

Celiac Support Group

NEWSLETTER



FALL 2024

We hope this newsletter finds you well and hope you are enjoying Fall and the start of the new school year! We are excited about our upcoming Celiac Awareness Walk this October and hope to see you there! Please enjoy this edition of the newsletter, and reach out to us at celiacsupport@childrenswi.org if there is anything else you'd like to see in future editions including a question you would like answered in the Ask the Experts section or if you want to share any tips, tricks, advice, or a favorite recipe with the support group.

National Celiac Awareness Day

September 13th was National Celiac Awareness Day

Here are a few facts you can share with your friends and family members to help them learn a little more about celiac disease:

- Celiac disease is estimated to affect 1 in 100 people worldwide
- About 80% of the people with celiac disease are undiagnosed
- People who have a first degree relative with celiac disease have a 1 in 10 chance of developing celiac disease themselves
- There are over 200 known symptoms of celiac disease

World Diabetes Day

November 14th is World Diabetes Day

The estimated prevalence of celiac disease in patients with type 1 diabetes is ~6%. Most patients with both conditions have no symptoms of celiac disease, or symptoms that may be confused for symptoms of their diabetes. Due to the significantly higher prevalence of celiac disease in those with diabetes, many doctors recommend getting screened for celiac disease after a diagnosis of type 1 diabetes, and vice versa.

- Symptoms of type 1 diabetes include: frequent urination, thirst, hunger, weight loss, poor growth, and fatigue.
- The gluten free diet *may* improve glycemic control for patients with diabetes, although that is still controversial.
- Interested in learning more? Click [here](#)

Celiac Support Group Updates

July Support Group Event Summary

Kids age 10 and older and their families met up at Holey Mackerel Mini Golf in Greenfield at the end of July. Families that attended shared some of their favorite restaurants with the group:

- Mission BBQ (has gluten free fries)
- Tofte's Table (Waukesha)
- Wauwatiki (Wauwatosa)
- Milk Can Diner (Greendale)
- Anytime Arepa (Milwaukee)
- BJ's Restaurant and Brewhouse (Brookfield)
- David Alan Alan's Smokehouse (Mukwonago)
- Stack'd Burger Bar (Milwaukee)
- Marty's Pizza (Delafield)
- Red Robin
- Chick-fil-A
- Bel Air (multiple locations)
- Contento (Delafield)



August Support Group Event Summary



The 2nd annual Rainbow Day Camp in Fredonia, Wisconsin was a success! Sports, swimming, canoeing, archery, a climbing tower, arts and crafts, and a gluten free lunch was enjoyed by campers. We had over 60 kids (patients and siblings) from Children's Celiac Program attend this year! Dr. Chugh (Milwaukee), Dr. Zabrowski (North East), Katelyn Wick (RD) and Lauren Matschull (RD) attended from Children's as well!



UPCOMING EVENTS:

October 5th 3-6pm: Celiac Awareness Walk in Slinger, WI

November 13th 6pm: Virtual Cooking Demo with Sage Harvest Cooking School

December 5th 6-8pm: Annual Gluten Free Holiday Dinner & Cookie Exchange



Interested in donating to the Children's Wisconsin Celiac Program?

Please use this [link](#) or search: ChildrensWI.org/CeliacDonation. Make sure you select "Other" under gift designation and type "Celiac Program." Scan the QR code to also take you to this site.

Donations will be used to continue to support the Bonnie Lynn Mechanic Celiac Disease Clinic and our Children's Wisconsin Celiac Support Group. Thank you for your consideration!



SCAN ME

Ask the Expert

Question for the RD: What are some tips for managing both Type 1 diabetes and Celiac?

