

Celiac Support Group NEWSLETTER



SPRING 2024

We hope this newsletter finds you well and hope you are enjoying Spring! We have been busy planning events for 2024. Our goal is to include more events geared toward different age groups this year, including virtual and in-person events with many opportunities to connect, learn, and have fun together. There will be opportunities to receive giveaways throughout the year and each event attended will get your name added to a raffle drawing that will occur at the Annual Holiday Dinner/Cookie Exchange!

We plan to send save the dates and invitations sooner in advance as well.

We hope you enjoy this edition of the newsletter, and please 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 favorite recipe with the support group.

Exciting news for Children's WI Celiac Program!



Dr. Brittany Gresl is a pediatric GI psychologist who is now available to patients with Celiac disease! She has over 10 years of experience working with children and adolescents with chronic medical conditions. GI Psychologists often focus on the connection between thoughts, feelings, and behaviors in the context of complex GI symptoms to get kids doing more and feeling better. She often works with children individually during sessions to learn and practice new skills, while also meeting with the caregiver(s) to help them understand and support the child. Services are in-person at Milwaukee campus or virtually. If you are interested in seeing the GI Psychologist, talk to your medical provider for a referral!

March 30th is National Doctors Day!

In celebration of National Doctor's Day we want to highlight our fantastic celiac doctors.

Dr. Chugh is a board-certified pediatric gastroenterologist and director of the Celiac Disease program at Children's Wisconsin. He has specific expertise in Celiac Disease, including complex cases, but treats patients with any pediatric GI disorder. In his free time, he loves spending time with his kids and family. On the occasional date night with his wife, he enjoys trying Milwaukee restaurants and going to Bucks games!

Dr. Zabrowski is a board-certified pediatric gastroenterologist, working primarily in Appleton and Green Bay. He is the director of gastroenterology for Children's Wisconsin in the Northeast. He has a special interest in Celiac Disease but treats all pediatric GI patients. In his free time, you'll find him spending time with his wife and 3 children or watching Wisconsin sports. He is a trained opera singer, likes to participate in his local church, and is an amateur gardener.



Celiac Support Group Updates & Upcoming Events

Upcoming Events:

- April 16th: Virtual Presentation with Dr. Brittany Gresl, PhD
- May 4th: Bug and Goose Play Café (Elm Grove)
- June 2nd: Wisconsin Timber Rattlers Baseball Game (Appleton)
- July (date TBD): event geared toward teens
- August 14th: Rainbow Day Camp (Fredonia)
- September 21st: Family Education Day (Children's WI – Main Campus)
- October (date TBD): Celiac Awareness Walk (Milwaukee area)
- November (date TBD): Virtual Cooking Class
- December (date TBD): Annual Holiday meal and gluten-free cookie exchange

Ask the Experts

Question for MD: Why is it important to follow a gluten free diet when I may not have typical symptoms of Celiac Disease?

Many patients with Celiac will have symptoms soon after gluten consumption, which can discourage eating foods with gluten. However, for those who do not have immediate symptoms, they may find it hard to stay committed to a gluten free lifestyle.

Unfortunately, you'd be putting yourself at increased risk of serious problems down the road. Long term exposure to gluten can put you at risk of poor growth and/or weight loss, iron deficiency and anemia, poor nutrition which can lead to hair loss, brittle bones, sexual dysfunction, poor fertility and perhaps most important, cancer. Keeping gluten out of the diet now may be a challenge, but it will keep you healthy and prevent future serious problems from occurring.

Question for RD: What should I do if a gluten free product makes me sick? If you are not feeling well after eating a particular food, and you suspect you have consumed gluten inadvertently, there is not much you can do, but here are some tips for recovering from gluten exposure: <https://nationalceliac.org/celiac-disease-questions/what-to-eat-after-being-glutened/>

The FDA regulates all foods except meat, poultry, and processed egg products. Foods can be recalled for the presence of disease-causing micro-organisms, foreign objects, or the failure to list a major allergen in the food (like wheat). As for foods that you suspect might not be gluten free despite a GF label, check the FDA site, National Celiac Association site, or Gluten Free Watchdog, a GF product testing and consumer advocacy organization, for more information if your product may have been recalled.

