

Internet Sites

November 2009

Some websites were mentioned: www.udisglutenfree.com, www.thegrainlessbaker.com, both for breads, etc. And www.chex.com has some good Chex mix recipes! There are several flavors of Chex cereals now that are gluten free. Also if you are traveling, a supermarket that has a large selection of gluten-free foods is Wegmans (www.wegmans.com). This month's issue of Living Without magazine has some good information on gluten-free flours, recipes and article on genetic testing. If you do not subscribe to this magazine, there is a copy in our lending library also.

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A new website was mentioned as being informative: www.everydayhealth.com. You can sign up on this website to be on their list to receive information and coupons. Also one of our local grocery stores has a website you may be interested in. Check out Forest Hills Foods website where you can sign up for notifications from them. John sent an e-mail about some information on three good websites to check out: The first is a link to a very interesting news item about drug trials for a possible "therapy" for gluten consumption by Celiacs: <http://www.alvinepharma.com/index.asp?page=128>.

The second is a link to the website for the Indianapolis support group. It's quite a robust site: <http://glutenfreeindy.com>.

The third is a link to the website of a new gluten-free bakery in Indianapolis with an interesting menu of food items (and a recipe that sounds yummy). <http://gfmeasuringcup.com/index.html> .