- **Be prepared with gluten free snacks.** Those with T1D know all too well how a low blood sugar can sneak up on you. While items like juice and Smarties are gluten free and can be used to treat a low, it's important to follow those fast-acting carbs with a more substantial snack that includes protein, fat, or fiber, like granola bars or protein bars, trail mix, crunchy chickpeas, nuts and seeds, popcorn, beef jerky, beef sticks for non-perishable ideas.
- **Increase fiber in your diet.** Many know that the gluten free diet can be lower in fiber. Fiber is an important part of a healthful diet, especially for helping to stabilize blood sugars and keep them more in target after eating. Increasing fiber intake too quickly can cause bloating, gas and stomach pains. Aim to add fiber gradually by eating more fruits, vegetables, legumes (beans like pinto, chickpea, and kidney beans, peas, lentils), nuts and seeds. Look for higher fiber gluten free grains/flours like teff, amaranth, flax meal, buckwheat, sorghum.
- **Even if a patient is asymptomatic, it is still essential to follow a strict gluten free diet.** Eating foods that contain gluten still results in damage to the intestinal lining, which hinders nutrient absorption, including carbohydrates, which may result in low blood sugars.
- **Need help with recipe ideas?** Consider a cookbook dedicated to gluten free recipes for those with diabetes. These recipes may be lower in refined sugars and provide nutrition facts to ease carb counting.

Patient Perspectives

We asked our Facebook Group for ideas to put together a “Car Pantry”, a basket of gluten free foods in the car for on-the-go snacks while traveling and eating away from home!

- Sprinkles and toppings for ice cream out
- Bobo’s pb&j
- Meat sticks
- Individual sized nut packs
- Pop crisps
- Moon cheese
- Sunflower seeds
- Fruit leather strips
- Dried fruit
- That’s It fruit bars
- Applesauce pouches
- Clean protein bars
- Simple Mills crackers
- Made Good granola balls
- Breakfast biscuits
- Skinny Pop popcorn
- Pirates Booty popcorn

Tips for packing school lunches:

- The Gracious Pantry shares how to safely pack a hot or cold lunch here: https://www.thegraciouspantry.com/how-to-safely-pack-a-hot-or-cold-school-lunch/?utm_source=substack&utm_medium=email
- FlatBox – The Placemat [Lunchbox](#)
Easy to transport, machine washable, and can convert into a convenient placement! [See here](#)



New Products/Recalls

NEW!



Bettergoods found at [Walmart](#)

RECALLS:



Perdue SimplySmart Organics Breaded Chicken Nuggets & Butcher Box Organic Chicken Breast Nuggets both with Best If Used By date of 3-23-25 [recalled](#) – contains foreign object (metal)

Zee Zee's Fava Bean Crisps [mislabelled GF](#) – contains malt

Milo's Poultry Farms & Tony's Fresh Market – Eggs distributed in WI, IL, and MI – [recalled](#) for the potential to be contaminated for salmonella



Recipe

Make Your Own Flour Blends from Gluten Free and More (<https://glutenfreeandmore.com>)

All-Purpose Flour Blend: *Use cup-for-cup in recipes as you would all-purpose wheat flour. For recipes with yeast, add $\frac{3}{4}$ teaspoon of additional xanthan gum per cup of flour in the recipe.*

4 $\frac{1}{2}$ cups white rice flour
1 $\frac{1}{2}$ cups sweet (glutinous) rice flour
2 cups potato starch (not potato flour)
1 cup tapioca starch
4 teaspoons xanthan gum

Whisk all ingredients together well. Store in an airtight container.

High Protein Flour Blend: *This blend works well for bread, pie crust, and other baked goods. For recipes with yeast, add $\frac{1}{2}$ teaspoon of additional xanthan gum per cup of flour called for in the recipe.*

2 $\frac{1}{4}$ cups chickpea flour
2 cups superfine brown rice flour
2 cups potato starch (not potato flour)
2 cups tapioca starch
4 teaspoons xanthan gum

Whisk all ingredients together well. Store in an airtight container.

