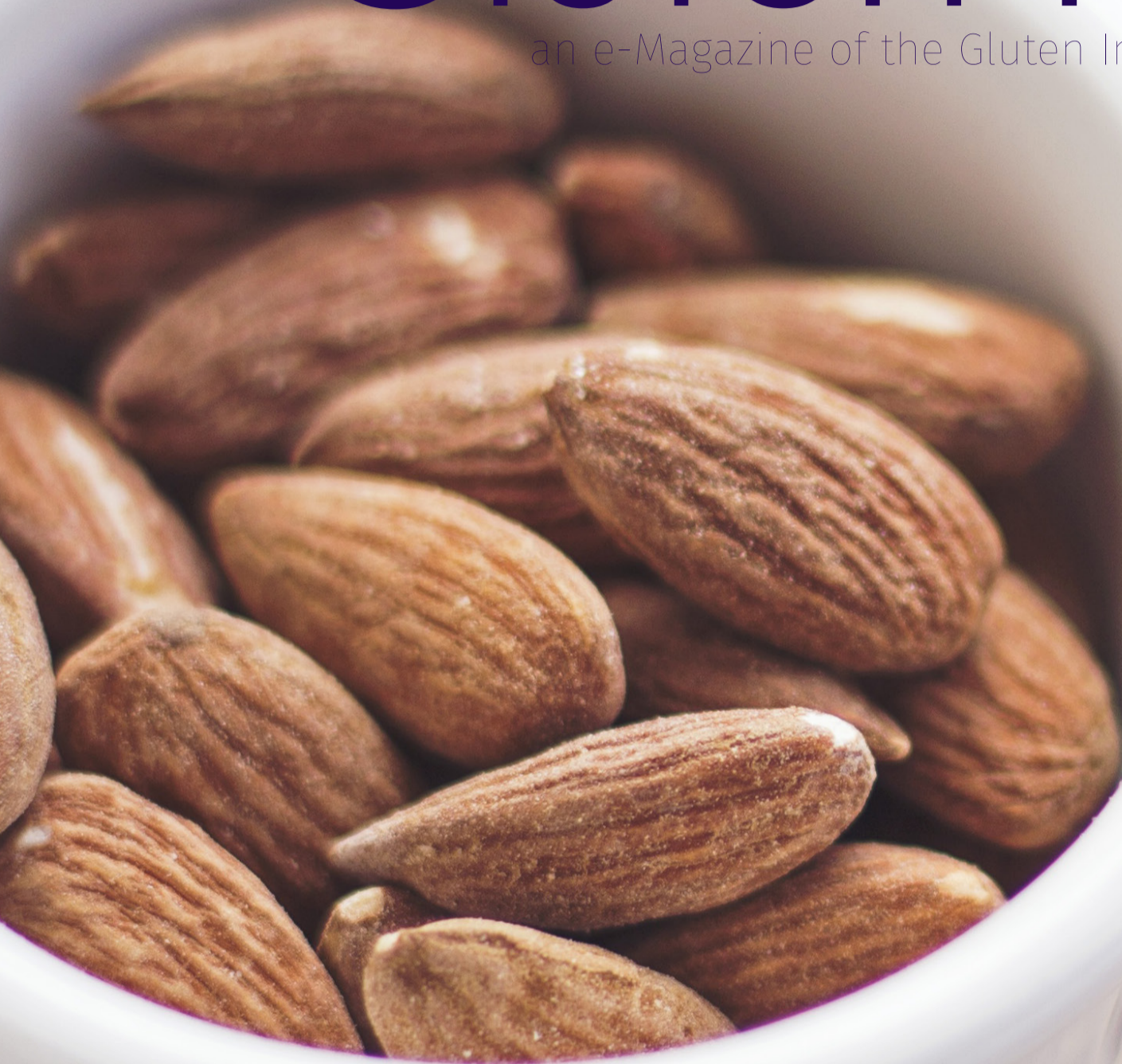


Celebrate Gluten-Free

an e-Magazine of the Gluten Intolerance Group



GLUTEN
INTOLERANCE
GROUP

A magazine intended to educate and support individuals with celiac disease and other gluten-related disorders.

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Book Review

*Gluten-Free Classic Snacks
100 Recipes for the Brand-Name Treats You Love*



Setting the Bar

A Look at the Gluten-Free Certification Organization (GFCO)

WE MAKE GLUTEN FREE LIFE EASIER



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Our mission is to help the gluten free community by providing great resources and fun ways to try new products that are safe for you and your family.

