

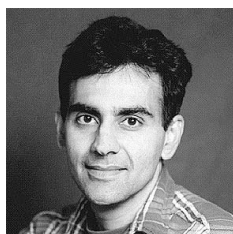
# The Healthy Villi Newsletter

A PUBLICATION OF THE GREATER BOSTON CELIAC/DH SUPPORT GROUP, INC.  
S P R I N G 2 0 0 7

## Spring Membership Meeting

Join us on Sunday April 29, 2007 at MassBay Community College in Wellesley for:

### “Progress Towards Therapeutic Alternatives to Zero Gluten Tolerance”



**Chaitan Khosla** is Professor of Chemistry, Chemical Engineering, and, by courtesy, of Biochemistry

at Stanford University. He received his PhD in 1990 at Caltech. After completing postdoctoral studies at the John Innes Centre in the UK, he joined Stanford in 1992. Over the past two decades he has studied polyketide synthases as paradigms for modular catalysis, and has exploited their properties for engineering novel antibiotics. More recently, he has investigated celiac sprue pathogenesis with the goal of developing drug therapies for this widespread but overlooked disease. He has co-authored over 200 publications, and is the recipient of several awards and honors including a National Science Foundation Young Investigator Award, a David and Lucile Packard Fellowship for Science and Engineering, the Allan P. Colburn Award from the American Institute of Chemical Engineers, the Eli Lilly Award in Biological Chemistry and the Pure Chemistry Award from the American Chemical Society, and the Alan T. Waterman Award from the National Science Foundation. He was elected Fellow of the American Association for Advancement of Science, and is the recipient of a

Distinguished Alumnus Award from his undergraduate and graduate alma maters. He is a founder of Kosan Biosciences, a pharmaceutical company that develops polyketide drugs. He was also the founding president of the non-profit Celiac Sprue Research Foundation, and is a founder of Alvine Pharmaceuticals, a company that develops drugs for celiac sprue.

### Also at the meeting:

**Boynton Family Restaurant Pizza** – advance order form enclosed, *see p. 11.*

### New Member Workshop

12-1:30 pm (registration 11:30-12)

New to the gluten-free diet? Join Healthy Villi board member Gonzalo Bacigalupe for an orientation to the gluten-free lifestyle. Pre-registration is required, please email [rsvp@healthyvilli.com](mailto:rsvp@healthyvilli.com) or call (617) 262-5422 and specify New Member Workshop.

*Meeting registration: The main meeting will be held from 2-4:30 pm (registration starts at 1 pm). Please RSVP by email to [rsvp@healthyvilli.com](mailto:rsvp@healthyvilli.com) or call (617) 262-5422. The cost for the main meeting is \$8 for members (max \$20 per family) and \$15 for non-members.*

*Weren't able to attend the January membership meeting?*

*Catch up on what you missed by viewing slides of the speakers' presentations on our website, [www.healthyvilli.com](http://www.healthyvilli.com).*

### Gluten-Free Baking Workshop

**“Muffins, Scones, and Cookies; the Gluten-Free Way”**

12-1:30 pm (registration 11:30-12)

Come learn how to cook a sampling of delicious gluten free food that are also good for the rest of you – low fat and low sugar. Learn to make a high-fiber banana bran muffins using brown rice bran, a reduced fat chicken pot pie that will warm up your whole family and an “oatmeal-type” cookie made with “the super grain” quinoa flakes, instead of oatmeal. Instructor **Gillian O’Callaghan** has become an expert on cooking without gluten to keep her son with celiac disease healthy and thriving. Her day job is in research at the Boston Globe, but her other talent lies in her cooking skills. Pre-registration is required, please email [rsvp@healthyvilli.com](mailto:rsvp@healthyvilli.com) or call (617) 262-5422 and specify Cooking Workshop.

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The Greater Boston Celiac/DH Support Group (The Healthy Villi) is a 501c3 non-profit organization supported by membership, dues and donations.

## Letter from the President

By Lee Graham

I hope you enjoy reading this newsletter as much as we have enjoyed putting it together for you. From the Four Seasons Tea, Dr. Kelly's "Medical Management of Celiac Disease", Judith Mann's delicious recipes, and all the others in between, you will find plenty to round out and expand your knowledge of living gluten-free. The tenacity and efforts of many people go into producing this publication. In particular Elise Gorseth works tirelessly gathering a broad and interesting range of articles. She is a key component to the quality and success of this publication. Thank you Elise!



You are in for a treat at the next membership meeting on Sunday, April 29<sup>th</sup>. We will begin the day at noon offering two workshops. For those who are newly diagnosed, we have a wonderful team of board members who will help you learn how to live gluten-free. For those who already have a grip on the basics, there will be a cooking demo called, "Muffins, Scones, Cookies; The Gluten Free Way". Gillian O'Callaghan, a dynamic and energetic instructor, will lead you through some great recipes. She will share lots of helpful hints and interesting tidbits for the celiac cook. Check out the enclosed meeting flier to sign up for one of these classes. At 2:00 p.m., we are honored and proud to feature our keynote speaker. Dr Chaitan Khosla, professor of Chemistry and Chemical Engineering at Stanford University, will be speaking about his scientific quest for drugs to eliminate the need for a strict gluten free diet. His wife and son have celiac disease, so he understands both the medical and pragmatic aspects of living without gluten. While at the meeting, don't miss the Gluten Free Gallery with handouts, product research info, free samples, and a lending library. The Gluten Free Emporium will offer 30 tables of vendors and a buffet table sponsored by our friends from The Boynton Family Restaurant, offering a variety of pizzas, beer and other goodies. Reserve a spot soon and on the day of the meeting arrive early so you won't miss out on anything. I look forward to seeing all of you there!

Planning membership meetings takes months of time, effort and many helping hands. Even while these events are in the planning stages, other work continues with a devoted cadre of volunteers. The board is working on strategic and long range planning, a sub committee is working on a welcome packet, while another group works with a web designer to update and expand the capabilities of our web site. We are truly blessed to have such a large group of helpers. The road to good health can be a bumpy ride, and I am so thankful that we can journey down that road together.

