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GrainWise & GlutenFree

The Newsletter of CSA Nashville – Middle Tennessee Celiac Support Group

Come meet VU's Celiac Center Dietitian

Sarah Ferguson, RD, LDN, graduated from Indiana University with a double major in Community Health and Dietetics and completed her dietetic internship at VU Medical Center. She is now the dietitian for Vanderbilt's Celiac Disease Clinic.

Meeting Saturday, January 28, 1-3 pm at the MOB Auditorium

Overcoming the Challenges of a Gluten-Free Diet

Sarah Ferguson has specialized in gastrointestinal diseases. At the Vanderbilt University Medical Center's Celiac Disease Clinic, she provides counseling, education, and support to patients with celiac disease and gluten sensitivity.

She is passionate about nutrition and loves working with patients to promote balanced eating and healthy lifestyles.

Sarah Ferguson will be speaking to us about ***Overcoming the Challenges of a Gluten-Free Diet.*** She will identify the nutrients that are missing in many gluten-free foods. She will help us learn where to find those nutrients in other food sources so we can make sure that they are in our diets.

This is a great way to begin the New Year, with a healthy new outlook on how to eat more healthy gluten-free meals in 2017.

Save the Date!

March Meeting

March 11 --1-3 pm

Program still to be determined. Do you have an idea for a program you'd like to see?

May Meeting

May 13 -- 1-3 pm

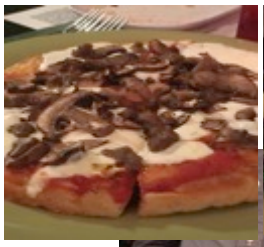
Mexican Dinner TBA

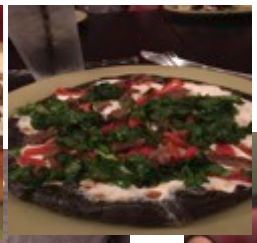
We are working on a date for a group dinner at a Mexican restaurant. Watch your email for details

Holiday Potluck was Fun!

Make Plans to Come Next Year

Our Chapter provided home baked turkeys, plus the tableware for this great annual event. Thanks to all the participants who brought tasty potatoes, dressing, veggies, salads, and desserts to accompany the turkey for a delicious gluten-free meal. This is always a great way to get recipe ideas for your holiday cooking!





Mangia Nashville for GF Italian

Our Gluten-Free Dinner Club enjoyed a wonderful evening of gluten-free appetizers, pizzas, and desserts. Fourteen of us gathered at Mangia Nashville, just off 8th Ave S, on Craighead, for a sampling of all the great dishes they have including black carbon crust pizzas with all kinds of delightful toppings.

Meeting Location for our Meetings

Our regular meeting place is in the Medical Office Building Auditorium. The entrance is located at **the corner of 22nd Ave N. and Patterson St. (Use 2200 Patterson for your GPS.)** about a block from Centennial Hospital.
A few parking places are in the lot facing the entrance. Other medical offices across the street have also granted us permission to park there on Saturdays when they are closed.

March Meeting -- Your Ideas?

We want to plan meeting topics that interest you and your family. So, it is your turn to let us know what you would like to know more about. Cooking or baking? Nutritional advice for celiacs? Latest research on gluten sensitivity? Dealing with specific problems – neurological, dermatological, gastroenterological? Contact Carol Ann Baily at carolannbaily@gmail.com or phone her 615-478-9998 to share your ideas.

Delight Gluten Free Magazine promotes Nashville's Amazing Sites, Music and, Gluten-Free Eating

On January 5th *Delight Gluten-Free Magazine* posted on their Facebook page an article telling travelers what to see and where to eat in Nashville.

In addition to the Capitol, Tennessee State Museum, the Frist Center, and Andrew Jackson's Hermitage, the author, Tiffany Janes, recommended the Lane Motor Museum, Cheekwood, Botanical Gardens, Belle Meade Plantation, The Country Music Hall of Fame, and The Parthenon. Janes advocates paying the nominal fee to enter the Parthenon to see the impressive art collection displayed there in addition to the great gilded statue of Athena on the second floor.

Janes focused on the following gluten-free bakeries: **The Wild Muffin** that we have sampled at one of our meetings last year, plus **VeganVee**'s, and when Farmers Market is open, you can find **OMG—That's Gluten Free**. She also noted that

Crumb de la Crumb, the Bellevue bakery and brunch spot where we had a brunch a few years ago, might be a little off the regular tourist beat, but she said it was well worth it for the GF She Crab Soup and decadents desserts.

Although many barbeque places have GF meat and sauces, they don't have GF buns or side dishes. Janes was impressed that Hog Heaven, the little place behind McDonalds, to the left of Centennial Park, is now offering gluten-free cornbread with their pork and turkey plates.

They mentioned two upscale restaurants. **Silo** has a gluten-free Jalpeño Spoon Bread in addition to other gluten-free main dishes and desserts. **Etch** features freshly baked gluten-free rolls. Most of their entrées are naturally gluten-free and most others can be modified to be so.

Janes also recommends one of our favorites. We had a group dinner there in 2016. It's AMOT (A Matter of Taste) Eatery. She was amazed that everything on the menu is gluten-free -- fried chicken, shrimp and grits, and a chocolate flourless torte for dinner. Then she went back for brunch with chicken and waffles and apple fritters. Janes claimed AMOT as her "favorite dining find in all of Nashville!"

Her music recommendations included Lower Broadway honkytonks and places like Station Inn in The Gulch, as well as the Ryman, and the Grand Old Opry.

If you are interested in reading the complete article, here is the link:

http://delightglutenfree.com/nashvilles-amazing-music-gluten-free-finds

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Check out our website

You can see our Calendar of Events, renew your membership, plus read medical articles of interest to those with Celiac and non-celiac Gluten Sensitivity. You can also see the contact info for our Board members.

www.nashvilleceliacs.org

We're also on Facebook at www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898

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