Learn more at www.glutenfreemg.com/our-brands





Staying on Top of the Wave

By Chris Rich

2016 marks the 42nd year that the Gluten Intolerance Group (GIG) has been bringing educational resources and information to the gluten-free community. Over the course of that time, much has changed for both our organization and for the industry. During the past 10 years, our GFCO certification program has been providing consumers with a symbol of trust and a sense of security when selecting packaged and processed food items. More manufacturers are becoming involved, seeing our community as a key component for their sales and offering us an increased number of choices with higher quality. Restaurants, small and large, are also now seeing the gluten-free consumer as a viable demographic and exploring ways to provide safe options for us. We are at a period of time where more people are seeking answers, more consumers are wanting information, and more newly-diagnosed patients are turning to us to provide the resources that they are seeking.

With this attention on us, GIG has realized that we need to adapt to stay on top of the gluten-free awareness wave. Where our paid membership model helped to provide the resources needed to maintain our Outreach programs, it was limiting our audience. Since we introduced our free membership model on January 1st, the number of GIG members that we have has more than doubled. Given this increase, we have also



needed to adapt and expand the ways that we are communicating our message. In the past months, we have introduced to you our GIG blog, provided more consistent updates to our www.gluten.org website, and increased our attention to our social media & digital audience.

A prime example of one of the new ways that we are empowering the gluten-free community with consumer support, advocacy, and education is what you are looking at right now. This is the first edition of your Celebrate Gluten-Free e-magazine, our newest method of communication that will arrive in your provided e-mail account every six weeks. It was a difficult decision for us to discontinue our printed quarterly magazine, as it was a publication that many people looked forward to receiving and that we liked putting together for you. Again, though, we have needed to adapt to stay on top of that wave that is carrying us to the future. New products and information that is important to our gluten-free community is being provided to us every day and we needed an efficient way to pass this along to you in a more timely manner. This e-Magazine not only provides us a way to communicate these trends to you, it allows us to expand our Outreach to those living gluten-free worldwide. We are taking this opportunity to provide all the information that you enjoyed in the printed version to a larger digital audience, more frequently and in a more compact and streamlined model. In your new Celebrate Gluten-Free e-magazine, you will find familiar consumer education pieces, book reviews, and company spotlights mixed in with new content featuring our GIG Branches, pieces from guest bloggers, and introductions to those who work behind the scenes in our national office(s).

We hope that you enjoy this new concept. Given how rapidly the world of gluten-free is changing, and from your welcomed feedback, we will continue to adapt (name) and create for you the best format possible to provide you the information and resources that you expect and have come to rely upon from GIG. We're looking forward to riding this wave, wherever it may lead, having you onboard with us.



Hosting a Gluten-Free Brunch

By Michelle Spano

Gluten-Free, Naturally.

Many gluten-free foods are naturally gluten-free. Fresh fruit, piping hot eggs, crispy bacon, sweet and savory sausage, spicy breakfast potatoes... We're getting hungry just thinking about all of the options you have! Always check the labels on meats and any packaged foods, but these are inherently gluten-free.

Bonus points: Prep as much as you can the night before. Chop veggies, set your table and serving areas, and make sure you have more than enough of all ingredients.

Great Adaptations.

Maybe your favorite brunch foods are wheat-based. That's okay! Brunch items can easily be made with gluten-free flour replacements. Our Gluten-Free Certification Organization certifies a wide variety of flours and delicious pancake, waffle, muffin, biscuit and scone mixes. We have recipes for a pie crust that would pair nicely with a quiche, or you can make it crustless (and healthier too).

Bonus Points: Sign up for our Membership to get exclusive coupons for your favorite gluten-free products and mixes!

Brunch can be the best part of a weekend, sometimes even better than the night out before! Here are some tips to make it a meal worth waking up early for.



Time to Shine.

You don't have to advertise to your guests that the entire meal is gluten-free, they probably won't even be able to tell! Take this opportunity to show off your favorite gluten-free foods, mixes, and recipes and celebrate your gluten-free life!

Bonus Points: Consider purchasing takeaway containers for your guests to take their favorite leftovers home with them! It's an unexpected treat that they'll really appreciate.

Creation Stations.

A waffle station with tons of toppings, a yogurt parfait station with different fruit, nut and granola options, a hot cocoa bar... and if you're all adults, fresh juice options to mix with champagne would be a fun addition!

