



FDA Moves Toward A National Gluten-Free Standard

In January 2007 the US Food and Drug Administration (FDA) issued a proposed national standard that will establish a formal definition of the words "gluten free".

In the past, there was considerable confusion about the meaning of the word "gluten" and the words "gluten-free".

The proposed rule was prepared in close consultation with leading celiac disease experts. Based on the available medical data, the FDA concluded that even very small amounts of gluten are harmful to celiacs.

A likely outcome of the new FDA rule will be to force manufacturers to tighten up their production processes and monitor their ingredient suppliers more carefully.

As the new FDA rule comes into effect, manufacturers will need to become even more careful about avoiding cross-contamination (the unintentional introduction of gluten into a product that is supposed to be gluten-free).

Cornito Is Back!

In response to many customer requests, we're pleased to announce that Cornito noodles and pasta are once again available at Gluten-Free Trading Company!

- Noodles
Sea Waves (Mini Lasagna)
New! Spaghetti
New! Rigatoni (Penne)
Elbows
Spirals (Rotini)



Cornito pasta is all-natural, wheat-free, egg-free, milk-free, and cholesterol free. The new spaghetti shape is packaged in "nests" that cook up just like regular spaghetti.

Ingredients: Corn flour, corn starch, potato flakes, water.

WF GF Milk-Free Egg-Free 7 oz packet \$2.79

New! Go Macro Bars



Go Macro bars are a new, soft and chewy snack or energy bar from a Wisconsin based company. They're great for camping or summer road trips.

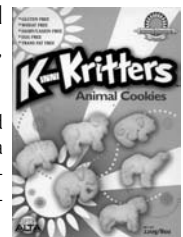
- 1 Peanut Protein. Ingredients: Organic brown rice syrup, organic peanut butter, brown rice protein powder, organic puffed brown rice.
2 Cashew Butter. Ingredients: Organic brown rice syrup, cashew butter, organic puffed brown rice, organic cashews.
3 Tahini Date (Sesame). Ingredients: Organic brown rice syrup, organic sesame butter, organic puffed brown rice, organic raisins, organic dates, organic sesame seeds.

WF GF Milk-Free Egg-Free Vegan Organic 7 oz bar \$2.89

New! Kinni-Kritters

New from Kinnikinnick! Kinni-Kritters are animal cookies that are gluten-free, wheat-free, dairy-free, casein-free, egg-free and trans fat free.

Ingredients: Sugar, pea starch, potato starch, non-hydrogenated shortening (palm fruit and/or canola), white rice flour, tapioca starch, water, glucose, pea protein, sodium carboxy methylcellulose, vanilla, pea fiber, guar gum, inulin, ammonium bicarbonate, sodium bicarbonate, soy lecithin.



WF GF Milk-Free Egg-Free 8 oz box \$3.99

2007 Summer Hours

Closed Memorial Day and Independence Day

Monday 10:00 AM-2:00 PM
Tuesday-Friday 10:00 AM-1:00 PM & 2:00 PM-7:00 PM
Saturday 10:00 AM-5:00 PM
Sunday 11:00 AM-4:00 PM

Shop Online at www.food4celiacs.com

St Dalfour Gourmet On the Go Ready-to-Eat Meals



New! These delicious, ready to eat gluten-free meals are ideal for people on the go. Simply peel off the lid, stir with a fork and eat. They are great for traveling, camping, backpacking, or to keep at work or school as a "just in case" meal. A small fork and packets of pepper and salt are included in each package. Vacuum-packed for freshness, they are all-natural and contain no preservatives. They taste great chilled or at room temperature, and can be microwaved after the foil lid has been removed. We offer two varieties:

- 1 **Wild Salmon with Vegetables.** Excellent by itself as a light meal or snack. For a more substantial meal it is superb served over a bed of fresh leaf lettuce with chilled hard-boiled egg slices.

Ingredients: Salmon, potatoes, sliced carrots, flageolet beans, red peppers, green peppers, celery, sunflower oil, mustard, salt, dill, garlic, white pepper, paprika, thickeners (xanthan and/or guar gums). (Note: the peppers are the mild type—this meal is not spicy).

- 2 **Three Bean & Sweetcorn Salad.** Excellent by itself as a light meal or vegetarian snack. For a more substantial meal it is delicious with sliced tomatoes, cheese, corn chips, or nachos.

Ingredients: Diced carrots, sweet corn, lentils, cannellini beans, kidney beans, onions, flageolet beans, sunflower oil, olive oil, salt, mustard garlic, tarragon, thickener (xanthan and/or guar gums).

