

April Meeting

I will be out of the country for 6 weeks so I will not be able to host a March meeting. I will be hosting the next meeting on Tuesday, April 27, 2010 @ 6PM. If anyone else would like to host a meeting in March let me know and I can spread the word! Otherwise we will all meet again in April. I'll keep you all posted how the GF food is in Ireland =)

Wheat Allergy Alert

Wm H Leahy Associates is recalling "Carbotrol Plus sugar-free puddings" due to undeclared wheat.

The products were distributed to food-service distributors nationwide and in Puerto Rico.

The recalled products, produced prior to Feb. 1, 2010, are:

14.1-oz. sugar-free chocolate pudding
UPC # 0-09249-62130-4

14.1-oz. sugar-free vanilla pudding
UPC # 0-09249-62190-8

14.1-oz. sugar-free butterscotch pudding
UPC # 0-09249-62110-6

14.1-oz. sugar-free banana pudding
UPC # 0-09249-62140-3

14.1-oz. sugar-free lemon pudding
UPC # 0-09249-62150-2

Consumers may return the product to the place of purchase for a full refund.

Consumers with questions may call (800) 669-8346, ext. 212.

Gluten Free Whole Grains

Most of us start out on a gluten free diet with a lot of rice and potatoes. But there's a great world of gluten free whole grains out there, from the familiar, like brown and wild rice, to the more exotic, like quinoa, buckwheat and beyond.

When people think whole grains, often thoughts of wheat bread and oat bran come to mind. So where does that leave the gluten free community? The good news is that whether you enjoy crunchy, chewy or soft grains, there's one that will work for you, and there are plenty to choose from.

First things first: no grains from the bulk bins. It seems to be the civic duty of most 5 year olds to move things from one bin to another, and many people don't think twice about using a scoop from one bin and putting it in another. So only use sealed boxes, preferably marked gluten free.

Brown rice: This doesn't require a lot of explanation. It's readily available and inexpensive. It takes a long time to cook (around an hour), or you can always go for Uncle Ben's. More and more companies are selling frozen, precooked or minute brown rice, which makes it quick and easy. To keep things interesting, there are varieties like Bhutanese Red Rice, which cooks in 25-30 minutes, or Chinese Black Rice, which turns a beautiful purple color when cooked.

Wild rice: It's widely available, and has more of many vitamins and minerals than brown rice. It has a nutty flavor, and works very well in soups, hot or cold salads, casseroles, as a stuffing for poultry or vegetables, or as a pilaf. Like brown rice, it freezes well. Trader Joe's even has a pre-cooked wild rice.

Quinoa: this one of the easiest "beginner" GF grains. In the past few years, it's gained popularity among gluten eaters and non-gluten eaters alike. Quinoa is actually not a grain, but the seeds of a plant. Quinoa is a traditional Incan food and is considered a "superfood" due to the fact that it's a wonderful source of iron, magnesium, phosphorous, and zinc and a vegetarian complete source of protein, meaning it has all of the amino acids that are needed in the body. Quinoa is a relatively firm grain with a consistency like couscous, just a little larger. It cooks in just 15-20 minutes. It works well in casseroles, pilafs, as a stuffing for vegetables or poultry, or just by itself. Quinoa flakes are also available, and these substitute well for oatmeal in cooking and baking.

Buckwheat: There's much more to buckwheat than pancakes! Buckwheat is completely unrelated to wheat and actually is a distant relative of rhubarb. Buckwheat is a great source of protein, magnesium, zinc, phosphorus, potassium, and several B vitamins. The edible portion, or groat, is also known as kasha. It has a nutty flavor, which becomes stronger if toasted (whether but check labels very carefully: most Soba noodles are a mix of buckwheat and wheat).

In more exotic territory, there's millet, teff, sorghum, and amaranth, too, which are a story for another day.