Good Health,  
*Lee Graham*

# Medical Management of Celiac Disease

By Dr. Ciaran Kelly, Medical Director of the Celiac Center at Beth Israel Deaconess Medical Center

## What does the long-term medical management of Celiac Disease consist of?

This was one of the questions addressed by the NIH Consensus Development



Conference on Celiac Disease in June of 2004. Most of the text below is quoted directly from their recommendations.

Their first and vital statement was that “Treatment for celiac disease should begin only after a complete diagnostic evaluation including serology and biopsy.” There is no place for a trial of a gluten free diet without a definite diagnosis since the treatment is lifelong and the diagnosis cannot be made easily when a person with possible celiac disease is already adhering to a gluten free diet. This is similar to starting lifelong treatment for high blood pressure before any blood pressure measurements were taken.

“The management of celiac disease is a gluten-free diet for life.” A gluten-free diet means avoiding wheat, rye, barley and closely related grains that contain the gluten proteins that cause celiac disease. “Oats appear to be safe for use by most individuals with celiac disease, but their practical inclusion in a gluten-free diet” is made difficult by potential contamination of oats with gluten during growth, harvesting, processing or sale. However, gluten free oats are now more readily available than ever before and can be a welcome addition to the gluten free diet. Additional recommendations on the use of oats as part of the gluten free diet can be found on the BIDMC Celiac Center website [www.bidmc.harvard.edu/ceciaccenter](http://www.bidmc.harvard.edu/ceciaccenter).

According to the NIH Consensus Statement “The following are six key elements in the management of individuals affected by celiac disease:

Consultation with a skilled dietitian

Education about the disease

Lifelong adherence to a gluten-free diet

Identification and treatment of nutritional deficiencies

Access to an advocacy group

Continuous long-term followup by a multidisciplinary team

Learning about celiac disease and how to identify gluten-containing products is associated with improved self-management. Participation in an advocacy group is also an effective means of promoting adherence to a gluten-free diet and may provide emotional and social support. Health care providers should consider and treat vitamin and mineral deficiencies, including iron, calcium, phosphorus, folate, B12, and fat-soluble vitamins. Individuals with newly diagnosed celiac disease should undergo screening for osteoporosis given the higher prevalence in this population.” A common approach to osteoporosis screening is to perform a bone mineral density test approximately one year after celiac disease diagnosis. The reason for not performing the test earlier is to allow for the natural restoration of bone health that often follows treatment with the gluten free diet. Those with celiac disease should also consider taking a daily gluten free multivitamin supplement as well as calcium and vitamin D supplements if indicated. “It is important to have a team-based approach to management. In addition to treatment by a physician and participation in a local advocacy group, consultation with a skilled dietitian is essential.

Following initial diagnosis and treatment, individuals should return for periodic visits with the physician and dietitian to assess symptoms and dietary adherence and monitor for complications. In children, this includes evaluation of growth and development. Repeat serologic testing may be used to assess response to treatment but is unproven. These tests may take a prolonged time (up to 1 year) to normalize, especially in adults, and may not correlate with improved (small bowel) histology. Persistent elevated serological levels may suggest lack of adherence to a gluten-free diet or unintended gluten ingestion. Individuals who do not respond to a gluten-free diet require reevaluation.”

For most individuals with celiac disease that is well controlled on treatment with a gluten free diet medical management will consist of an annual or bi-annual visit with their treating physician and with a celiac dietitian. A blood test, usually IgA TTG (tissue transglutaminase), is used as an indirect marker of celiac disease activity. Prior nutritional deficiencies (e.g. iron, vitamin B12, vitamin D) are monitored until they resolve. The dietitian will assess whether the diet is gluten free, nutritious and not overly restrictive. “During these visits, health care providers can reinforce the benefits of adhering to a strict gluten-free diet for life.”

# The Gluten-Free Way

## After the Diagnosis

By Lauren Komack



*The Gluten-Free Way is a regular feature that addresses psychological, emotional and pragmatic aspects of living with celiac disease, dermatitis herpetiformis and the gluten-free diet. Lauren Komack has celiac disease and is a clinical social worker in private practice in Natick and Cambridge.*

**E**ach of us has our own reaction after getting a diagnosis of celiac disease (CD) and/or dermatitis herpetiformis (DH). This can include feelings of relief, being overwhelmed by impending life changes, acceptance of what needs to change, denial, anger, confusion, worry, helplessness, curiosity, or a feeling of being challenged. You may experience several feelings at once, you may feel stuck in one of them, and you may cycle through many of them in the course of adjusting to being gluten-free. There is no one “right” way to feel—there is only the way you feel.

Whatever your initial reaction(s) is, it soon becomes clear that this diagnosis not only requires strict adherence to a gluten-free diet (the only medically accepted treatment of CD,) but major changes in lifestyle. Think about how much your life centers around food! For some, this change is easy; for others, it is more complicated. Rethinking just about every aspect of how we live our life, how we shop, how we store our food, how we cook, how we eat out, how we travel, how we entertain, and how we talk about these changes with our friends and families.

The process of mastery is different for each of us. These following “5 A’s” might be helpful.

- ◆ Adjustment (continuous) to the diagnosis
- ◆ Assessment of your own strengths and areas of difficulty
- ◆ Acquisition of knowledge/asking for information
- ◆ Activation of a plan for change
- ◆ Advocacy for self

The emotional **adjustment** to the diagnosis may be easy, or it may take a while. When you first look at the list of foods you can no longer eat, there can be a reaction of sadness, anger, or even depression. Some people wonder if they have to actually give up all gluten. (The answer is YES—even small amounts of gluten are toxic to people with CD.) Although we know that eating gluten will make us sick, we still may have yearnings to join in the pizza party or eat that wonderful piece of gooey chocolate cake at a friend’s house. We grieve our loss, and we grieve again, but we can begin to be

less reactive and we know that our health will be better.

Doing an **assessment** about how you adjust to change, how you integrate change, and how you incorporate new information can help. What is your reaction to getting this diagnosis? What will help you be able to follow the gluten-free diet? What will stand in your way of following the gluten-free diet? Who will help you with this? Will there be people who will not understand? Will you feel comfortable or self-conscious explaining to family, other relatives, friends, wait staff, what you require to eat safely? What support and resources will you need to feel more comfortable?

