

## FOOD REFLECTIONS: Sorghum and Celiac Disease (March 2009)

As many as one in 133 people may have celiac disease, of which the majority has not been diagnosed. One of the stories I heard was of a boy everyone thought for years was kind of sickly. Of course when he got really sick and didn't eat much, he got "better." The symptoms of celiac disease vary widely and a gluten-free diet is the only way to treat celiac disease. As more work is being done in recipe development for celiac disease, one of the grain flours that has emerged is sorghum. Whole grain sorghum flour provides important fiber and has a mild flavor that won't compete with the delicate flavors of other food ingredients. For this month's Food Reflections, they are sharing an article they developed that tells more about celiac disease, provides helpful links to additional information and other foods to avoid, plus several sorghum recipes. View the article at: <http://lancaster.unl.edu/food/gluten-free-sorghum-recipes.shtml>