WF GF Milk-Free ... 6.2 Ounce Pkg Introductory Price \$2.89

La Tortilla Factory Teff Wraps



New! La Tortilla Factory Teff Wraps are ready-made large tortillas with a smooth, light texture. They have a rich earthy flavor with a hint of honey. They're made with teff, a gluten-free grain that is high in protein. Perfect for burritos, quesadillas, and wrap sandwiches—just heat and eat. Choose from two types:

- 1 **Ivory Teff Wraps.** Light brown/tan color.

Ingredients: Water, tapioca flour, whole grain ivory teff flour, whole grain millet flour, canola oil, soy lecithin, colloid powder (cellulose gum, maltodextrin, carrageenan), contains less than 2% of each of the following: guar gum, sea salt, honey, baking powder (monocalcium phosphate, sodium bicarbonate, corn starch), to maintain freshness (sorbic acid and calcium propionate).

- 2 **Dark Teff Wraps.** Medium brown color.

Ingredients: Water, tapioca flour, whole grain teff flour, whole grain millet flour, canola oil, soy lecithin, colloid powder (cellulose gum, maltodextrin, carrageenan), contains less than 2% of each of the following: guar gum, sea salt, honey, baking powder (monocalcium phosphate, sodium bicarbonate, corn starch), to maintain freshness (sorbic acid and calcium propionate).

WF GF Milk-Free 13.9 Ounce Package (6 wraps) \$4.59

Bakery On Main Granola



Bakery On Main's delicious granola is now available in two new flavors, bringing the total number of choices to five. All are gluten-free, casein-free, cholesterol free, and low in saturated fat and sodium. Please visit our website www.food4celiacs.com for complete ingredient lists.

- 1 New! Cranberry Orange Cashew Granola
- 2 New! Rainforest Granola (Brazil nuts and bananas)
- 3 Nutty Cranberry Maple
- 4 Apple Raisin Walnut
- 5 Extreme Fruit & Nut (cranberries, coconut, mixed nuts)

WF GF Milk-Free Cholesterol Free 12 oz bag \$6.49

Contaminated Gluten Triggers Pet Food Fears

The recent discovery of pet foods and animal feeds made with contaminated gluten has generated publicity, concern, and a certain amount of hysteria. For animals, the problem was not the gluten itself. It was a type of plastic called melamine that was mixed with the gluten. The contamination is thought to have caused the deaths of a number of cats and dogs, and led to the recall of millions of cans of pet food.

Two Chinese bulk ingredient suppliers have been accused of adding powdered melamine to low-quality gluten to make the protein content look better in lab tests. Melamine itself has no nutritional value, but it contains a lot of nitrogen, so it fakes out standard protein tests. It was the plastic (not the gluten) that made the animals sick.

In the aftermath of the incident the United States has threatened to ban imports of Chinese wheat gluten and rice protein, and Chinese authorities have pledged to clean up their food and pharmaceutical industries.

Concentrated gluten is used as a meat substitute in most canned pet food products. Many dry pet foods also contain large amounts of gluten. Therefore, it is important for celiacs and other gluten-sensitive individuals to wash their hands and utensils thoroughly, immediately after dishing out pet foods.

What Is Gluten?

Gluten is a plant protein found in the seeds (grains) of wheat, barley, rye, spelt, kamut, triticale, einkorn, and emmer. These plants also produce large amounts of starch. Sometimes people confuse gluten with starch, but the two are actually quite different. The confusion is understandable—when the grains are milled into flour, the starch and gluten literally get mixed up. Nevertheless, it is possible to separate them, as author Hervé This writes in the book *Molecular Gastronomy*:

As early as 1745 the Italian chemist Jacopo Beccari showed that gluten can be extracted by kneading [wheat] flour with a bit of water and then placing the lump formed in this way under a thin stream of water. Rinsing washes away the white starch granules, leaving the gluten between one's fingers.

Wheat flour has more starch than gluten, so the washing process that Beccari described yields about two ounces of gluten (after drying) from every pound of flour. In other words, ordinary wheat flour contains about 12% gluten (12% can also be written as 120,000 parts per million). When wet, the gluten forms a rubbery mass, which is sometimes flavored and fried to make a vegetarian meat substitute called seitan.

In conventional baking, gluten plays a key role in creating the texture of bread. When dough that contains gluten is kneaded, the gluten molecules link together, forming sheets, pockets, and bubbles that trap steam and other gasses as the bread bakes. The more gluten a dough contains, the fluffier and chewier the bread will be (some bakery products such as puff pastry and croissants take this effect to the extreme by adding extra gluten). The proteins of gluten-free grains do not cross-link the way gluten does, so it difficult to make good gluten-free bread. Gluten-free bakers must use costly additives such as xanthan gum to try to mimic the effects of gluten.