Understanding the gluten-free diet is not necessarily a natural or intuitive process. It requires **acquiring** new knowledge in the form of research to ascertain which products contain gluten and which are gluten-free. Reading CD newsletters, attendance at support meetings, consultation with a dietitian, asking fellow celiacs about their experiences, CD Websites, books about CD and gluten-free cookbooks all will help. One caution: although chat rooms on the Web can provide you with wonderful resources, it can also be a source of misinformation. Make sure to double-check facts you learn from there.

Coming up with an **action** plan for yourself and your relationship to eating gluten-free in your world can help. Start with how you want to organize your own kitchen. Will it be totally gluten-free or will you continue to buy products containing gluten for the rest of your family and friends? You can learn a lot about the presence of gluten

by reading all food labels of your existing foods. Look for sources of hidden gluten in your pots, pans, toasters, and utensils. Toasters and waffle irons usually are hard to make gluten-free, so you may need to get separate ones to avoid cross-contamination. Making shopping lists of items that are naturally gluten-free (all raw fruits and vegetables, unprocessed meat, fish, and poultry, eggs, many dairy products) can give you the basics. Adding selected gluten-free pastas, breads, cookies, cakes, waffles and mixes lets you try substitutes for what you used to eat. Don't overbuy—although the market for gluten-free products is ever expanding, you may have to experiment to find the ones that are to your liking.

You can learn to be very good **advocate** for yourself. It is a lot of work, but well worth it. Even when we are clear about our diets, many well-meaning people misunderstand what we can eat. We can find ourselves in the position of explaining it and then explaining it again. Advocacy comes in the form of providing information to those who will be feeding us (friends, families, at weddings, at restaurants, when we travel.) We are advocates for ourselves when we shop, when we bring gluten-free items to parties that we attend. We are taking care of ourselves, for example, when we offer to make a gluten-free stuffing for Thanksgiving. The need to take care of ourselves NEVER goes away. Our goal is find safe, creative, and interesting ways to follow the gluten-free diet with comfort, ease, and a sense of well-being.

## High Tea at the Four Seasons? You Bet!

By Martha Bishop Pitman

**I**magine....a beautifully presented twin tower of delicious tea sandwiches, scones and pastries....all gluten free. Well, imagine no more. Experience it! Chef Eric Caron and the staff at the Four Seasons, Boston, are prepared to wow you with a personalized tower of gluten free goodies for high tea with just a little advance notice with your reservation.

On Saturday, November 19, 2006, Katherine Pitman, who has celiac disease, enjoyed a gluten-free tea in celebration of her 12<sup>th</sup> birthday. Mom, Healthy Villi member, Dr. Martha Pitman, met with Chef Caron in advance to review the details of this special tea. The results were spectacular (see photos). Katherine was presented with her own gluten-free tower of treats: chocolate mousse with raspberries, rice pudding, cheese puff pastries, a cucumber and cheese sandwich, shrimp salad on a bagel, Asian chicken salad sandwich, egg salad sandwich, as well as several fruity treats.

The chefs and kitchen staff at the Four Seasons are highly trained in the special handling and preparation of food for all types of food allergies and sensitivities, including gluten intolerance. With advance notice, the chef can ensure that the kitchen is well stocked with gluten free breads and prepared for the special preparations, including your own collection of jams and jellies. So make your reservations now — telephone 617.351.2037 and get ready to spread on the lemon curd! [http://www.fourseasons.com/boston/dining/the\\_bristol.html](http://www.fourseasons.com/boston/dining/the_bristol.html)



# Product Research Notes

By Jason Clevenger, Ph.D.

## FDA proposes regulations for “gluten-free” foods

Acting on a requirement from the 2004 Food Allergen Labeling and Consumer Protection Act (FALCPA), the FDA released a draft regulation in late January that proposes, for the first time, a legal definition for “gluten-free” in the US. The proposed regulations allow food manufacturers to label their product as gluten-free provided that three requirements are met:

- It does not contain an ingredient that is a prohibited grain (wheat, rye, barley, or their hybrids)
- It does not contain 20 ppm or more gluten
- It does not contain an ingredient that is derived from a prohibited grain and that has not been processed to remove gluten, if the use of that ingredient results in the presence of 20 parts per million (ppm) or more of gluten in the food

### Highlights of the proposed regulations

These rules are *voluntary* for manufacturers. Products that meet the definition for “gluten-free” are not required to bear “gluten-free” labeling. If a manufacturer wants to label their product as “gluten-free,” it can choose to do so if it meets the final regulatory definition set by the FDA. Some celiac advocacy groups are concerned that the voluntary nature of these rules for the food industry may result in less, not more, product choice for those on a gluten-free diet. That feared result may not happen, however, as the market for gluten-free products expands. According to a recent Wall Street Journal article, the amount of gluten-free product sales grew 18% from 2005 to 2006, to a total of \$837 million.

These rules *will not force* manufacturers to label their products to disclose “gluten” that occurs in their products; in other words, it will not expand the current FALCPA requirements to label “wheat” as an allergen. These regulations only deal with the definition of a “gluten-free” food.

Naturally occurring gluten-free foods, such as milk, 100% fresh fruit juices, and single ingredient foods such as

butter, eggs, peanuts, seeds, fresh fish, shellfish, and honey cannot be labeled as “gluten-free” without additional labeling that states that all foods of the same type are gluten-free, not just that particular brand (for example, “milk, a gluten-free food”). This may create confusion in the marketplace, as vendors who had previously labeled products such as milk or fruit juice “gluten-free” out of convenience to consumers will be forced to remove or revise those labels. The FDA, however, claims this rule is consistent with its position on other labeling claims such as “sodium-free” or “fat-free.”

### The 20 ppm gluten threshold

Testing requirements for the 20 ppm standard are likely to be met initially by the Enzyme-Linked Immunosorbent Assay (ELISA) testing regime, which in its present form has a detection limit of 3 ppm. The definition of “gluten-free” of zero ppm gluten wished for by some groups (such as the Celiac Sprue Association) is not scientifically practical, since no testing regime, even the state-of-the-art ELISA, can reliably detect and report levels of zero ppm gluten.

