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The Celiac Express

~ A Gluten Free Newsletter ~

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Issue 1



www.OKceliac.com

Happy New Year!

The Oklahoma Celiac Support Group is starting off the new year with a Bang! We have a great meeting lined up for January 10th and it sets the tone for the rest of the year. We have many great meetings and activities planned. Additionally, we are working hard toward our 2006 goal of hosting a celiac blood screening in Oklahoma City.

If you haven't already, please mark your calendar for these important dates:

January 10, 2006

OK Celiac Support Group Meeting

Integris Baptist Hospital, Conference Rooms "C", "D" and "E"

Meet and Greet at 6:30
Meeting at 7:00 p.m.

Program: Helping You and Your Children Cope with Celiac Disease - presented by Steve Scruggs, Psychologist

(February, 2006 - No business meeting due to Valentine's Day being the date of our regular business meeting.)

March 14, 2006

OK Celiac Support Group Meeting
Program: Round Table Discussions - features a variety of Gluten Free topics at different tables which members rotate through the topics of choice

April 11, 2006

OK Celiac Support Business Meeting

May 9, 2006

OK Celiac Support Group Meeting
Program: "Happy Birthday to Me!" It's a

Gluten Free Birthday Party!

June 13, 2006

OK Celiac Support Business Meeting 6:30 PM

July 11, 2006

OK Celiac Support Group Meeting
Program: "Controlling Your Weight on the Gluten Free Diet" - presented by Karen Massey, Registered Dietitian

August 8, 2006

OK Celiac Support Business Meeting

September 12, 2006

OK Celiac Support Group Meeting
Program: "How to Talk to Your Doctor and other Health Professionals", presented by Grace Scruggs, R.N.

October 10, 2006

OK Celiac Support Business Meeting

November 14, 2006

Annual Holiday Dinner

December 12, 2006

OK Celiac Support Business Meeting

For more information, visit our website at www.OKceliac.com. For directions, click on:

<http://www.okceliac.com/directions.php>

NEW ALLERGY LABELING

Effective January 1, 2006, the Food and Drug Administration (FDA) is requiring food labels to clearly state if food products contain any ingredients that contain protein derived from the eight major allergenic foods. As a result of the Food Allergen Labeling and Consumer

Protection Act of 2004 (FALCPA), manufacturers are required to identify in plain English the presence of ingredients that contain protein derived from milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, or soybeans in the list of ingredients or to say "contains" followed by name of the source of the food allergen after or adjacent to the list of ingredients.

This labeling will be especially helpful to children who must learn to recognize the presence of substances they must avoid. For example, if a product contains the milk-derived protein, casein, the product's label will have to use the term "milk" in addition to the term "casein" so that those with milk allergies can clearly understand the presence of the allergen they need to avoid.

It is estimated that 2 percent of adults and about 5 percent of infants and young children in the United States suffer from food allergies. Approximately 30,000 consumers require emergency room treatment and 150 Americans die each year because of allergic reactions to food.

"The eight major food allergens account for 90 percent of all documented food allergic reactions, and some reactions may be severe or life-threatening," said Robert E. Brackett, PhD, Director of FDA's Center for Food Safety and Applied Nutrition. "Consumers will benefit from improved food labels for products that contain food allergens."

FALCPA does not require food manufacturers or retailers to relabel or remove from grocery or supermarket shelves products that do not reflect the additional allergen labeling as long as the products were labeled before the

effective date. As a result, FDA cautions consumers that there will be a transition period of undetermined length during which it is likely that consumers will see packaged food on store shelves and in consumers' homes without the revised allergen labeling.

For more information about FALCPA, visit FDA's food allergy page at <http://www.cfsan.fda.gov/~dms/wh-alrgy.html>.

"The labeling requirement which goes into effect on January 1 does not require 'gluten' to be listed on product labels. Rather the FDA's development of rules to define the term 'gluten-free' is due by August 2006.

A question posed was whether the manufacturers will be required to indicate the presence of any of the eight allergens SEPARATELY from the main ingredient listing.

The FDA has addressed this question on their website at:

<http://www.cfsan.fda.gov/~dms/alrgqa.html#q11>

Specifically, FALCPA requires food manufacturers to label food products that contain an ingredient that is or contains protein from a major food allergen in one of two ways.

The first option for food manufacturers is to include the name of the food source in parenthesis following the common or usual name of the major food allergen in the list of ingredients in instances when the name of the food source of the major allergen does not appear elsewhere in the ingredient statement. For example:

Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean oil, and/or cottonseed oil, high fructose corn syrup, whey (milk), eggs, vanilla, natural and artificial flavoring) salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin (soy), mono-and diglycerides (emulsifier)

The second option is to place the word "Contains" followed by the name of the food source from which the major food allergen is derived, immediately after or adjacent to the list of ingredients, in type size that is no smaller than the type size used for the list of ingredients.

For example: Contains Wheat, Milk, and Soy"

Special thanks for this update to Andrea Levario, J.D., Executive Director of American Celiac Disease Alliance, 4331 E. Baseline Road, Ste B105 - # 216, Gilbert, AZ 85234-2961 (703) 622-3331.

info@AmericanCeliac.org
www.AmericanCeliac.org

Gluten Free Restaurant Outing Smokey Bones

Make plans to join us on Saturday, January 21, 2006, at 5:00 PM. We will meet at Smokey Bones Restaurant located at 2521 W. Memorial Road, in Oklahoma City. Smokey Bones features out-of-this-world Bar-B-Q. It will be a fantastic time for all! If you plan on attending, you can sign up at the January meeting or e-mail to: HMCLine@aol.com. You don't have to RSVP to attend, but we like to give the restaurants an idea of how many will be attending ahead of time. Bring your family and your friends.

