

Celiac Disease Digest Newsletter

May 2011

Welcome

Welcome to the May 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 corn. It's a very common ingredient and comes in many different forms that are great for cooking. Ahead you're going to learn some fun facts about corn, its nutritional value, and how you can cook up some amazing corn-inspired recipes for your family!

Happy reading!

Upcoming Events for the Celiac Program

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

Corn and Fiber

Corn is a good source of dietary fiber, a nutrient that is frequently lacking in the American diet. Let's talk a little bit about fiber, and why it's so important to a healthy diet, gluten-free or otherwise.

The most recent guidelines from the U.S. Department of Agriculture (USDA), were released in January 2011, and recommend that people consume at least 14 grams of fiber per every 1,000 calories eaten. Of course, this is only a guideline, but to give you an idea of what this means, an average adult female would require 25 grams per day, while an average adult male would require 38 grams per day, and less in children.

Dietary fiber has been shown to be beneficial to cardiovascular and gastrointestinal (GI) health, but since the Celiac Disease Program is part of the Division of Gastroenterology, Hematology, and Nutrition, let's focus on the GI side of things.

Fiber promotes the movement of material through your digestive system, which can be particularly beneficial to child health, as constipation is one of the most common gastrointestinal complaints among children. And, as many of you may know, constipation can be even more common among children with celiac disease.

If constipation was a presenting symptom of celiac disease, it should improve or completely resolve as the intestines heal with strict adherence to the gluten-free diet. However, it also is possible for constipation to persist and be unrelated to the diagnosis of celiac disease.

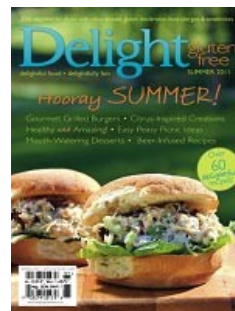
What do you do in this situation? First, I would encourage a conversation with your child's gastroenterologist in the event that there is some latent gluten exposure of which you are unaware, as well as to look out for other potential contributing factors. As a starting place, here are some simple (and hopefully helpful) tips to manage constipation in childhood:

- Toilet sitting for 5-10 minutes, 3 times per day. Proper positioning with the child's knees at a right angle to the floor or a stool is important.
- Positive reinforcement for toilet sitting, possibly including a sticker chart for acknowledging adherence to this regimen.
- Dietary fiber intake based on the recommendations provided by the USDA and your child's gastroenterologist.

In this Issue:

- [Welcome](#)
- [Upcoming Events for the Celiac Program](#)
- [Note From Lennie Clore, Celiac Program Coordinator](#)
- [Gluten-Free Grain Spotlight: Rice](#)
- [Healthy Kid Spotlight: An Interview with Miranda Neusner](#)
- [Recipe of the Month: Rice-Based Recipes for Mom, Dad, and the Kids](#)

Thank you to supporters of the Celiac Disease Program:



If you have any questions about dietary fiber, constipation, or anything related to your child's celiac disease, please contact me.

Sincerely,

--Lennie Clore, MSN, RN, CPNP
Celiac Disease Program Coordinator
202-476-3297 or eclore@childrensnational.org

Gluten-Free Grain Spotlight: Corn

The word "corn" has many different meanings depending on what country you are in. Corn in the United States also is called maize or Indian corn. In some countries, corn means the leading crop grown in a certain district. Corn in England means wheat; in Scotland and Ireland, it refers to oats. Corn mentioned in the Bible probably refers to wheat or barley.

Many historians believe maize was domesticated in the Tehuacan Valley of Mexico. In 1492, Columbus discovered the grain in Cuba and by the year 1575, it was making its way into western China.

Maize as we know it today would not exist if it weren't for the humans that cultivated and developed it. It is a human invention, a plant that does not exist naturally in the wild. The original wild form has long been extinct and scientists believe that cultivated maize arose through natural crossings of teosinte to produce the modern forms that are yielded today. Maize, squash and beans were once known as the "Three Sisters" by Native Americans. These three crops were important sources of food and were vital to the survival of the first English colonists during their first winters in Northeastern America.

Today there are many kinds of maize. The most common types are flint, dent, sweet, and popcorn.

Flint corn, (also known as Indian corn), has a hard outer shell and kernels with a range of colors from white to red.

Dent corn, often called "field corn" is often used as livestock feed. It is also the main kind of corn used when making industrial products and various foods. It can be either white or yellow. Sweet corn is often eaten on the cob or it can be canned or frozen. Sweet corn is seldom processed into feed or flour. Sweet corn gets its name because it contains more sugar than other types of corn.

Popcorn, a type of flint corn, has a soft starchy center that is covered by a very hard shell. When popcorn is heated the natural moisture inside the kernel turns to steam that builds up enough pressure for the kernel to explode.

Although we often associate maize with the color yellow, it actually comes in different varieties featuring an array of colors, such as red, pink, black, and blue. Maize grows in "ears," each of which is covered in rows of kernels that are then protected by the silk-like threads called "corn silk" and encased in a husk.

Maize and cornmeal (which is ground dried maize) constitutes a staple food in many regions of the world, and is the primary component of foods such as hominy, mush, puddings, and tamales.

Maize provides an important source of carbohydrates, dietary fiber, vitamin B1, vitamin B5, folate, vitamin C, phosphorus, and manganese. As an energy source, it compares favorably with root and tuber crops and is similar in energy value to dried legumes. Yellow maize can provide substantial amounts of vitamin A, and the maize germ is rich in vitamin E. Maize oil contains a high level of polyunsaturated fatty acids and natural antioxidants. However, of the three major cereal grains (wheat, maize, and rice), maize has the lowest concentration of protein, calcium, and niacin.