The level of 20 ppm gluten was arrived at by consideration of scientific studies



“Oats are not listed as a ‘prohibited grain’ in the proposed FDA rules.”

which indicate that a diet containing 20 ppm or less of gluten is safe for the majority of celiacs. A major multi-center study referenced by the FDA in its proposed regulations was also published in January in the American Journal of Clinical Nutrition. The authors, affiliated with the Center for Celiac Research at the University of Maryland, concluded that a safe level of gluten ingestion for those who had already been on a gluten-free diet for 2 or more years was less than 50 milligrams per day. This level of 50 milligrams per day is approximately equal to five and a half pounds per day of 20 ppm “gluten-free” food as now defined by the FDA. This study is important in light of the fact that cross-contamination of foods is almost unavoidable, and most celiacs are ingesting very small amounts of gluten despite their best efforts to adhere to the gluten-free diet. Incidentally, the flat 20 ppm threshold proposed by the FDA is also consistent with current standards for gluten-free foods in Canada.

Products made from raw ingredients that have been processed to remove gluten receive no special treatment under these proposed rules; they just have to meet the same 20 ppm standard that any other food product

would. This aspect of the regulations would seem to be positive for products like Saxon beer produced by an affiliate of Carlsberg brewery in Finland; the Saxon brew is made from barley malt in typical fashion, with the residual gluten removed at the end of the production process. According to Saxon representatives, the company was not going to attempt marketing the beer in the US until the FDA published its final “gluten-free” definition.

### *The question of oats*

Oats are not listed as a “prohibited grain” in the proposed FDA rules. The FDA is well aware of the controversy surrounding the safety of oats for celiacs, but decided on the advice of various bodies such as the National Institutes of Health, the American Dietetic Association, and the Beth Israel Deaconess Celiac Center to not unconditionally exclude oats from the definition of “gluten-free.” According to the FDA:

“Oats are reported to add variety,

taste, satiety, dietary fiber, and other essential nutrients to the diet of individuals with celiac disease and may make their diet more appealing . . . allowing oats free of gluten from wheat, rye, barley or their crossbred hybrids to bear a ‘gluten-free’ labeling claim would make it easier for consumers to identify such oats in the marketplace and may serve as an incentive for more manufacturers to produce such oats.”

### *A new beginning*

After the public comment period concludes at the end of April, the FDA will issue final regulations and require compliance after a predetermined date, likely one year later. As for enforcement, the FDA has considerable authority to demand compliance with its regulations. Through a combination of label reviews, onsite inspections of food manufacturers, and analysis of food samples, the FDA intends to enforce the definition of “gluten-free” to eliminate any uncertainty or misun-

derstanding as to how manufacturers may label their products. It remains to be seen how manufacturers will react to the regulations, but with the growing demand for gluten-free products, celiacs are well-positioned to benefit from this long-overdue definition.

### *More information*

Through the end of April, the FDA is inviting public comment on the proposed regulations. The process for submitting comments is contained in the main FDA document, found at:

<http://www.cfsan.fda.gov/~acrobat/fr070123.pdf>.

The FDA has also prepared a question-and-answer style document to address consumer concerns regarding the proposal. It can be found at:

<http://www.cfsan.fda.gov/~dms/glutqa.html>.

## Winter Meeting Photos



*Audience listens*



*Buffet table preparations*



*Lauren Komack, registration*

# The Cook's Corner

By Judith Mann

## Nutritional Information Per Serving:

Calories: 78  
Fat: trace (4.5% calories from fat)  
Protein: 1g  
Carbohydrate: 20g  
Dietary Fiber: 3g  
Cholesterol: 0mg  
Sodium: 9mg  
Exchanges: 1/2 Vegetable;  
1/2 Fruit; 0 Fat; 1/2 Other  
Carbohydrates.



## Sweet and Succulent Spring Dishes

### Cantaloupe-Strawberry Salad with Honey Lime Vinaigrette

5 – 1 cup servings

This fresh light salad can accompany breakfast, lunch or dinner.

#### Combine:

*Toss in Large bowl*

*2 cups cantaloupe cubed*

*2 cups sliced strawberries*

*1 cup cucumber (halved and seeded) sliced thin*

*1/4 cup red onion slivered*

*1/4 cup fresh mint chopped*

*Salt and pepper to taste*

#### Dressing:

*Whisk together*

*1/4 cup lime juice*

*2 Tablespoons honey*

*1 tablespoon minced jalapeno (seeded)*

*Pinch coarse salt*

Drizzle over fruit and toss to coat let sit for 15 minutes. For best flavor serve salad at room temperature.

## Nutritional Information Per Serving:

Calories: 169  
Fat: 5g (29.0% calories from fat)  
Protein: 8g  
Carbohydrate: 23g  
Dietary Fiber: 2g  
Cholesterol: 56mg  
Sodium: 193mg  
Exchanges: 1 Grain (Starch);  
1/2 Lean Meat; 1 Vegetable;  
0 Non-Fat Milk; 1/2 Fat.



### Noodle Quiche Serves 6

Recipe by courtesy of **Vegetarian Planet**

This is great way to use leftover pasta and it can be served as a side dish or main with a salad.

*1 tablespoon butter*

*1 cup thinly sliced onion*

*1 cup yellow pepper sliced thin*

*1/2 LB mushrooms any variety sliced thin*

*3 plum tomatoes sliced into 1/2 thick rounds*

*1/2 teaspoon salt to taste more or less*

*Fresh ground black pepper to taste*

*2 cups of whole milk*

*2 eggs*

*4 cups spaghetti or angel hair GF pasta*

*4 tablespoons shredded cheddar and mozzarella blend (Cabot)*

*2 tablespoons fresh grated Parmesan cheese (Cabot)*

Preheat oven to 375°F.

Sautee onions, pepper, and then mushroom stirring frequently until mushroom are soft about 10 minutes. Add salt and pepper to taste then remove from heat.

In a bowl whisk together milk eggs paprika a bit of salt and pepper. Spread pasta into 10-inch pie plate then layer cheeses then vegetables, finally the egg mixture place tomatoes on top and bake for 45 minutes until firm. Sprinkle with parmesan cheese serve warm or hot.

