. If a customer orders a GF menu item, that item **MUST** be served on the decorative dishes. These dishes are the round ones with the PF Changs logo circling around the outer edge (non GF dishes are served on square plates). If you order GF and receive your food on any other dish, speak with your

server. They all should know the difference.

While Red Robin does not have a gluten free menu, they will work with you. You can order any one of their delicious burgers and have them wrap it in lettuce. They also have a button they can press to let the cooks know that there is an allergy on

the ticket. I always ask my server to make sure they press their “allergy alert” button when giving my order. I was also told that their allergy orders come out in yellow baskets (the ‘normal’ food comes out in red baskets). Once again, if your food comes in anything other than a yellow basket, be sure to speak with your server.



PF Changs Allergy Plate

## Probiotics are Pro Celiac

We’ve all heard about the probiotics that are making their appearance in yogurt. The commercials say that they are supposed to regulate your digestive system. Well, an article on [glutenfreeworks.com](http://glutenfreeworks.com) by Cleo Libonati, RN, BSN says that they may specifically help Celiacs. She

states that “Probiotics and prebiotics should be incorporated into the diet to improve the quality and balance of intestinal bacteria that inhabit the colon.”

She says foods with probiotics replace lost bacteria that our colon needs while prebiotics help that

bacteria to grow. Foods with probiotics include yogurt. Foods with prebiotics include berries, bananas, and other fruit, legumes and flax, honey, greens (especially dandelion greens, but also spinach, collard greens, chard, kale, and mustard greens)

Good health depends on a good balance of intestinal bacteria.

## Happy Halloween

With Halloween just a few short weeks away, here is a helpful list of GF candies.

- USA Smarties
- Hershey Milk Duds
- Hershey Kisses
- Jelly Belly Jelly Beans

- M&Ms Plain
- Snickers
- Reece’s Peanut Butter Cups

As always, before consuming, please read all ingredients

NON GF CANDIES:

- Kit Kat
- Anything cookies and cream
- Licorice
- Twix

## November Pot Luck

There will be more information on this at our October 26th meeting. The potluck will be held on November 30th at Devin Ragnow's house in Evans. The address is 382 Barnsley Drive Evans, GA 30809. Directions will be handed out at our October meeting.



## Sausage and Wild Rice Stuffing

My grandmother makes this stuffing for Thanksgiving and everyone loves it...even the non-celiacs.



### INGREDIENTS

1 pound of Italian sausage without casing  
 1 pound of ground beef  
 1 pound of ground veal  
 1 chopped onion, 8 ounces  
 2 pounds cooked rice (use wild rice)  
 1/2 cup grated Parmesan cheese  
 1 1/2 pounds mozzarella cheese, diced  
 Extra virgin olive oil

### DIRECTIONS (feeds approx 20 if used as a side dish)

In a saute pan, brown sausage and place in a large bowl. Saute onion, beef and veal until brown and add to the bowl. Cook and cover rice in lightly salted water until al dente, approximately 20 minutes. Add to bowl, mozzarella, Parmesan cheese, rice and meat mixture. Place in casserole and bake for about 20 minutes.

Recipe provided by Pat Weintraub (my wonderful grandmother)



## Mission Statement:

Augusta Gluten Intolerance Group®(GIG) is a 501(c)(3) non-profit organization.

*Our Mission is to provide support to persons with gluten intolerances, including celiac disease, dermatitis herpetiformis and gluten sensitivities to live healthy lives.*

[WWW.AUGUSTAGIG.COM](http://WWW.AUGUSTAGIG.COM)

**YOU ARE INVITED TO A CELIAC DISEASE SUPPORT GROUP. HELD THE THIRD TUESDAY EVERY OTHER MONTH FROM 7:00 PM TO 8:30 PM AT THE SUMMERVILLE BUILDING-SUITE 120 ADJACENT TO TRINITY HOSPITAL OF AUGUSTA 2258 WRIGHTSBORO ROAD AUGUSTA, GA 30904 CONTACT: ROSE CRUICKSHANK, RN 706-738-8253 [AUGUSTAGIG@AOL.COM](mailto:AUGUSTAGIG@AOL.COM) FOR FURTHER INFORMATION**

## TAKE NOTE

**Our October meeting date has been moved from October 19th to October 26th. Same time but we have had to move the location to the classroom on the ground floor of Trinity Hospital of Augusta. We met there once before...just follow the signs to the cafeteria and the classroom is across from the cafeteria. Sally Fisher, a Registered Dietician, will be speaking to us on "Healthy Eating Using Gluten Free Foods".**