



Gluten-Free Trading Co.

Customer Update

August 2003



Gluten-Free Trading Co. • 604A W Lincoln Ave • Milwaukee WI 53215 • 1-888-993-9933 • 414-385-9950 • info@gluten-free.net

Introducing New Cornito Pastas



If you've been dreaming of pasta in the shape of an egg noodle, you're about to awake to a pleasant surprise! Beef stroganoff, chicken noodle soup, and buttered noodles are among the many dishes you can make with Cornito, a new gluten-free pasta from Hungary that comes in short, broad noodles and seven other exciting shapes!

As the name suggests, Cornito made almost entirely from corn, with a small amount of potato to assure good texture. The wholesome ingredients extend to the tri-color versions, which are free of artificial colorings—they get their greens and reds from spinach and paprika, respectively. Cornito is USDA certified organic and is labeled with US Nutrition Facts. It's GMO-free, milk-free, egg-free, soy-free, nut-free, vegan, and fat-free. We tested this pasta and found that it turned out better than a lot of other corn pastas we have tried (see box for pasta cooking tips).

Choose from six exciting shapes:

- 1 Mystic Flames (shaped like an egg noodle)
- 2 King's Elbows (fluted elbow, also called maccaroncini)
- 3 Sea Waves (wavy noodle, a bit like a tiny lasagna noodle)
- 4 Sea Waves At Sunset (Multicolor version of Sea Waves)
- 5 Twisty Screws (spirals)
- 6 Screws From Rainbow (multicolor version of Twisty Screws)
- 7 Twisting Snakes (partially curled noodles – geminne)
- 8 Painted Snakes (multicolor version of Twisting Snakes)

Ingredients: Corn, potato flakes, water. Tri-color versions also contain spinach and paprika.

WF GF Milk-Free Egg-Free Soy-Free Nut-Free Vegan Fat-Free
 7 oz Bags **INTRODUCTORY PRICE! \$2.59**

How to Cook Gluten-Free Pasta

Any pasta—even semolina wheat pasta—will turn to mush if it's not cooked properly, but gluten-free pastas can be especially tricky to prepare. To cook gluten-free pasta successfully, use an extra-large pot and plenty of water. When the water comes to a full rolling boil, add about a teaspoon of cooking oil and a pinch of salt, and then add the pasta. As soon as the pasta is in the pot, stir gently to assure that it doesn't stick together (a pasta fork, available in most department stores, makes it easier to stir the pasta without damaging it). As the pasta cooks, stir gently every couple of minutes. Test for doneness at or before the *minimum* cooking time indicated on the package and extend the time if necessary, but do not overcook. When the pasta is ready (we prefer "al dente"), pour off the cooking water and gently rinse the pasta with cool water to stop the cooking. If the pasta is not going to be used immediately, stir in a little olive oil to keep it from sticking. If some members of the household are eating gluten-free pasta and others are eating wheat pasta, you can cook the gluten-free pasta first, and then use the same water to cook the wheat pasta (cooking the wheat pasta first would contaminate the gluten-free pasta).

New Gourmet Organic Cookies from Pamela's



Last month we featured new gluten-free cookies for kids. This month it's the adults' turn with these delicious new gourmet cookies from Pamela's. Choose from four varieties, all made from the finest organic ingredients:

- 1 **Espresso Chocolate Chunk.** Coffee and chocolate—what a great combo!
 Ingredients: Organic rice flour base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), natural evaporated cane sugar, chocolate chunks (natural evaporated cane sugar, chocolate liquor, cocoa butter, soy lecithin [emulsifier], natural vanilla), butter, eggs, non-hydrogenated palm oil, grape juice, rice syrup, espresso, natural coffee flavor, grainless & aluminum-free baking powder, sea salt, xanthan gum. Contains milk protein.
- 2 **Dark Chocolate Chunk Cookies.** Why settle for chocolate only in the chips, when you can have cocoa in the dough, too!
 Ingredients: Organic natural evaporated cane sugar, non-hydrogenated palm oil, organic rice flour base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), chocolate chunks (natural evaporated cane sugar, chocolate liquor, cocoa butter, soy lecithin [emulsifier], natural vanilla), cocoa powder (processed with alkali), grape juice, rice syrup, eggs, natural chocolate flavor, vanilla flavor, grainless and aluminum-free baking powder, sea salt, baking soda, xanthan gum. May contain traces of milk protein.
- 3 **Chocolate Chunk Pecan Shortbread.** A favorite: butter shortbread richly studded with pecans and chunks of dark chocolate.
 Ingredients: Organic rice flour base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), honey, molasses, butter, chocolate chunks (natural evaporated cane sugar, chocolate liquor, cocoa butter, soy lecithin [emulsifier], natural vanilla), non-hydrogenated palm oil, pecans, vanilla flavor, xanthan gum, sea salt.
- 4 **Spicy Ginger Cookies with Crystallized Ginger.** A ginger cookie with a bite! This spicy treat will take your breath away.
 Ingredients: Organic rice flour base (brown rice flour, white rice flour, tapioca starch, sweet rice flour, xanthan gum), molasses, brown sugar, non-hydrogenated palm oil, crystallized ginger pieces, grape juice, rice syrup, eggs, ginger, cinnamon, salt, baking soda, cloves.

All varieties are processed in a facility that also handles peanuts, tree nuts, dairy products, eggs, and soy.

WF GF 5.3 oz boxes **\$3.49**

Dylan's 5K Run & Walk for Autism To Be Held Sept 7, 2003 in Milwaukee

Dylan's 5K Run & Walk is an annual event to benefit autism research and the Autism Society for Southeastern Wisconsin. Named for an American Indian boy with autism who is now 6 years old, the event takes place as part of Indian Summer Festival on the Festival Grounds at Milwaukee's lakefront. Registration and warm-up begins at 8:30 and the run begins at 10:00. For more info call 414-427-9345 or visit www.dylansrun.com.

STORE & CATALOG HOURS (CST)

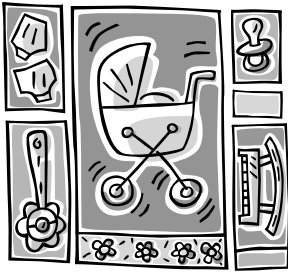
Monday Closed
 Tues-Fri 10-1 & 2-7
 Saturday 10:00-5:00
 Sunday 11:00-4:00

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Stay In Shape While You're Expecting

When You're Pregnant, What You Eat Is Twice As Important As Before!

By Gloria Scarparo, Dr. Schär Dietician



Pregnant celiacs can breathe a sigh of relief: if you stick to your gluten-free diet and pay attention to balanced nutrition, you have nothing at all to worry about. But there is a piece of bad news, too: it's an old wives' tale that you should eat for two during pregnancy.

What is true is that you should eat several small, light meals spread throughout the day. That way you are less likely to feel tired or to suffer hunger pangs, which lead to overeating. You should get more than half of your daily energy requirements in the form of carbohydrates. Whole-grain bread, brown rice, pulses (beans/peas/lentils), potatoes and fruit are the best sources.

If, like many pregnant women, you're a bit constipated, eating whole-grain rice, millet and coarsely ground flax seed should put you right again. In order for the fiber to do its job, it needs to swell up in your system, so you should make sure that you drink enough liquids. Expectant mothers should always try to get at least two liters (68 ounces) a day.

If you're in the early stages of pregnancy and are feeling a bit queasy, try to stay away from salted foods and drink small quantities of carbonated water.

Many people will try to tell you that healthy foods should contain little or no fat. That's not entirely true. In fact, fat is important for the proper functioning of your body. You should try to get 30 per cent of your daily calorie intake from fats, but it's important to make sure that they are of a high quality. The classic recommendation is virgin olive oil, but other vegetable oils, such as peanut, sesame, sunflower, almond or corn oil, are beneficial as well.