Bonus Points: separately juice spinach, kale, oranges, banana, strawberries, lemon, or any other favorite fruits and veggies. Line up each single juice in mason jars in rainbow color order, with empty glasses for each guest nearby. Guests can add as much of each juice as they'd like to their glass, to mix up their very own creation!

If you need more inspiration, check out our RECIPES page [here](#) and follow us on [Pinterest](#).



Kitchen Staple - Almonds

By Lola O'Rourke

The criteria for being considered a "gluten-free staple" for GIG's series on this topic are convenience, versatility, and nutrition. In addition, of course, to working well in a gluten-free diet. All these are characteristics of a food that make it well worth keeping on hand and enjoying on a regular basis when you're living gluten-free. There's no doubt that almonds fit the bill on all counts, so read on to find out just why almonds deserve a regular spot in your pantry.

Convenience

Almonds are tough to beat on the convenience factor. No cooking or prep work required before consumption, after all. In addition, whole shelled almonds will keep stored in a cool location for up to a year or more, and can be frozen for even longer. So right off the bat, grocery shopping and stocking your pantry are simplified: get the amount that seems right for you, and you're set for a good long time. Having a pantry (and/or freezer) stocked with versatile and nutritious foods like almonds can do a lot towards streamlining your shopping and food prep routines. Store almonds whole in airtight containers, and away from direct sunlight. If chopped almonds are desired for a specific dish or recipe, cut only the amount to be used when you need them, since they keep better whole. Almonds' shelf-life can work in your favor beyond the pantry too. Keep some in a snack stash at work, in a briefcase, or in the car. Whole almonds are sturdier than some other nuts, so will hold up well, even if jostled around in the bottom of a bag or glove compartment. Keeping a small stash on hand means you've always got a satiating snack available when hunger strikes, or if unforeseen circumstances arise and you're in need of something gluten-free.




Versatility

Almonds can swing either sweet or savory, and can be simply and deliciously incorporated into any eating occasion, whether breakfast, lunch or dinner; dessert, snack or appetizer. By simply varying the form (whole, sliced, slivered, or chopped), get appealing textural variety and make the nut more suited to different dishes and uses.

Breakfast. Add a small handful of chopped or slivered almonds to yogurt, cereal, or a yogurt-fruit parfait. Great way to add flavor, satisfying crunch and extra protein. No time to sit down? Mix up a bag of slivered or whole almonds, dried fruit, and your favorite dry cereal and you've got a tasty, satisfying breakfast to have on the go.

Lunch & Dinner. Use almonds as a tasty add-in for vegetable or rice side dishes and salads. Chopped toasted almonds add appealing texture and flavor. Slivered almonds are excellent on broccoli or green beans with a touch of lemon juice and butter. Having stir fry? Toss in a handful of almonds for extra crunch and flavor. These are just a few ideas; get creative and think about how almonds can add zest and variety to some of your own standby recipes.

Snacks, Appetizers, Desserts. Including almonds in between-meal snacks not only adds texture and flavor, but is also a wise move from a nutritional point of view. If you're inclined to have a piece of fresh fruit for a snack, that's great, but adding some almonds in as well will make for a more satiating snack that's likely to keep you more satisfied. Almonds provide both protein and fat (see "Nutrition" section below), nutrients which tend to have more longer-term satiating power than carbohydrates alone.



Friends stop by unannounced, or having last minute dinner guests? Pull out a dish of roasted (or spiced) almonds for a simple no-prep appetizer. When it comes to desserts, don't overlook baked goods and recipes which rely on almond flour to provide flavor, moisture and structure to a variety of gluten-free baked goods. (Note: almond flour is in essence finely ground almonds, and can be either purchased or made at home). And speaking of ground up almonds, grind a little longer to result in your own fresh homemade almond butter, for use in sandwiches, smoothies, or spread on raw veggies or fruit.

Nutrition

An ounce of almonds provides 6 grams of protein, 4 grams of fiber, along with heart-healthy mono-unsaturated fats, and numerous essential vitamins and minerals. In short, almonds are a nutrient-dense food. What's more, according to the FDA, scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts (such as almonds) as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. Do keep in mind that almonds are relatively high in calories - at 165 calories per ounce - so keep serving size moderate. A standard serving is one ounce, which is equivalent to 23 whole almonds, or 1/4 cup. And remember to avoid buying almonds from bulk bins due to risk of cross-contamination, and confirm gluten-free status of flavored/seasoned almonds.

