

Celiac Disease Digest Newsletter

April 2011

Welcome

Welcome to the April 2011 edition of the Celiac Disease Digest Newsletter, a publication from the Celiac Disease Program at Children's National Medical Center. This month and in many ahead, we're going to focus on teaching you about all of the amazing gluten-free grains out there and how to best use them in your kitchen.

In this month's newsletter you'll learn all about rice. It's a very common ingredient and accounts for quite a large portion of the world's caloric intake every year. Ahead you're going to learn some fun facts about rice, its nutritional value, and how you can turn this tiny grain into delicious dinners for the entire family.

Happy reading!

Upcoming Events for the Celiac Program

Gluten-Free Dinner at The Melting Pot of Washington, DC

- **Date:** Wednesday, April 27, 2011
- **Time:** 7:30 p.m.
- **Location:** The Melting Pot of Washington, DC (1220 19th Street, NW, Washington DC - 2 blocks from the Dupont Circle Metro station)
- **Cost:** \$40.55 (includes 4-course dinner, water-based beverages, tax and gratuity)
- **Register at:** <http://meltingpotglutenfree.eventbrite.com>

Washington DC Gluten-Free Vendor Expo & Cocktail Reception

- **Date:** Friday, July 8, 2011
- **Location:** Embassy Suites Washington, DC Convention Center Hotel
- **Vendor Fair:** 4:00 p.m. - 8:00 p.m.
- **Cocktail Reception:** 7:30 p.m. - 10:00 p.m.
- **Register at:** <http://glutenfreefood.eventbrite.com>

Note From Lennie Clore, Celiac Program Coordinator

Did you know that rice provides more than 1/5 of the calories consumed by all humans on earth? That is quite a contribution to the daily diet of people around the world, and even more so for people living a gluten-free lifestyle!

But for many people on a gluten-free diet, the refrain of "you can still have rice" is all too familiar, and we never want a child to feel that all they can eat are rice cakes.

So, while you'll learn about the nutritional value of a variety of rices in John's portion of this issue and get some great new recipes from Vanessa, I'd like to focus on ways to address the often overwhelming feeling of being limited by dietary options.

The best diet is always the least restricted one, as long as adherence to the U.S. Food and Drug Administration guidelines for a healthy and well-rounded diet is kept in mind. That's all well and good until there is a diagnosis of celiac disease. Parents and children alike feel overwhelmed by the dietary limitations, and food shopping can become one of the more stressful parts of the week. The FDA guidelines won't change when you go gluten-free, but the approach to implementing them will be fairly different.

As a starting point, it is always important to focus on the things that your child with celiac disease can eat, as this will help to normalize the chronic illness. Ensuring that there is a variety of foods, especially gluten-free grains, present in your child's diet will model the gluten-free lifestyle in a less restrictive way, which should help during the transition period.

That being said, acknowledging that such a drastic change in diet and lifestyle is difficult also is an important part of the journey. Your child may struggle to come to terms with the diagnosis and the feeling of being different than their

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peers. By allowing them some time to be sad about the loss of some favorite foods, it should help them to ultimately accept the diet change.

However, a positive attitude and a pantry full of gluten-free alternatives may not be enough to help guide your child through his or her diagnosis, and in some cases, psychological counseling may be beneficial. If you would like to seek out these options, please let me know and I will put you in touch with the right people.

As always, if you have questions or concerns related to your child's celiac disease, feel free to contact me at 202-476-3297 or eclore@childrensnational.org.

--Lennie Clore, MSN, RN, CPNP
Celiac Disease Program Coordinator

Gluten-Free Grain Spotlight: Rice

History and Significance

- Rice is arguably the world's most important food. It is the second most widely cultivated cereal in the world and is a staple food for more than half the world's population.
- In much of Asia, rice is so central to the culture that the word is almost synonymous with food.
- Archaeological research shows rice has been cultivated in parts of Africa and Asia for well over 3,500 years.

Harvesting and Preparing

- There are four major categories of rice: Indica, Japonica, aromatic and glutinous; within these categories, there are more than 40,000 varieties.
- When harvested, the seeds of the rice plant are first milled to remove the outermost husk or chaff. At this step, the product is called brown rice. Continued milling will remove the remaining husk and the germ creating white rice.
- Raw rice can be ground into flour and used to make various gluten-free foods and beverages such as noodles, horchata, and rice milk.
- Rice is usually cooked by boiling or steaming and can be added to as much water as the grains will absorb.
- When fried in oil before boiling (as done for Risotto) it will make the cooked rice less sticky, and is referred to as pilaf in the United States or biryani in India and the Middle East.
- The grains of long-grain rice are high in amylose and tend to remain intact or "fluffy" after cooking; compared to medium-grain rice, which is high in amylopectin, and become stickier.
- Wild rice, although a close cousin, is not from the same group of plants as Asian rice.