## Note...

As always suppliers may change their ingredients or make substitutions with out notice. Be sure to check with your supplier on a regular basis to determine the gluten free status of brand names. We cannot be held responsible for last minute changes in ingredients of products.

## Chicken Stuffed with Mascarpone Cheese & Basil Serves 8

This tasty chicken dish will remind you of fried mozzarella, crunchy on the outside creamy in the middle but better for you. YUM.

*4 boneless chicken breasts, skinned, pounded and halved*  
*1/2 cup fresh goat cheese or mascarpone (about 4 ounces)*  
*2 green onions, thinly sliced*  
*3 basil leaves, shredded or 1 teaspoon dried, crumbled*  
*Salt and freshly ground pepper*

*1/4 cup GF flour*  
*1 egg, beaten to blend*  
*1/2 cup fresh gluten-free breadcrumbs (from saved heels of bread)*  
*2 tablespoons (1/4 stick) unsalted butter melted*

*Toothpicks*

Preheat oven to 350°F. Using meat mallet, pound chicken between sheets of waxed paper or large freezer bag to a thickness of 1/4 inch (If you don't have a mallet, use a frying pan). You will be able to cut them in half so you will have 8 rounds of chicken. Pat chicken dry. Season with salt and pepper

Combine cheese, green onions and basil in small bowl. Spread cheese mixture lengthwise over half of each chicken piece. Tuck short ends in. Roll chicken up, starting at one long side, into tight cylinders. Put toothpick in. Roll in GF flour, Dip in egg; allow excess to drip into bowl. Roll in breadcrumbs, shaking off excess (Can be prepared 4 hours ahead. Refrigerate.)

Place chicken in 8-inch square baking dish and remove toothpicks drizzle melted butter over. Bake until cooked through, about 20 minutes.

## Gnocchi Serves 6-8

Don't be scared; these are easy and delicious.

*2 lbs cooked mashed potatoes very dry (Idaho bakers work the best)*  
*1 cup white rice flour*  
*3/4 cup potato starch*  
*1/4 cup corn starch*  
*1 tablespoon olive oil*  
*1 tablespoon grated parmesan*  
*2 eggs*  
*salt*

Mix all ingredients with hands. Knead lightly. Shape small portions of the dough into long "snakes". On a floured surface, cut snakes into small pieces. Place a few gnocchi in salted boiling water. As the gnocchi rise to the top of the pot, remove them with a slotted spoon. Repeat until all are cooked. Cover with hot tomato sauce and cheese or melted butter, a sprinkle of garlic powder and cheese (this is my favorite).

*continued on page 10*

### Nutritional Information Per

*Serving:*

Calories: 255

Fat: 12g (43.1% calories from fat)

Protein: 29g

Carbohydrate: 7g

Dietary Fiber: 1g

Cholesterol: 118mg

Sodium: 230mg

*Exchanges:* 1/2 Grain (Starch);

4 Lean Meat; 1/2 Vegetable; 2 Fat.



### Nutritional Information Per

*Serving:*

Calories: 242

Fat: 7g (25.0% calories from fat)

Protein: 5g

Carbohydrate: 41g

Dietary Fiber: 3g

Cholesterol: 45mg

Sodium: 297mg

*Exchanges:* 2 1/2 Grain (Starch);

0 Lean Meat; 1 Fat.



*Nutritional Information Per*

*Serving:*

Calories: 224

Fat: 7g (28.4% calories from fat)

Protein: 3g

Carbohydrate: 38g

Dietary Fiber: 1g

Cholesterol: 49mg

Sodium: 80mg

*Exchanges:* 1 Grain (Starch);

0 Lean Meat; 0 Fruit; 1 1/2 Fat;

1 1/2 Other Carbohydrates.



## **Sweet Rice-Flour Coconut Cake** Serves 24

This sweet rich dessert is irresistible.

*3 cups sweet rice flour; 1 lb*

*2 1/2 cups sugar*

*2 teaspoons baking powder*

*1/4 teaspoon salt*

*2 (14-oz) cans unsweetened coconut milk (not low-fat)*

*5 large eggs*

*1/2 stick (1/4 cup) unsalted butter, melted and cooled*

*1 teaspoon vanilla*

Put oven rack in middle position and preheat oven to 350°F.

Whisk together flour, sugar, baking powder, and salt in a large bowl. Whisk together coconut milk, eggs, butter, and vanilla in another bowl. Add coconut mixture to flour mixture, whisking until batter is combined.

Pour batter into a 13- by 9-inch baking pan, smoothing top, and bake until top is golden and cake begins to pull away from sides of pan, about 1 1/2 hours. Cool cake completely in pan on a rack, about 2 hours. Cut into 24 squares before serving.

*Nutritional Information Per*

*Serving:*

Calories: 214

Fat: 7g (31.0% calories from fat)

Protein: 4g

Carbohydrate: 34g

Dietary Fiber: 2g

Cholesterol: 19mg

Sodium: 173mg

*Exchanges:* 1 Grain (Starch);

1/2 Fruit; 0 Non-Fat Milk;

1 1/2 Fat; 1 Other Carbohydrates.



## **English Strawberry Shortcake** 8 servings

This crazy easy way to use English muffins, whips up a fast & fun dessert with the succulent strawberries of the season.

*4 cups strawberries, sliced*

*4 GF English muffins split (try Foods by George or Glutino)*

*1 cup GF vanilla ice cream (Ben and Jerry's vanilla)*

*1/2 cup GF sour cream (Daisy or friendship)*

*1 teaspoon vanilla extract*

*3 tablespoons sugar*

*1 cup whipping cream, whipped to stiff peaks (you can buy the organic in the can like ready whip if you don't want to make it yourself and you don't need to add the sugar)*

In a bowl combine ice cream, sour cream, 3 tablespoons sugar, and 1 teaspoon vanilla; mix well. Fold in whipped cream. Cover and freeze.

Sprinkle strawberries with 3 tablespoons sugar and toss to evenly coat. Let stand for 30 minutes.

Brush tops of English muffins with melted butter and sprinkle with sugar.

Toast muffins on medium until golden brown on top.

Place bottom layer on serving plate; top with strawberries and a dollop of ice cream mixture. Place remaining shortcake layer on top of strawberries. Top shortcakes with another dollop of ice cream mixture and whipped cream sprinkle with pink decorating sugar, serve immediately.