Another thing to remember is that many foods, not just gluten-containing ingredients, can cause uncomfortable digestive symptoms for some people. It is quite possible that the food you suspect contains gluten may contain an ingredient that is irritating to your personal digestive system.

Patient Perspectives

Favorite Soups! During National Soup Month in January, we asked the Facebook group to share favorite soup recipes that include GF grains like buckwheat, corn, flax, millet, rice, quinoa and sorghum. A group member, Sara Schultz, shared a gluten free alternative to one of her daughter’s favorite soups, “beef and barley soup” using sorghum in place of barley. The recipe is from Beyond Celiac ([recipe here](#)). Sorghum is a little bit of mystery with how long to cook it, but with soup there is wiggle room! She shared that her daughter liked it! Thanks for sharing, Sara!

The Tingley family has a favorite GF soup shop in Green Bay called, ‘Hey! Soup Sister’ that they absolutely love. The shop has 3 fresh soups daily which are posted on their [website](#), Facebook page and Instagram. You start with your base of soup and can add in meat, beans, rice, fresh vegetables, cheeses, and crunchy toppings. Their favorite soups are the “African Peanut”, “Egg Roll”, and “Smoky Pickle Potato”. Dana also shared that their Brazilian Cheese Bread and Black Bean Brownies are made from scratch and are more of their family favorites!

Favorite Pastas! March is National Noodle Month and our Facebook group members shared Banza, Jovial, and Barilla pastas are some of their favorite brands!

New Products/Recalls

NEW! Schar Pretzels, Siete Cookies, Sweet Loren’s Pizza Crust and Puff Pastry
Feel Good Foods has a new look! **Digiorno Gluten Free Pizza** is now Certified GF!



RECALLS:



Chick-fil-A Polynesian Sauce recall Discard any Polynesian Sauce dipping cups that you may have taken home between February 14-27, 2024. The manufacturer packed some of the Polynesian Sauce dipping cups with a different sauce that contains wheat and soy. This recall is nationwide.

Amy's Gluten-Free Bean and Cheese Burrito This product is being recalled due to the presence of foreign material (plastic). [Click here to learn more.](#)

Woodstock 5 Grain Cereal This product is being recalled because the ingredient Triticale is not identified as wheat. [Click here to learn more.](#)

Recipe

The Best Gluten-Free Carrot Cake Cupcakes

Recipe from: Healthy Gluten-Free Family

Prep time: 15 minutes

Cook time: 1 hour

Makes 12 cupcakes

Ingredients

- 1 ½ cups grated carrots
- 1 cup gluten free flour with xanthan gum
- ¾ cup canola oil
- 1 cup sugar
- 2 eggs
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 ½ teaspoon cinnamon
- ½ teaspoon salt
- 1 teaspoon vanilla
- ¼ cup crushed pineapple, drained
- Optional to add walnuts and raisins



Cream Cheese Frosting:

- 4oz cream cheese, room temperature
- ¼ cup butter, room temperature
- ½ pound powdered sugar
- ½ teaspoon vanilla

Instructions

1. Preheat oven to 350°F. Line 12 muffin tins with paper liners. Set aside.
2. Mix oil and sugar thoroughly in mixer.
3. Add eggs one at a time, beat thoroughly after each addition.
4. Combine flour, baking soda, baking powder, cinnamon and salt in a bowl with a pastry cutter or fork.
5. Add dry ingredients alternately with the grated carrots to the wet ingredients. Add vanilla and drained pineapple. Mix thoroughly. Add walnuts and raisins if using. Again, beat thoroughly.
6. Pour or spoon batter evenly into 12 prepared muffin tins. Bake at 350° for 20 minutes, then loosely cover and continue baking for 10-15 more minutes or until toothpick comes out of center cleanly.
7. Let cool completely before removing from muffin tins.
8. To make the frosting, cream all frosting ingredients together. Spread on cupcakes once cooled. Enjoy!

Educational Opportunities/Resources

Children's WI Celiac [Webpage](#)

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

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

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

Free Webinar Alert! To Eat or Not to Eat: Oats and the Gluten-Free Diet on April 24th at 11am Central Time. Indulge your taste buds and expand your understanding of one of the most controversial topics in celiac disease. [Register here!](#)



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!

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/>

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