Nutrition

- Along with being gluten-free, rice is a wholesome and nutritious cereal grain with qualities that make it ideally suited for special dietary needs.
- Rice is a complex carbohydrate, is cholesterol and sodium free, has only a trace of fat and is a good source of protein, providing all eight essential amino acids.
- Rice also is a good source of other essential nutrients - thiamin, riboflavin, niacin, phosphorus, iron, and potassium.
- In the United States, most of the white rice consumed is enriched.
- Rice naturally contains thiamin, niacin, and iron. However, during the milling process, the quantity of these nutrients is reduced. To bring the nutritional level of the milled product up to that of the whole grain (brown), rice is enriched with thiamin, niacin and iron. All enriched rice is additionally fortified with folic acid.
- A ½ cup of cooked rice:

RICE NUTRITION FACTS	
Nutrition Facts Enriched White Rice	Nutrition Facts Whole Grain Brown Rice
Serving Size 1/2 cup cooked rice	Serving Size 1/2 cup cooked rice
Calories 103	Calories 108
Total Fat 0 g 0%	Total Fat 1 g 1%
Saturated Fat 0 g 0%	Saturated Fat 0 g 0%
Trans Fat 0 g	Trans Fat 0 g
Sodium 0 mg 0%	Sodium 5 mg 0.2%
Total Carbohydrate 22 g 7%	Total Carbohydrate 22 g 7%
Dietary Fiber 0.5 g 2%	Dietary Fiber 2 g 8%
Protein 2 g 4%	Protein 2.5 g 5%
Iron 0.95 mg 5%	Iron 0.41 mg 2%
Thiamin 0.129 mg 8%	Thiamin 0.094 mg 6%
Niacin 1.166 mg 5.8%	Niacin 1.49 mg 7%
Folate 46 mcg 11.5%	Folate 4 mcg 1%
<small>* Based on USDA Data</small>	<small>* Based on USDA Data</small>
Enriched with important vitamins and minerals, like iron, folate and zinc—nutrients that may be lacking in your diet.	Naturally good, naturally delicious, 100% whole grain brown rice

Recipe of the Month: Rice-Based Recipes for Mom, Dad, and the Kids

Recipe converted by Vanessa Maltin Weisbrod

With school activities, afterschool sports, band practice and homework, it's often quite difficult to find time to cook a hearty meal. These rice-based recipes are super simple to make and will only take a few minutes to whip up. The first meal is developed for mom and dad. It's a twist on stuffed peppers and uses brown rice as a filler rather than breadcrumbs. The second recipe is adapted from the website: <http://www.LiveGlutenFreely.com> and highlights gluten-free brands of store-bought, ready-made ingredients. This casserole is perfect for the kids.

Ground Turkey & Brown Rice Stuffed Red Peppers

Yield: 4 servings

4 red bell peppers
1 tablespoon olive oil
1 pound mushrooms, sliced
1 onion, diced
1 pound ground turkey
2 eggs, beaten lightly
1 zucchini, shredded
1 carrot, shredded
1 can of sweet corn
2 cups cooked brown rice
1 cup feta cheese
1 teaspoon salt
1 teaspoon garlic powder
2 (16 oz) jars marinara sauce
Parmesan Cheese for garnish

1. Pre-heat the oven to 375 degrees F.
2. In a sauté pan, add 1 tablespoon of olive oil over medium-high heat. Add the mushrooms and onions and sauté until lightly browned. Season lightly with salt.
3. In a large mixing bowl, mix together ground turkey, eggs, zucchini, carrot, corn, brown rice, feta cheese, salt, and garlic powder. Stir in the sautéed mushrooms and onions into this mixture.
4. In a large glass-baking dish, line the bottom with marinara sauce.
5. Slice the bell peppers in half, clean out core and seeds and place in the baking dish.
6. Stuff the turkey mixture into the peppers.
7. Drizzle remaining marinara sauce on top of stuffed peppers.
8. Cook for 30 minutes. Remove from oven and sprinkle Parmesan on top of peppers.
9. Cook an additional 10-15 minutes until the cheese melts and is golden brown.

Cheesy Chicken and Rice Casserole

Yield: 4 servings

1 (18.5 oz) can Progresso® Chicken Enchilada Soup
3/4 cup water
3/4 cup uncooked brown rice
1/2 teaspoon ground cumin
1/4 teaspoon ground black pepper
1 can (15 oz) Progresso black beans, drained, rinsed
1 box (9 oz) Green Giant® frozen corn
1 package (1 lb) boneless skinless chicken breast halves
1 cup shredded Colby-Monterey Jack cheese blend (4 oz)

1. Heat the oven to 375 degrees F. In ungreased 2-quart glass baking dish, mix soup, water, rice, cumin, pepper, beans, and corn. Top with chicken.
2. Cover; bake about 30 minutes, or until juice of chicken is clear when center of thickest part is cut and rice is tender (or until interior temperature reaches 170 degrees F).
3. Stir rice around chicken. Top with cheese.

**Are you searching for gluten-free recipes? If the answer is yes, email your recipe needs to Vanessa Maltin Weisbrod at vanessa.weisbrod@gmail.com and check back in the next newsletter to see your recipe created.

The health information presented in this e-mail newsletter is intended for information purposes only and is not a substitute for consultation with a medical professional. This information should not be used to treat or diagnose a health condition. Always seek advice from a trained healthcare provider.

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