See you there!

2006 Membership Directory

Please make plans to verify your information for our 2006 directory at the January meeting.

Gluten Free Drugs

Need to know what drugs are gluten free? When you are sick is not the perfect time to try to figure out if a certain drug is gluten free or not. Here are some resources to verify the gluten free status of drugs:

[St. John's Listserv archives](#)

<http://maelstrom.stjohns.edu/CGI/wa.exe?S1=celiac>

Gfmedlist

<http://homepage.mac.com/sholland/ceeliac/GFmedlist.pdf>

www.glutenfreedrugs.com

This site is run and updated by a pharmacist.

Delphi Forums Celiac Disease
Online Support Group

<http://forums.delphiforums.com/ceeliac/messages>

Click on "Medication RX and OTC April 2005" under GF product lists.

The 2005 edition of "Celiac Sprue, A Guide Through the Medicine Cabinet" covers additional ingredients that may be problematic to many people: gluten, lactose, iodine, casein, sugar, caffeine and alcohol. It may be purchased for \$39.00 plus shipping directly from www.celiacmeds.com or through CSA/USA at www.csaceliacs.org.

Travel Size Products

Ever wish you had travel size condiments? Now you can find them at: <http://www.minimus.biz>.

They have a variety of condiments, foods and products. Search and order your favorite gluten free products. Free shipping for orders over \$20.00.

OKCeliac Breaking News . . .

Carrabba's Italian Grill is coming to Oklahoma City in March. They are a national chain and have their own gluten free menu. Check it out in this newsletter.

In the Mood for Soup?

There are several options of gluten free soups available at your favorite grocery store. Here are a few Progresso Soups that might be just what you have been craving:

New England Clam Chowder
Chicken and Wild Rice
Chicken Rice and Vegetables
Split Pea and Ham
Creamy Mushroom

Progresso is part of General Mills and can be reached at 1-800-200-9377.

General Mills clearly lists wheat, oats, barley and rye. As always, read labels carefully.

New Gluten Free Soy Sauce

Paul Epstein, President of Kari-Out, said, "Kari-Out is always developing innovative products to meet the needs of our distributors and consumers. Our new Low Sodium Soy Sauce, with all its attributes, truly responds to the demands of restaurant owners and consumers looking for healthier items." Research indicates that two main target groups are looking for this new item: Families trying to make more health-conscious dining choices, and individuals with special dietary needs such as those on salt-restricted or wheat and gluten-free diets.

Kari-Out was partly inspired to create a gluten-free soy sauce because several members of Mr. Epstein's family have Celiac Disease, a genetic intolerance to wheat and gluten, including himself and his four-year-old daughter, Lily. "Lily and I love ordering Chinese take-out at least once a week," he explained, "but we were unable to use traditional soy sauce because it contains wheat."

Kari-Out's new packet will delight children as well as their parents. Children will be drawn to the eye-catching green packets featuring Kari-Out's animated panda doing sports such as yoga, skateboarding, and bike riding. Their parents will appreciate the overall message: That eating well and exercising are all part of a healthy lifestyle.

Kari-Out Company, a manufacturer of food ingredients and packaging "to go", was founded in 1964. The company has a strong position in the Chinese Restaurant Industry, with locations throughout the country. Please visit www.kariout.com for more information about Kari-out and its products. And remember: when you take out, ask for Panda Brand gluten free soy sauce packets at your favorite restaurant.

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The information contained in this newsletter is for informational purposes only and is not meant as medical advice. You should always consult your health care professional with any questions that concern your health. Since product ingredients change frequently, you should always verify information before applying it to your personal situation.

PureFit Nutrition Bars

Award winning, high quality, great-tasting, 40/30/30 nutrition bars. Burn Fat Faster Technology.

PureFit Bars will be available to sample at the January meeting.

Editor in Chief:
Heather M. Cline

About the Oklahoma Celiac Support Group

The Oklahoma Celiac Support Group, Chapter number 5 of CSA/USA, Inc. was founded in 1986 by Winnolia Porterfield. Our membership is currently around 185. The Oklahoma Celiac Support Group offers education, support and opportunities to interact with other Celiacs in the Oklahoma City metro community. Our support group has played a key role in promoting gluten-free menus in Oklahoma City area restaurants by working with and encouraging them to offer gluten-free options.

Celiac Disease, also known as Celiac Sprue, affects as many as 1 in 128 Americans. It is often misdiagnosed as Chrones Disease, Irritable Bowel Syndrome, lactose intolerance, or simply overlooked. Celiac Disease is an inherited autoimmune disease. 50% of Celiacs exhibit no digestive symptoms.

The Oklahoma Celiac Support Group continually strives to better educate Oklahomans, the medical community and companies about Celiac Disease. Our efforts are paying off as we continually receive new members referred to us by medical and health care professionals.

Our official website is www.OKceliac.com and offers a wide variety of information, including internet resources, celiac information, gluten free foods, candies and products, and the OKCeliac Message Board. Also available at Okceliac.com is our Restaurant Guide, which is continually updated, support group information and recipes.

The Celiac Express is the official newsletter of the Oklahoma Celiac Support Group and is published six times a year as a service to Celiacs, Celiac families and health care providers.

~ Our Mission Statement ~

The mission of the Oklahoma Celiac Support Group is to make a positive difference in the lives of those living with Celiac Disease by providing support, education and opportunities to interact with fellow celiacs, as well as encourage the strict adherence to a gluten-free diet to promote a healthy and happy life.

In 2006, be a part of the Oklahoma Celiac Support Group.

Volunteer
Donate
Participate

You, too, can make a positive difference in the lives of other Celiacs.