Last, but not least, let's look at protein. Here, too, you should keep nutritional value in mind and choose low-fat milk and dairy products, lean meat, fish, eggs, poultry — and, of course, those pulses you keep hearing about. Why not serve up a delicious lentil soup or some beans as a side dish? The combination of grains (and don't forget that this group includes rice!) and pulses is a source of highest-quality protein.

In brief:

- Strictly follow your gluten-free diet.
- Eat five small meals instead of three big ones.
- A weight gain of 9 to 12 kg (20 to 26 pounds) is perfectly normal.
- Be sure to wash all fruit and vegetables.
- Avoid eating raw or undercooked meat (higher risk of toxoplasmosis).

You should make sure to get enough of these:

- **Calcium.** Vital for the mother and for the bone development of the child. A daily dose of 1,200 mg is recommended. The best sources of calcium are dairy products, which unfortunately also tend to be high in calories. The best solution is to choose low-fat dairy products and to eat more soybean products, sunflower seeds, sesame, linseed, carrots, cabbage, cauliflower and citrus fruit.
- **Iron.** Iron deficiency is relatively common in pregnant women. If the deficiency is not serious, it can be taken care of with the proper diet. You should make sure to get 30 mg of iron daily. Some good sources are spinach, liver, peanuts, pulses and dried fruit. By the way, if you eat these together with foods that are high in vitamin C, such as bell peppers, broccoli, citrus fruit, kiwis and strawberries, the iron will be absorbed much better by your body.
- **Folate (folic acid).** This is one of the most vital vitamins for the unborn child in the first trimester. You should get at least 400 mcg (micrograms) daily. Only in the past few years has the crucial importance of this vitamin during pregnancy been fully recognized and understood. It works to prevent birth defects and is crucial for the embryo during its growth phases. Folate is found in a great number of foods, including hazelnuts, walnuts, almonds, cabbage, beets, asparagus, spinach, savoy cabbage, gluten-free grains and cereals, citrus fruit, bananas, melons and kiwis.

Special thanks to the people at Dr. Schär for permission to reprint this article!

Thai Kitchen Noodle Bowls Now in Two More Flavors

Thai Kitchen has added two more flavors to their line of Rice Noodle Bowls, a convenient and tasty gluten- and egg-free lunch that's ready in just 3 minutes. Microwaveable.

1 Thai Ginger (Mild).

Ingredients: Rice noodles (rice, water, tapioca), seasoning packet (sugar, salt, maltodextrin, spices [garlic, onion, galangal {Thai ginger}, green onion], dried coconut, sodium caseinate, hydrolyzed corn protein, yeast extract, sunflower oil, hydrolyzed soy protein, citric acid, natural flavor, soybean oil), oil packet (soybean oil, dried chili, garlic, shallot, tocopherol [vitamin E]), dehydrated vegetable packet (green onion, coriander). Manufactured in a facility that uses peanuts.

2 Lemongrass & Chili (Spicy).

Ingredients: Rice noodles (rice, water, tapioca), seasoning packet (salt, spices [lemongrass, onion, chili, kaffir lime, garlic, green onion], sugar, citric acid, shrimp powder, tamarind powder, natural flavor), oil packet (soybean oil, dried chili, garlic, shallot, tocopherol [vitamin E]), dehydrated vegetable packet (green onion, coriander). Manufactured in a facility that uses peanuts.

WF GF Egg-Free 2.4 oz packets **\$1.59**

Celiac Awareness Pins Available At Gluten-Free Trading Company

The Celiac Disease Awareness Pin—a metal pin in the style of a green ribbon with the words CELIAC DISEASE—is a fundraiser and awareness builder sponsored jointly by the Northeast Ohio Celiac Support Group and the University of Chicago Celiac Disease Program. Each pin is 1" tall and sells for \$5.00. The pins are available at Gluten-Free Trading Company and through the two organizations.

New Store Slowly Progressing



Preparations for our move to 3116 S Chase Avenue continued in July, but still at a snail's pace. The architectural layout has been completed (hopefully!) and the structural engineer is making the final checks of our calculations. Wish us luck at our final architectural plan review with the City on August 12. When the date for our move has been finalized we will announce it through the newsletter and on our website.