# Good For life foods

Gluten Free • Wheat Free

## Pizza

*Our Gluten Free Pizza consists of a high quality dough developed from a blend of premium gluten free flours. We use California crushed tomatoes seasoned with spices, olive oil, and topped with our three-cheese blend.*

### TAKE & BAKE

CHEESE	\$ 5.99
PEPPERONI	\$ 6.49
ONION & PEPPER	\$ 6.49

Fresh par-cooked to Go    Finish baked at Home  
for  
HOT and DELICIOUS GF PIZZA

### *Cooking Instructions:*

Preheat oven to 425°F    Remove pizza with baking tray\* from package

Frozen: bake for 10-12 minutes

Fresh: bake for 8-10 minutes

\* BAKE ON TRAY PROVIDED \*

**Boynton Family Restaurant**  
117 Highand Street, Worcester, Ma 01609

Advance Order for PICK UP: Healthy Villi Spring Mtg 4/29/07

Plain Cheese	_____	ea x \$5.99	\$ _____
Pepperoni	_____	ea x \$6.49	\$ _____
Onion & Pepper	_____	ea x \$6.49	\$ _____
		Tax 5%	\$ _____
		<b>Total:</b>	\$ _____

Make checks payable to: Boynton Family Restaurant  
Visa and MasterCard Accepted

**Email Orders to: GFlifoods@aol.com    Tel: 508 451 5373**

# Upcoming Events

New England

## Healthy Villi Membership Meetings

Held at MassBay Community College, Wellesley, MA. For more information, visit [www.healthyvilli.org](http://www.healthyvilli.org) or call our phone line (617) 262-5422 or 1-888-4-CELIAC.

Sunday April 29, 2007

Sunday October 21, 2007

Sunday January 27, 2008

Sunday April 27, 2008

## Delete the Wheat® events with Melinda Dennis, MS, RD, LDN

For more information about these and other events, visit: [www.deletethewheat.com](http://www.deletethewheat.com). Later spring and summer classes coming soon.

\*\* If you signed up to join Delete the Wheat's email at the January 2007 Healthy Villi meeting, please do so again: [MelindaRD@deletethewheat.com](mailto:MelindaRD@deletethewheat.com).

## Weight Management for celiac disease (4-week series)

Tuesdays April 10, 17, 24 and May 1st  
6:45-8:15pm

Location: Wild Oats, Medford

4-week series of classes dedicated to weight loss and weight management on the gluten free diet, including:

- Healthy gluten free cooking demos and taste sampling - dishes w/ millet, sorghum, buckwheat, quinoa and amaranth
- Guided store tours during class
- Lessons on portion control, healthy fats, fiber, nutrients specific to celiac disease, calorie counts, activity...

- Individualized attention to your gluten free diet from celiac dietitian
- Food journal analysis
- Creative visualization exercises for dealing w/ our gluten free lifestyle
- Recipes, multiple gluten free resources, product samples at each class.

Class size: 12 person maximum; 6 person minimum

\$120 per 4-week series (no insurance accepted)

Call 617-851-8643 to register with Melinda

## Weighing In On The Gluten-Free Diet

Thursday, May 3, 2007

7-8:30pm

Registration begins now for this class!

My Low Carb Life, Danvers, MA

## "Gourmet & Gluten-Free" Cooking Class

April 21, 2007

The Elephant Walk Restaurant, Boston



Nadsa Monteiro, Executive Chef, will demonstrate how easy it is to prepare a rich, exciting, gourmet,

gluten-free meal with strong global influences. The class begins at 10:30 a.m., lasts for about 3 hours, and includes a light lunch. The cost is \$69 per person. Visit [www.elephantwalk.com/classes](http://www.elephantwalk.com/classes) for more information or call 617-285-1056.

## Connecticut Celiac Walkathon

Saturday, May 5, 2007

Wharton Brook State Park, North Haven, CT

Participants may choose to complete one loop for one mile, or walk additional times around for two or three miles. After the walk we will have a delicious catered picnic. There will also be a raffle with fabulous prizes, an antique fire engine for the kids to explore, and other games and activities for the children. It is a great day for the whole family. Money raised from previous walks has been applied to celiac research, to promote celiac awareness, and support our group members through educational programming. Scholarships have been developed to allow Connecticut children to attend a week-long gluten-free camp in Rhode Island, and also to help low-income families get started on the expensive gluten-free diet.

Registration is \$15 per person if received before April 15; \$20 if after and on the day of the walk. The first 300 registered walkers will receive a t-shirt. And lunch is of course included. How great it would be if we had a Healthy Villi contingent at this year's Celiac Walkathon. We hope you'll join us. If you would like to participate in the walk please visit [www.connceliac.org](http://www.connceliac.org) for a pledge sheet or contact Loretta Jay at [lorettajay@parasolservices.com](mailto:lorettajay@parasolservices.com) or 203-254-0190.

## For Kids

### Celiac Support Group at Children's Hospital, Boston

For information, call 617-355-2127 or email: [celiacsupportgroup@childrens.harvard.edu](mailto:celiacsupportgroup@childrens.harvard.edu).

### Camp Celiac, North Scituate, Rhode Island

August 12-17, 2007

Camp Aldersgate, located in North Scituate, Rhode Island, is situated on 230 acres. This property includes a lake, waterfront cabins, dining hall, solar bath house, outhouses, latrines, retreat center (including great hall, two kitchens, and four lavatories with showers), and health lodge. Although an effort will be made to accommodate requests for friends bunking in the same living area, we cannot promise to meet these requests. Any such request must be made in writing at the time of registration for consideration. Campers are assigned living space by gender and age. Age groups are broken down by 7-9 year olds, 10-12 year olds, and 13-16 year olds. Download a registration form at [www.csaceliacs.org/CampCeliac.php](http://www.csaceliacs.org/CampCeliac.php) or contact Tanis Collard for more information (508)399-6229 [csgc@verizon.net](mailto:csgc@verizon.net).