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Curried Chicken Salad

Martha McGoldrick, Sacramento, CA

Ingredients

- ¼ c. sliced almonds, toasted
- ½ c. plain yogurt (dairy or non-dairy)
- 2 T. soy-free Veganaise
- ¼ c. chopped cilantro
- 1 tsp. curry powder
- 2 ½ c. (1 ¼ lbs.) diced chicken breasts, cooked
OR use tofu, tempeh, or fish
- 1 c. halved red grapes
- Sea salt & pepper

Directions

Mix everything together, except the chicken & grapes. Fold these into the mixture after everything else is thoroughly combined. If you're going to use in a wrap, use a brown rice wrap or corn tortilla & include lots of fresh veggies or just collars of romaine lettuce.

A close-up photograph of several microscope objective lenses. The lenses are metallic and have various markings, including "N PLAN" and "20X/D.40". The background is blurred, showing more of the microscope's structure.

EMERGING RESEARCH

Zonulin Levels and Gluten Sensitivity

In a recent study by Giovanni Barbara and colleagues at the University of Bologna, Italy, preliminary findings showed that gluten-sensitive individuals may harbor higher levels of zonulin, which has been linked to inflammation and gut permeability. Since gluten (gliadin protein) has been found to be a strong trigger of zonulin in some individuals, this may have implications for non-celiac gluten sensitivity and diagnosis of such cases.

Zonulin is a protein that was discovered in 2000 by Alessio Fasano and his team at the University of Maryland School of Medicine. Fasano and colleagues found zonulin to be the only known physiologic modulator of intestinal tight junctions, which create gradients for the optimal absorption and transport of nutrients and control the balance between tolerance and immunity to non-self antigens (1). When zonulin levels are higher than normal, it can lead to increased gut permeability resulting in problems with digestion, the immune system, and more.

According to a report by NPR, levels of zonulin in the blood have been shown to be high in cases of celiac disease already. Zonulin has also been found to be involved in the pathogenesis of autoimmune diseases (1). In Barbara's study, levels of zonulin in gluten-sensitive individuals almost matched those of celiacs (2). While more research is needed, these preliminary findings may be significant for cases of non-celiac gluten sensitivity.

References:

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Get to Know Stacey from the GIG Staff...

What do you do at GIG and how did you come to work here?

I am the Generation GF Supervisor at GIG. I started my journey with GIG as the Branch Manager of the Fargo, ND branch. I started out as a full time volunteer helping at shows and worked my way up as a contracted employee working shows and at the two camps GIG works closely with.



What is your proudest accomplishment?

My proudest accomplishment is being a Mom. Seeing my kids grow and succeeding at the things that they work hard at.



What is your favorite book?

I love to read. I don't know that I have a favorite book. I love all types of books.

What makes you laugh the most?

My kids. My kids continue to amaze me at the sense of humor that they have.

If you could only eat one meal for the rest of your life, what would it be?

I would have to say Pizza. There are so many different varieties of pizza you can make.



What would be your super power?

The ability to read minds.

If you were ruler of your own country what would be the first thing you would do?

Make sure that everyone no matter who they are has a place to sleep and food to eat. No one should ever worry about whether or not they have shelter or food.

Generation GF Group Interview

What is your group name?

Generation GF Pittsburgh

When do you meet?

We are still new, and improving!

Why did you start this group?

As a Celiac myself, and having a 6 year old Gluten Intolerant daughter, I wanted to be sure the kids in the area who were GF had a place of comfort, and able to meet each other...and be GF kids together!

How large is the group?

Right now, small...and just have a FaceBook following.

Are there any great gf places to dine for the families or kids?

There are a few of our favorites in the area... our favorite chain is PF Changs, and our own local Mandy's Pizza.

What are some of the events planned for 2016?

Hoping to hook up with many local businesses to do lots of GF Fun - such as, a book reading event, GF product tasting, GF Cooking Class, GF Cookie Decorating, Parent Coffee & Conversation, and hopefully more!

What are your largest challenges as group leaders?

Getting the word out that we exist...for now!

What is your favorite thing about being a group leader?

I'm so looking forward to seeing all those smiles of happy GF kids, having fun together.