Now, the hardest hurdle is just getting started trying them! If someone put a bowl of plain rice in front of you, chances are you wouldn't be terribly inspired by the taste. So here are a few hints for cooking whole grains:

- Cook the grains in broth instead of water.
- Sauté some garlic or ginger and/or vegetables, then add in the required amount of broth or water and grains, and cook as directed.
- Add in herbs, spices, a squirt of lemon, etc.

Vitamin D For Osteoporosis

An adequate calcium intake and adequate body stores of vitamin D are important foundations for maintaining bone density and strength. However, vitamin D and calcium alone are not sufficient treatment for osteoporosis. They are given in conjunction with other treatments. Vitamin D is important in several respects:

- Vitamin D helps the absorption of calcium from the intestines.
- A lack of vitamin D causes calcium-depleted bone (osteomalacia), which further weakens the bones and increases the risk of fractures.
- Vitamin D, along with adequate calcium (1200 mg of elemental calcium), has been shown in some studies to increase bone density and decrease fractures in older postmenopausal, but not in premenopausal or perimenopausal women.

Vitamin D comes from the diet and the skin. Vitamin D production by the skin is dependent on exposure to sunlight. Active people living in sunny regions (Southern California, Hawaii, countries around the equator, etc.) can produce most of the vitamin D they need from their skin. Conversely, lack of exposure to sunlight, due to residence in northern latitudes or physical incapacitation, causes vitamin D deficiency. In less temperate regions such as Minnesota, Michigan, and New York, skin production of vitamin D is markedly diminished in the winter months, especially among the elderly. In that population, dietary vitamin D becomes important.

Unfortunately, vitamin D deficiency is quite common in the United States. In a study of hospitalized patients in a general medical ward, vitamin D deficiency was detected in 57% of the patients. An estimated 50% of elderly women consume far less vitamin D in their diet than is recommended.

The Food and Nutrition Board of the Institute of Medicine has recommended the following as an adequate vitamin intake:

- 200 IU daily for men and women 19 to 50 years old,
- 400 IU daily for men and women 51 to 70 years old, and
- 600 IU daily for men and women 71 years and older.

But if a person already has osteoporosis, it is advisable to ensure 400 IU twice per day as usual daily intake, most commonly as a supplement alongside prescription osteoporosis medication.

An average multivitamin tablet contains 400 IU of vitamin D. Therefore, one to two multivitamins a day should provide the recommended amount of vitamin D. Alternatively, vitamin D can be obtained in combination with calcium in tablet forms, such as Caltrate 600 + D (600 mg of calcium and 200 IU of vitamin D) and others. Adequate calcium and vitamin D are critical for bone health. Adequate levels of calcium and vitamin D must be assured along with any prescription osteoporosis medication. Chronic excessive use of vitamin D, especially above 2000 units/day, can lead to toxic levels of vitamin D, elevated calcium levels in blood and urine, and may also cause kidney stones. Since various dietary supplements may also contain vitamin D, it is important to review vitamin D content in dietary supplements before taking additional vitamin D.

Gluten-Free Play Dough Recipe

- ◆ 1 cup GF all-purpose flour
- ◆ 1 cup water
- ◆ ½ cup salt
- ◆ 1 tablespoon cooking oil
- ◆ 3 teaspoons cream of tartar
- ◆ food coloring

1. Mix all ingredients in a pan
2. Cook on low heat, stirring frequently
3. When dough pulls away from the sides of the pan and begins to form a ball, it is done. Do not overcook.

If you'd rather buy ready-made gluten-free play dough, two popular brands are [Aroma Dough](#) and [Colorations](#). Colorations is sold by [Discount School Supply](#).

O'Doughs Chocolate Cake

Erin was kind enough to bring us a chocolate cake that she found at Whole Foods – O'Doughs. This cake is already made and is shaped like a loaf of bread. All I can say is that this cake is AWESOME !!! The cake was very moist and full of flavor.

I looked up the brand and it looks like they also make carrot and banana cakes, breads and buns. Not sure if all of O'Doughs products are sold at Whole Foods, but the chocolate cake alone is worth the trip!!

<http://www.odoughs.com>