### GIG Kids Camp East at Camp Kanata, NC

July 8-14, 2007

Don't get left out of this fabulous experience. Camp Kanata will welcome kids with Celiac Disease who are on a gluten free diet. In partnership with the Gluten Intolerance Group (GIG), and its local affiliate, and under the direction of a registered dietician, these kids will be provided with delicious food that is all gluten free. Please note on your application that your

child is on a gluten free diet, so we are sure to process it appropriately. Campers entering grades 2-12 are welcome. <http://www.ymcatriangle.org/kanata/index.html>

### GIG Kids Camp West at Camp Sealth, WA

Aug 1-6, 2007 Session 6; Aug 7-10 Session 7; and Aug 1-10 Session 6/7

Registration for Summer Camp is open now. Kids will have some cool choices of specialty programs to choose from (archery, crafts, cooking, canoe excursion, outback, horseback, kayak/sail/windsurf, photography and fine arts.) For more information visit <http://www.campfire-usa.org>. Camp Sealth and GIG offer 2 sessions that are 6 and 4 days each, and a combined session of 10 days. Campers entering grade 1-12 are welcome.

## Across the Nation

### GIG Annual Education Conference

Being the BEST You Can Be! Gluten-Free!

June 7-10, 2007 Richmond, VA

Information and brochure available at <http://www.gluten.net/events.htm#conference> or call 253-833-6655 for more information.

### CSA/USA Annual Conference

September 28-30, 2007

Tucson, Arizona

To receive registration information, call 877-CSA-4-CSA or email [celiacs@csaceliacs.org](mailto:celiacs@csaceliacs.org). Information is also available at [www.csaceliacs.org/Conferences/200730thAnnualCSAConference.php](http://www.csaceliacs.org/Conferences/200730thAnnualCSAConference.php).

## Gluten-Free Cooking Sprees

The Gluten-Free Cooking Spree is an event that joins together the medical and lifestyle aspects of celiac disease.



The event began as a partnership between the National Foundation for Celiac Awareness, the Drexel University School of Public Health and the Drexel University School of Hospitality Management in an effort to educate people about the wonderful world of gluten-free cooking.

In 2007, NFCA will host seven cooking sprees in cities across the country. They will be in:

New York City  
Boston  
Washington, D.C.  
Philadelphia  
Atlanta  
San Francisco  
St. Louis

Profits from the event will support the NFCA national awareness campaign. A donation will also be made to the hospital that the winning team's doctor is affiliated with and to the local support group will receive funding that is designated for celiac awareness programming.

For more information about getting involved or sponsoring the Gluten-Free Cooking Sprees, please contact Vanessa Maltin at [vanessa@celiaccentral.org](mailto:vanessa@celiaccentral.org) or 215-692-2639 or visit [www.celiaccentral.org/Events](http://www.celiaccentral.org/Events).

**O**ur deepest thanks and appreciation to the 30+ individuals who participated in the ALBA clinical trial, a study looking at the efficacy, safety and tolerability of an investigational drug that might be used to treat celiac disease. The clinical portion has successfully been completed and our last patient will visit during the first week of March. Data analysis by the drug sponsor will start soon afterwards and we will be eagerly awaiting the results to share with you. We wish to thank Gastroenterology Fellow, Dr. Hani Abdallah, for his tremendous effort and conscientiousness during this trial.

## Update on Upcoming Studies:

The first phase of the study entitled “Correlates of Gluten Free Diet Adherence in Adults with Celiac Disease” was completed with 157 subjects in the summer of 2006. Progress is now underway for Phase 2 in which we look forward to recruiting an additional 50 subjects to complete a similar questionnaire, participate in evaluation by a trained clinician and have blood testing. If you have questions about this study or would like to pre-enroll, please feel free to email the Celiac Center at [celiac@bidmc.harvard.edu](mailto:celiac@bidmc.harvard.edu). Please mention this study by name.

## Our New Staff

### Dr. Hani Abdallah

Dr. Abdallah has recently joined us as a gastroenterology and celiac disease fellow. Dr Abdallah obtained his MD degree from the University of Jordan, trained in internal medicine and served as a chief resident at Brown University in Providence, Rhode Island. Subsequently, he was appointed as an Assistant Professor of Medicine in Brown Medical School and served as an academic hospitalist. Dr. Abdallah then moved to pursue training in gastroenterology.

Dr Abdallah is interested in a wide range of gastrointestinal disorders including celiac disease, H pylori infection, GI oncology, motility and endoscopy. His interest in celiac disease includes nutrition, quality of life

and immunology of the disease.

“Through the last several months, and while conducting the ALBA clinical trial, I had the pleasure of meeting many patients with celiac disease. I found them extremely pleasant and willing to dedicate time and effort to advance research to help fellow celiacs. They have given me the chance to learn about the disease, about them as patients and to be involved in their care. It is my hope to continue to serve this community and to help advance the knowledge needed to treat this disorder.”

### Jacqueline Wolf

We also welcome Dr. Jacqueline Wolf, Associate Professor of Medicine at Harvard Medical School and gastroenterologist at Beth Israel Deaconess Medical Center, to the staff of the Celiac Center. Dr. Wolf graduated from Tufts University School of Medicine in 1975 and completed her residency in Internal Medicine at the University of Chicago Hospitals and Clinics in 1977 and in Gastroenterology at Peter Bent Brigham Hospital in 1980. She serves on the Board of Directors for the Society for Women’s Health Research. She has a special interest in women’s gastrointestinal health.

## 2007 - Celiac Nutrition Guide

The Beth Israel Deaconess Medical Center Nutrition Department has revised its *Greater Boston Nutrition*

*Resource Guide for Celiac Disease and Gluten Intolerance, 2007 edition.* The guide includes dining out tips, celiac friendly restaurants and shopping locations, commercial suppliers of gluten free vitamin and mineral supplements and foods, cookbook reviews, helpful websites and more. It is a wealth of useful information for anyone in the New England area, in particular.

### To receive your own copy:

1. Please write a check for \$7.00 per handbook payable to “BIDMC Nutrition Services.”
2. Include your full name, mailing address, phone number, and email, if available.
3. Specify that you are requesting the Celiac Nutrition Guide.
4. Mail to:  
**Nutrition Services**  
**Beth Israel Deaconess Medical Center**  
Rabb B06  
330 Brookline Ave.  
Boston, MA 02215

If you have any questions, please call: 617-667-2565 or fax: 617-667-3126.