[Website](#) [Facebook](#)



Book Review

Gluten-Free Classic Snacks

100 Recipes for the Brand-Name Treats You Love

Author: Nicole Hunn | **Publisher:** Da Capo Press

Pages: 310 | **Cost:** \$ 19.99



This recipe collection stands out among gluten-free cookbooks, as it has a truly unique focus: on creating gluten-free versions of nostalgic brand name treats. So while you won't find ideas for dinner in this volume, you will likely be delighted to discover that with the aid of this appealing book you can create your very own gluten-free versions of favorite snacks which you probably thought you'd never get to enjoy again.

Let's start with perhaps the most popular snack of all: cookies. Among others, you'll find gluten-free versions of the following: not just one, but seven different varieties of Girl Scout cookie flavors; classic "Chips Ahoy!"; Oreos; Nilla Wafers; Pepperidge Farm Mint Milano Cookies; and Keebler Fudge Stripes Cookies. The next chapter is all about snack cakes, ranging from Hostess (yes, Twinkies, as well as Sno Balls) to Entenmann's (Little Bites Chocolate Chip Muffins), to Little Debbie (Cosmic Brownies and Swiss Rolls).

Once your sweet tooth is satisfied, move on to the chapter entitled "Crackers & other savory, crunchy snacks: crispy, crunchy, and sometimes buttery." Here you'll find gluten-free versions of classic favorites such as Keebler Town House Crackers, Pepperidge Farm Goldfish, and Nabisco Wheat Thins and Ritz Crackers. Next up is a chapter on Breakfast & Fruity Treats, which includes not only various breakfast cookies and bars, but even the iconic Kellogg's Pop-Tart (numerous flavors). And top it all off with the chapter entitled "I want candy: Like a kid in a gluten-free candy store," to find recipes for gluten-free versions of irresistible classics like Hershey's Kit Kat; Nestle Crunch Bar; Whoppers Malted Milk Balls, and even Red Cherry Licorice.



Setting the Bar

You've seen it on your favorite gluten-free products. You have come to recognize it as something that you can rely upon. The "circle GF" certified product label is a symbol of trust in the gluten-free community and the calling card of GIG's Gluten-Free Certification Organization (GFCO) program. Over the past decade, GFCO has established itself as a worldwide leader for third-party gluten-free product certification. The demands that our program asks of our customers, and the regulations that we have developed, has made the GFCO "Certified" label one of the most sought after endorsements on gluten-free packaging. We feel that with the number of people depending on the integrity of our label when selecting gluten-free foods, it is our responsibility to uphold all companies and products to the following set of established standards.

Standards

- GFCO's requirements for Gluten-Free Certification
- Companies wishing to obtain GFCO certification and use the GFCO logo on their products must meet all of the requirements described in the GFCO Standard, which includes management, organizational and production requirements as well as verification that finished products contain no more than 10 ppm of gluten.



- GFCO does not allow the use of any ingredient that is derived from wheat, rye, barley or hybrids of these grains in products certified gluten-free, unless such ingredient has been processed to remove gluten, using testing methods validated for the specific ingredient matrix, and the ingredient tests at 10 ppm or less gluten. Barley-based ingredients are not allowed in GFCO certified products.
- Wheat Starch: GFCO will allow ingredients that have been processed to remove gluten, such as wheat starch to be used in a certified product, IF:
 - The ingredient tests at 10 ppm or less gluten AND
 - The finished product tests at 10 ppm or less gluten.
- Malt Ingredients: Due to the current lack of scientifically reliable and validated testing methods, GFCO does not allow malted, fermented and hydrolyzed ingredients or finished products made from wheat, rye, barley or hybrids of these grains to be certified gluten-free. GFCO will monitor the ongoing research of a validated method for such ingredients or products and consider any new methods for future updates to GFCO standards.
- Oats: Oats may be certified as long as the growing, harvesting, milling and other production of the oats have been validated to prevent cross-contamination and the finished product is 10 ppm or less gluten.
- Grasses (wheat, barley, etc.): Grasses if properly harvested and processed to be 10 ppm or less gluten may be certified gluten-free
- All ingredients used in GFCO certified products, as well as finished products must test to 10 ppm gluten or less.
- Blending of ingredients containing levels of gluten higher than 10ppm into a finished product to dilute gluten concentrations is not accepted by GFCO.
- GFCO requires ongoing testing of finished products and high-risk raw materials and equipment.
- All manufacturing plants producing GFCO certified products undergo, at minimum, an annual inspection and are required to submit finished product testing on a regular basis for the GFCO for review.