

## Top 5: Pizzas and pizza crusts made with vegetables

We could all stand to get more veggies in our lives, right? One of the easiest ways to accomplish this task without having to think about it is with pizza. Yes, pizza. That wonderful crusty dough continues to show its versatility as riced cauliflower, broccoli, sweet potato and kale are incorporated to produce crispy pizzas loaded with vegetables that promote eating well.

By transforming what is normally thought to be too high in carbs and fat into a healthful option, pizza has turned the corner, becoming more than just a weekend or Friday night splurge. Whether you are short on time or lacking dinner inspiration, pizza

is a crowd pleaser, but now its healthful benefits outweigh any guilt people might have felt serving it in the past.

Here are our top picks for gluten-free pizzas and pizza crusts loaded with veggies.

1. In the deli refrigerated case at **ALDI** are two take-and-bake cauliflower crust pizzas—Uncured Pepperoni and Three Cheese. These 12-inch pizzas offer the most bang for your buck, coming in at under \$7 per pie. Made by Mama Cozzi, each pizza is certified gluten free and is held together with only cheese, cornstarch, potato starch, olive oil and sea salt, producing a crispy, cheesy pizza that makes seconds a sure thing.

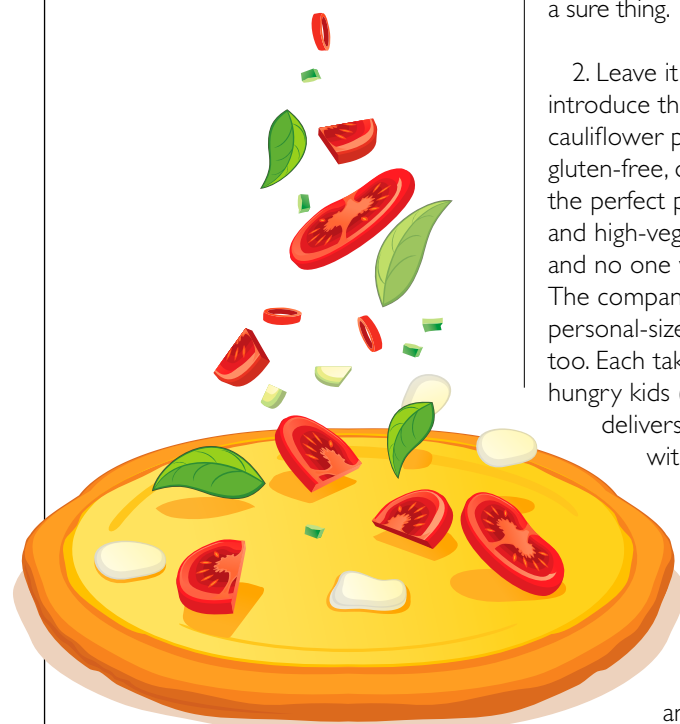
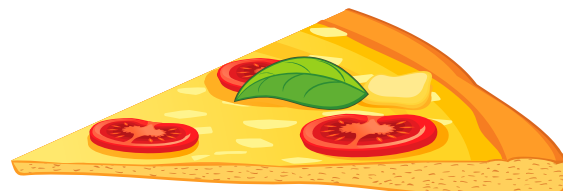
2. Leave it to **Caulipower** to introduce the first-ever frozen Paleo cauliflower pizza crust. This grain-free, gluten-free, dairy-free crust makes the perfect pizza base for a low-carb and high-vegetable pizza option—and no one will taste the difference. The company also has the first-ever personal-size cauliflower crust pizza, too. Each takes only minutes for hungry kids (and adults) to bake and delivers a crunchy pie bursting with flavor, protein and fiber.

3. Stop by Costco to stock up on **Milton's Craft Bakers** cauliflower crust pizzas in three flavors: Roasted Vegetables, Four Cheese and Margherita Four

Cheese. Mozzarella, provolone and Parmesan cheeses, Roma tomatoes and basil top these thin and crispy crusts, made with a combination of rice flour, cheese and tapioca starch. Sold in a two-pack, these pizzas are a steal at less than the typical cost of one cauliflower crust pizza.