We wish you a wonderful spring!

The Celiac Center

## National Celiac Disease Support Groups

Consider joining a national support group in addition to *The Healthy Villi*. Those marked with \* each publish excellent quarterly newsletters and host yearly educational conferences.

### **Celiac Sprue Association USA, Inc\***

P.O. Box 31700  
Omaha, NE 68131-0700  
Telephone: 402-558-0600  
[www.csaceliacs.org](http://www.csaceliacs.org)

### **Celiac Disease Foundation\***

13251 Ventura Blvd., Suite 1  
Studio City, CA 91604-1838  
Telephone: 818-990-2354  
[www.celiac.org](http://www.celiac.org)

### **Gluten Intolerance Group of North America\***

15110 10<sup>th</sup> Avenue SW, Suite A  
Seattle, WA 98166-1820  
Telephone: 206-246-6652  
[www.gluten.net](http://www.gluten.net)

### **Raising our Celiac Kids (R.O.C.K.)**

3527 Fortuna Ranch Road  
Encinitas, CA 92024  
Telephone: 858-395-5421  
[www.celiackids.com](http://www.celiackids.com)

## New England Celiac Disease Support Groups

Looking for more support in your area? Contact the following groups to find out about meetings and events. Don't see your group here? Let us know so that we can include it in our publications – [info@healthyvilli.com](mailto:info@healthyvilli.com).

### **The Healthy Villi**

Greater Boston Celiac/DH Support Group, Inc.  
Telephone: 617-262-5422 or 1-888-4-CELIAC  
Website: [www.healthyvilli.org](http://www.healthyvilli.org)

### **American Celiac Family Support Group of RI**

Contact: Linda Monahan  
Telephone: (401) 568-6110  
[www.celiacsupportgroup.com](http://www.celiacsupportgroup.com)

### **Bangor Maine Celiac Support Group**

Contact: Ann Delaware  
Telephone: (207) 827-2733

### **Cape Cod Celiac Support Groups**

Contact: Diane Bertrand  
Telephone: (508) 540-0003  
Email: [dंबरtrand@adelphia.net](mailto:dंबरtrand@adelphia.net)  
Contact: Margo Finnell, RD, MPH, LDN  
Telephone: (508) 564-5675  
Email: [margo820@juno.com](mailto:margo820@juno.com)

### **Celiac Support Group of Central MA**

Fallon Clinic Plantation St. Annex  
630A Plantation Street, Worcester, MA  
Telephone: (508) 852-6175

### **Celiac Support Group at Children's Hospital, Boston**

Telephone: (617) 355-2127  
Email: [celiacsupportgroup@childrens.harvard.edu](mailto:celiacsupportgroup@childrens.harvard.edu)

### **Connecticut Celiac Support Site**

Website: [www.connceliac.com](http://www.connceliac.com)

### **Massachusetts & Rhode Island Celiac Group For Children and Adults Too**

Contact: Tanis Collard  
Telephone: (508) 399-6229  
Email: [csgc@ix.netcom.com](mailto:csgc@ix.netcom.com)

### **North Shore Celiac Families**

Contact: Martha Pitman  
Email: [mpitman@partners.org](mailto:mpitman@partners.org)

### **Portland, Maine Celiac/DH Support Group**

Contact: Paula Raleigh  
Telephone: (207) 787-2279  
Email: [honeybee@fairpoint.net](mailto:honeybee@fairpoint.net)

### **Southeast New England Celiac Support Group**

Contact: Kathy Thiboutot  
Telephone: (401) 624-8888  
Email: [Kathit51@hotmail.com](mailto:Kathit51@hotmail.com)

### **Seacoast NH Celiac Support Group**

Contact: Dan Davies  
Telephone: (603) 778-1938  
Email: [djdavis107@comcast.net](mailto:djdavis107@comcast.net)

### **Southern NH Gluten Intolerance Association**

Contact: John Waksmonski  
Telephone: (603) 437-1702

## Volunteer Opportunities

The Healthy Villi currently has volunteer opportunities in the following areas. For more information, please contact Lee Graham by email to [randlgraham@comcast.net](mailto:randlgraham@comcast.net) or by telephone (781) 461-2405.

### Website

- update our website 1-2 times per month using Contribute

### Fundraising

- plan & organize fundraising walks and other events



## Contact Us

### The Healthy Villi Phone Line

Information and support is just a phone call away. Leave a message and a board member will return your call within 48 hours.

Boston Area: 617-262-5422

Toll-free: 1-888-4-CELIAC

### Website: [www.healthyvilli.org](http://www.healthyvilli.org)

Updated regularly with local events, you can also download our new Publicity Flyer, membership forms, and find information about meetings, special events & more.

### Email

Membership:

[members@healthyvilli.com](mailto:members@healthyvilli.com)

General inquiries:

[info@healthyvilli.com](mailto:info@healthyvilli.com)

Meeting reservations:

[rsvp@healthyvilli.com](mailto:rsvp@healthyvilli.com)

## THE HEALTHY VILLI MEMBERSHIP RENEWAL & ORDER FORM Greater Boston Celiac & DH Support Group

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

- I am enclosing a donation of \$25.00 to renew my membership for **2007**

Are you a member of CSA/USA, Inc., Omaha, NE?  Yes  No

Check all that apply to you:  Celiac  DH  Soy-intolerant  Lactose-intolerant

Other food sensitivities: \_\_\_\_\_

- I am purchasing a copy of **Gluten-Free Diet: A Comprehensive Resource Guide Revised Edition**, by Shelly Case, B.S.C., R.D. for \$22.00 (includes \$4.00 S&H)
- I am purchasing a copy of **The Gluten-Free Bible** by Jax Peters Lowell for \$14.00 (includes \$4.00 S&H)
- I would like to make an additional donation to the Healthy Villi in the amount of \_\_\_\_\_
- Total Amount Enclosed:** \_\_\_\_\_

Please make your check payable to *The Healthy Villi* and send it with your completed order form to:  
*The Healthy Villi, c/o Catherine Mirick, 65 Kingsbury Street, Wellesley, MA 02481*