Dietary preferences, the processing of the grain and the type of preparation affect the nutritional value of maize. Therefore, diets that rely heavily on maize may require the consumption of complementary foods to supplement its deficiency in certain amino acids and vitamins.

Maize is an important and versatile food in Asia, Africa, Latin America, Eastern Europe and Russia. Each country has one or more maize dishes that are unique to its culture. For example, in Africa, ground maize is ground into a paste or mush and then fried or baked. In Central and Latin America, maize is consumed in the form of maize bread or tortillas.

--John Palino, RD Pediatric Clinical Dietitian, Celiac Program

Healthy Kid Spotlight: An Interview with Miranda Neusner

As our Celiac Disease Program grows, we've come across some pretty

amazing kids who are managing a gluten-free diet every single day. Here's a quick Q&A with one of our super healthy kids, Miranda Neusner!

Question: What is your name and how old are you?

Answer: My name is Miranda Neusner, and I am 7 years old.

Question: When were you diagnosed with celiac disease?

Answer: I was 2 years old when I was diagnosed.

Question: How did you know you were sick?/What symptoms did you have?

Answer: I had diarrhea a lot. I lost weight and I wasn't getting any taller.

Question: How do you feel now that you are gluten-free?

Answer: Wonderful!

Question: What is the hardest part about having celiac disease?

Answer: The hardest part is at birthday parties when I can't eat the cake. I bring my own treat, but I wish I could eat what everyone else is eating.

Question: What is the best part about being healthy?

Answer: The best part about being healthy is being able to go places and not having to stay home feeling sick.

Question: Now that you're healthy, what are your favorite things to do outside of school?

Answer: Swimming and dancing. I take ballet, tap, and hip hop.

Question: What are your plans for summer vacation?

Answer: I am planning on going to a performing arts day camp at Imagination Stage. I am also going to do 2 weeks of sleepaway camp. This will be my very first time!

Question: What's your favorite gluten-free treat?

Answer: Gluten-free cupcakes.

Question: What advice would you give a kid your age who is just being diagnosed with celiac disease?

Answer: Don't take chances. Always read labels to make sure everything is gluten-free.

Recipe of the Month: Corn-Filled Goodies!

We hope you've learned lots of great lessons about corn this month! To help bring corn into your kitchen we've put together two delicious recipes that your family will surely love. Enjoy!

Beef Tamales

Yield: 8 tamales

For the corn husks and dough

8 large corn husks
1 gallon water
3 cups masa (corn flour)
1 ½ cups water
1 cup chicken stock
1 tablespoon butter, melted
2 teaspoons salt
2 teaspoons vegetable oil

For the filling and serving

2 tablespoons olive oil
1 cup diced yellow onion
1 garlic clove, minced
1 pound ground beef
1 tablespoon chili powder
1 tablespoon ground cumin
1 tablespoon paprika
1 teaspoon salt
2 cups water

1. In a large bowl, soak corn husks in the gallon of water for 2 to 3 hours to soften before use.
2. In the bowl of a standing mixer, combine the masa, 1½ cups water, chicken stock, butter, salt, and vegetable oil and mix on medium speed until a smooth dough forms. Add additional water as needed and mix to make a pasty dough.
3. In a large sauté pan, heat the olive oil over medium-high heat. Add the onion and garlic and cook, stirring frequently, until lightly browned, 5 to 7 minutes. Add the ground beef, chili powder, cumin, paprika, and salt; mix together well, and cook for 1 to 2 minutes. Add the 2 cups water (or just enough to cover the meat) and cook, stirring constantly until the beef is browned and fully cooked, no pink spots remaining, 10 to 12 minutes.
4. Smear the masa dough generously into each softened corn husk, coating all the way to the edges. Add 2 tablespoons of the meat to the center of dough. Roll the corn husk closed so the dough encircles the meat.

5. Bring a large pot of water to a boil, then lower to a simmer. Add the tamales to a steamer basket over the pot and steam the tamales until the corn husks easily pull away from the dough, about 40 minutes.

Gluten-Free Corndogs

Yield: 8 servings

Recipe Courtesy of www.Glutenfreely.com

Oil for deep frying

1/2 cup gluten free cornmeal

1/2 cup Bisquick® Gluten-Free mix

2 teaspoons sugar

1 egg, beaten

2/3 cup milk (you can use soy, almond, etc.)

1 package (16 oz) gluten-free hot dogs

Sticks, if desired

1. In deep fryer or heavy saucepan, heat 3 inches oil to 375°F.
2. In medium bowl, mix cornmeal, Bisquick mix and sugar. Beat in egg and milk with whisk. Batter will be consistency of thick pancake batter. If needed, add extra Bisquick mix to thicken. Place hot dogs onto sticks, or cut into bite-size pieces.
3. Roll hot dogs in batter until covered.
4. Fry in hot oil 3 to 5 minutes or until golden brown. You may need to flip them once. Drain on paper towel-lined plate. This recipe makes enough batter for 1 package hot dogs.

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



[Join us on Facebook](#)



[Follow us on Twitter](#)



[Watch us on YouTube](#)

Children's National Medical Center | 111 Michigan Avenue, NW Washington, DC 20010

888-884-BEAR (2327)

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.

If you would like to [unsubscribe](#) from Celiac Disease Digest [update your preferences](#). You will be taken off the list immediately. Thank you!

If you would prefer to be removed from all future mailings [optout here](#).

Copyright© 2004-2011 by Children's National Medical Center. ALL RIGHTS RESERVED. Text, graphic, and code are protected by U.S. and international copyright laws.