4. **Spinato's** broccoli crust is made from a blend of broccoli (first ingredient), rice and tapioca flours, and cheese. Topped with aged cheeses, slow-roasted tomatoes and crispy vegetables, the pizzas are available in four styles: Mediterranean Supreme, Margherita, Primavera and Aged Asiago, Romano & Mozzarella.

5. **Trader Joe's** two vegetable crusts, cauliflower and kale and broccoli, serve as perfect pizza bases suited to your busy lifestyle. And each veggie-filled crust, made with a short list of ingredients, is also free of dairy and eggs. With a base of riced cauliflower, corn flour and potato starch, the cauliflower pizza crust is a picture of modern nutrition waiting to be dressed. Or maybe the broccoli and kale pizza crust, with broccoli, black kale, corn flour, cornstarch and potato starch, makes a better base for your family. Any way you slice it, these crusts offer a vegetable canvas that stands up to a boatload of toppings.



## Study: Accidentally eating gluten a problem for 74% of patients

BY MATTHEW BERNAT

More gluten-free products are available now than ever before. So avoiding eating gluten accidentally should be easier with all these alternatives to choose from. But is that true?

This spring, researchers from the Takeda Pharmaceutical Company and Celiac Disease Foundation presented the results from a new study that found many struggle to avoid accidentally eating gluten even while paying close attention to their diets. People who do maintain a strict gluten-free diet say they continue to suffer from a variety of symptoms.

Titled "Adherence to the gluten-free diet and celiac patient outcomes: real world evidences from an international patient registry, iCureCeliac," the study surveyed 552 people. All who completed the Celiac Symptoms Index (CSI) and Celiac Dietary Adherence Test (CDAT) had self-reported biopsy-confirmed celiac disease. Participants were all members of

iCureCeliac, an online patient-powered celiac research network hosted by the Celiac Disease Foundation with more than 6,000 members.

Researchers measured patient demographics, disease characteristics, diagnostic journey and outcomes, diet compliance, symptom burden and quality of life.

The researchers noted that:

- Although 96% of patients believe they are sufficiently adhering to a gluten-free diet, as measured by Celiac Dietary Adherence Test (CDAT), half are not.
  - Among the half who are not sufficiently adhering to a gluten-free diet, according to CDAT, more than 50% report high symptom burden and poor quality of life and missed, on average, five weeks of work or school a year due to celiac disease.
  - 74% of all patients report accidental exposure to gluten in the last 30 days.
- "This is why we at the Celiac Disease

Foundation are devoting enormous energy and resources towards finding alternative treatments to the gluten-free diet and a cure," said Marilyn Geller, chief executive officer of the Celiac Disease Foundation.

Geller said the foundation is currently seeking donations to help support iCureCeliac and celiac research to hopefully one day find a cure. Donations are tax deductible and can be made at [celiac.org/donate](http://celiac.org/donate).

Study results were presented during the Digestive Disease Week meeting in San Diego. Digestive Disease Week is the world's largest meeting of physicians, researchers and industry in gastroenterology and related fields.

For more information on the Celiac Disease Foundation project, contact [icureceliac@celiac.org](mailto:icureceliac@celiac.org).

Find tips on speeding up recovery after accidental gluten exposure at [glutenfreeliving.com](http://glutenfreeliving.com).

Serving Suggestion:  
Chicken Enchiladas with  
HATCH® Gluten Free  
Green Enchilada Sauce

# HATCH®

Certified  
Gluten Free

Robust, Fire-Roasted, New Mexico Green Enchilada Sauce.

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## Is a 504 plan right for my celiac kid?

The kids are back in school for days full of learning, socializing and eating. Whether your child's school has snack time or just lunch, they are going to eat at school every day and may encounter gluten-containing products and food during classroom projects. If your child follows a gluten-free diet due to celiac disease, creating a 504 plan may be the perfect solution. Putting one in place can put your mind at ease and ensure their condition is being understood and accommodated.

