

Food Matters

May 2013

A NOTE FROM DINA



May is National Celiac Awareness Month so I thought this month we can talk about Celiac disease and gluten.

Celiac disease is a hereditary, auto-immune condition, where the body's immune system, in response to eating gluten, starts attacking normal tissue, such as the small intestine, leading to damage of the mucosal lining.

This irritation and inflammation causes gas, bloating, diarrhea as well as intestinal malabsorption, which can further lead to nutritional deficiencies.

Celiac is an inherited condition, so if someone in your immediate family is diagnosed with it, it is recommended that you and all other family members are screened. There is no known cure for it, except the elimination of all forms of gluten.

While celiac disease is estimated to affect 1 to 3% of Americans, gluten intolerance (also known as gluten related disease (GRD) or non-celiac gluten sensitivity (NCGS)), has also been recognized and is linked to many conditions. How can one little protein result in such widespread symptoms? Read on to learn a little more about gluten. To your health,

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The Truth About Gluten

Gluten is the protein found in the seeds, also called grains of the grass family of plants, including barley, rye, oats, wheat and spelt.

It has a "gluey" characteristic, which offers the doughyness in breads, pastries and pasta and the thickness in sauces, gravies and processed foods made from these grains.

Unlike most other proteins, gluten has been shown to be resistant to breakdown during digestion and it is, in fact, the only protein in nature that humans can not completely metabolize. As a result, gluten can stay in the gastrointestinal tract causing the inflammation we already talked about.

Gluten intolerance, while it does not meet the diagnostic criteria for celiac disease nor is it hereditary, contrary to popular belief, it has been linked to ADHD, autism, obsessive compulsive disorder, depression, migraines, autoimmune thyroid disease and dermatitis in addition to digestive disorders.

Many people go through their adult life with symptoms like cramping, bloating feeling they have to live with it. What they don't realize is that cutting back on gluten containing foods or even eliminating them completely can help them feel much better and resolve many of the other more serious brain, immune and developmental disorders.



While celiac disease affects 3% of Americans, gluten intolerance affects up to 30% of Americans.

Often I am asked why gluten intolerance suddenly seems so widespread. I believe it is likely due to hybridization and genetic modification of wheat to increase its gluten content (which makes baked goods fluffier) and its growth rate. Furthermore, our consumption of gluten has dramatically increased and it is estimated that the Average American's diet consists of 50% or more of gluten products.

If you are one who loves your breads, pasta and muffins, you have probably experienced the "once I start I can't stop" feeling. Gluten is indeed addictive by reacting with the opioid receptors in our brain, which produce endorphins (the feel good hormones). The more you eat, the greater the pleasure and the more you want to eat, explaining the strong cravings associated with gluten-containing foods and the strong withdrawal symptoms when trying to eliminate them.

While elimination of gluten containing foods might seem challenging at first, the results can certainly be worth it.

"One-quarter of what you eat keeps you alive. The other three-quarters keeps, your doctor alive."

Egyptian Proverb

COMPANY-WIDE SUCCESS



Candace Henry

Production
Manager
EMN
Division,
Automation
Irwin, PA

Candace had struggled with her weight since the 80's and the last few years she was had been diagnosed with morbid obesity, high cholesterol, blood clots in her lungs, debilitating fatigue, and needed two knee replacements. Despite all her health issues, she admitted she still wasn't motivated to make any changes. She had tried several weight loss programs, multiple times, with success, but she would always regress.

However, in April 2010, her granddaughter was born and that was Candace's new inspiration for a healthy new start. A year later she decided to join Weight Watchers one last time but knew she would need support, so she recruited her husband, who was happy to attend her first meeting and has supported her ever since.

In the first year she lost 88.6 lbs and she had worked hard for every one of those lost pounds. Candace never missed her weekly meetings, gave up on drive-throughs, started home cooking, food journaling and completely transformed her diet.

118 lbs thinner and 10 sizes smaller, she's truly a new person and enjoys eating more than ever! Candace attributes most of her success to her social network; her husband Larry, her weight Watcher support group and her leader Debbie Roe, who have been her support group through her journey.

Her message to others is "there is no time like the present. Don't wait until the time is right, because you will never do it. Find a healthy program and commit *today* for a healthy tomorrow!"

HEALTHY PANTRY

Here is a short list of manufacturers that have gluten free products.

www.Arrowheadmills.com/

Baking & pancake mixes

www.BobsRedmill.com

Flours, bread, brownie and biscuit mixes, flaxseed meal

www.Barbarasbakery.com

Cereals and fig bars

www.NaturesPath.com

Hot cereals

www.foodforlife.com

Various frozen breads

www.Amys.com

Various organic Soups

www.Thaikitchen.com

Various noodles Packs; Pad Thai, Hot & sour, curry

<http://www.pacificfoods.com/>

Various organic soups

ASK THE NUTRITIONIST

Q: Are there alternatives to gluten containing grains and products?

A: Yes! There are many alternatives grains made from nutrient dense seeds, brown rice, legumes, nuts, flaxseeds, amaranth, buckwheat, quinoa, millet, teff, bean flours and sorghum.

The key is to read labels and start becoming familiar with various ingredients on food packaging. The ones you want to look out for are: wheat, barley, rye, spelt, kamut and couscous. Also be cautious with oats as they might be cross-contaminated from processing.

Last but not least, beware of soy sauce, soups, dressings, seasonings and sauces that may also contain gluten.

Quinoa with Chickpeas and Spinach *From Glorious Greens*

Ingredients

- 1 cup quinoa
- 1 cup water and $\frac{3}{4}$ cup freshly squeezed orange juice
- 1 tbsp extra virgin olive oil
- 2 medium onions, chopped & 3 garlic cloves, minced
- 1 cup cooked chickpeas (or canned, GMO free, drained & rinsed)
- 1 $\frac{1}{2}$ lbs of spinach leaves, washed, and chopped (about 6 cups)
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ tsp cinnamon and sea salt to taste
- Zest from 2 oranges and $\frac{1}{4}$ cup pine nuts, optional

Directions:

1. In a medium pot bring water and OJ to a boil. Add Quinoa, reduce heat to a simmer and cover. Cook for 10-15 min, until all liquid has been absorbed. Remove from heat and let cool.
2. In a large skillet, sauté onions and garlic until soft. Add raisins, chickpeas and spinach. Cook over medium heat for 5 minutes until spinach has wilted.
3. Adjust heat if necessary. Drain any excess water after cooking the spinach.
4. Combine the vegetables into the quinoa. Season with salt, cinnamon and pine nuts. Serves 4.

Nutrition: 426 cal, 11 g fat, 1.2 of sat. fat, 19 g Sugar, 12.2 g Protein, 512 mg Sodium, 9g Fiber