High Fiber Flour Blend: *This blend works well for bread and other recipes where you want a nutritious flour blend with extra fiber. For recipes with yeast, add an additional $\frac{1}{2}$ teaspoon of xanthan gum per cup of flour called for in the recipe.*

2 cups superfine brown rice flour
2 cups sweet white sorghum flour
1 $\frac{1}{3}$ cups tapioca starch
 $\frac{2}{3}$ cup potato starch (not potato flour)

Whisk all ingredients together well. Store in an airtight container.

Educational Opportunities

Children's Wisconsin Celiac Disease and the Gluten Free Diet Education Module is now available on the [Celiac Disease Foundation's website!](#)

Children's WI Celiac [Webpage](#)

Browse the website to learn more about the Celiac Program, Frequently Asked Questions, Nutrition resources, the latest newsletter editions, and more!

Children's WI Electronic Education [Module and Resources](#)

Review the electronic education course or share with family, friends, teachers, and caregivers!

The National Celiac Association (NCA) offers virtual events every month geared towards elementary aged children, middle-schoolers, and high-schoolers. If you are interested in attending one of these events here is the calendar of upcoming events: <https://nationalceliac.org/nca-events/>

FALL EVENT OPPORTUNITIES: (not affiliated with Children's Wisconsin)

- [GF Baking Retreat](#) November 8-10 in Roscommon, Michigan
- [My Gluten Free World Expo](#) September 27-28 in Sandy, Utah



Navigating the Intersection of Celiac Disease and Type 1 Diabetes

Living with a dual diagnosis of celiac disease and type 1 diabetes is a major challenge. Hear about the latest research on these co-existing conditions and important nutritional guidance with our Culinary Medicine Webinar, "Navigating the Intersection of Celiac Disease and Type 1 Diabetes." Join three esteemed speakers – a knowledgeable doctor, a seasoned dietitian, and a creative medical chef – as they guide you through the unique challenges and opportunities presented by a dual diagnosis. Gain valuable insights into managing the nutritional complexities of celiac disease and Type 1 diabetes within the family context. From medical considerations to dietary strategies and culinary solutions, this webinar offers a comprehensive approach to empower families facing this dual diagnosis.

Register here: https://us02web.zoom.us/webinar/register/WN_cPKLhAZMQFqso1ruw5CLaw#/registration

We will continue to share information on our 2024 support group events with you by email. We also want you to be aware of educational opportunities that are being held by other celiac disease centers, as we do not want to recreate something that others are already doing. We will be sharing these educational opportunities on our private Facebook group (Celiac Support Group of Wisconsin). Please reach out to us at celiacsupport@childrenswi.org if you need instructions on joining our Facebook group!

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Gluten Free Care Packages

Festival Foods offers Gluten Free Care Packages: If your child was diagnosed with Celiac in the last 12 months and is interested in seeing what your local Festival Foods store has to offer for gluten free products, use this [link](#) to sign-up for a gluten free care package and possible tour of the store!

Nick's Snack Packs: If you have a child who is 12 years old or younger and diagnosed with Celiac, sign up using this [link](#) to request a free box of free gluten-free products from Nick's Snack Pack. They typically release 25 snack packs each month and are mailed on a first-come, first-serve basis. Learn more here: <https://www.nickssnackpack.com/>

GIG Cares Cutting Costs Program:

The Cutting Costs program helps to offset costs associated with purchasing gluten-free foods by providing a monthly care package full of gluten-free products. Check out the website to see if you qualify and to apply for the program:

<https://www.gigcares.org/what-we-do>

In past newsletters, we have shared information on the GIG Cares monthly gift box program. This program provides a free monthly care package full of gluten free products for those who are struggling to afford the high cost of gluten free foods. At this time, the program is unfortunately not accepting new families as the demand is higher than they anticipated. You can complete the application to be considered for the waitlist. If you would like to learn more about this program or would like to consider donating to the program, please visit their website: <https://www.gigcares.org/>.

Everyone at The Bonnie Lynn Mechanic Celiac Disease Clinic at Children's Wisconsin wishes you a great Fall!