But let's back up and define just what a Section 504 is and what it entails. It is part of the Rehabilitation Act of 1973, legislation that guarantees certain rights to people with disabilities. It was one of the first U.S. federal civil rights laws offering protection for people with disabilities. It was designed to protect the rights of individuals with disabilities and ensure their needs are met as adequately as the needs of the nondisabled. It falls under the U.S. Department of Education because it receives federal assistance.

A 504 plan is a document completed by the family and submitted to the public (or private school receiving federal funding) school district your child attends. The plan details all the accommodations the school needs to make to ensure your child receives any additional care needed. It is a legal document, so if the school fails to make the outlined accommodations once it is in place, they are subject to legal penalties.

It covers more than you may think. According to the Department of Education Office of Civil Rights, a Section 504 applies to: sports, playgrounds, band programs, special programs and assemblies, field trips and off-site programs, clubs, afterschool and summer programs, graduation, late bus transportation, meals and snacks, and bathroom access.

So how does this apply to a child with celiac disease? According to the Gluten Intolerance Group, "in 2009, the ADA was amended to broaden the meaning of 'disability' to include

anything that limits a 'major life activity,' and one of these major life activities is eating. So, while a child who requires a gluten-free diet (whether due to celiac disease or gluten sensitivity) may be eligible for a 504 plan, he/she is not guaranteed consideration. Each child and plan is considered on a case by case basis. A medical diagnosis (documentation from physician) is a necessary part of submitting a 504 plan but does not guarantee that the student will receive services under the plan."

It is a lengthy process to create a 504 plan, so relying on resources created by national celiac organizations is a great way to get started and determine what should/shouldn't be included. The Celiac Disease Foundation has a Back-to-School and 504 Plan Guide, along with a webinar.

In the end, determining what is right for your child is a personal decision that should be made as a family. After all, you know what's best for your child better than anyone.

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## Top 5 graham crackers to get your s'more on!

The season for graham crackers, chocolate and marshmallows' best friend, is right around the corner. These crunchy crackers serve as the base for the best cook out, barbeque or campfire dessert—s'mores. To assemble, stuff a fire-toasted marshmallow between two graham crackers, add a piece of chocolate and smash together for an ooey-goey, lip-smacking, finger-licking dessert sandwich enjoyed by all—young and old.

The most important ingredient, gluten-free graham crackers, is readily available on store shelves and online. Delivering on taste and nostalgia, they offer a simple way to enjoy this classic treat along with family and friends.

Here are our top picks for tasty gluten-free graham crackers:

**Kinnikinnick Foods' S'moreables** graham-style crackers are light, crispy and stand up to both chocolate and toasted marshmallow to create the s'more of

your dreams. Made from a blend of pea starch, potato starch, sweet and brown rice flour, brown sugar and molasses, these soy-, nut- and peanut-free crackers remain one of Kinnikinnick's most popular cookies.

The vegan graham cracker crisps from **Lucy's**, available in original and cinnamon, are free from peanuts and tree nuts. Made from a blend of chickpea, sorghum and fava bean flours, they offer the classic crunch of a graham cracker with just a hint of sweetness. Use their triple chocolate and mint brownie crisps for an over-the-top chocolate-y s'more. These crisps contain soy milk and gluten-free oats.

**Pamela's Products** makes the largest variety of gluten-free graham crackers with honey grahams, chocolate grahams, cinnamon grahams and now chocolate chip grahams. With so many tasty choices, you can fashion a collection of s'mores that will make everyone

jealous. Their graham crackers include a rice flour blend, tapioca starch, sorghum flour and gluten-free oat bran.

Leave me alone with a box of **Schär's** honeygrams, and they will be gone before the campfire is lit. Available in classic or coated in dark chocolate, these flaky grahams are reminiscent of tea biscuits with a perfect balance of sweet-to-graham flavor.

These totally addictive grahams are made with corn starch and flour, brown sugar, soy bran and flour, tapioca starch and honey.

Why not take a new approach to this campfire classic? Smash that gooey marshmallow between the chocolate sides of two of **Goodie Girl Cookie's** fudge-striped cookies. This is dessert at its finest because no additional chocolate is required, making it easier to eat, way less messy, and an insanely delicious creation.



Send Them Back to School with a Nutritious & Delicious Allergy-Friendly Treat!

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