

BRAND NEW!

Magazine  
News p.5 /

Letters and  
Notes p.6 /

Atlanta  
Spots p.10 /

Recipes and  
Meals p.19

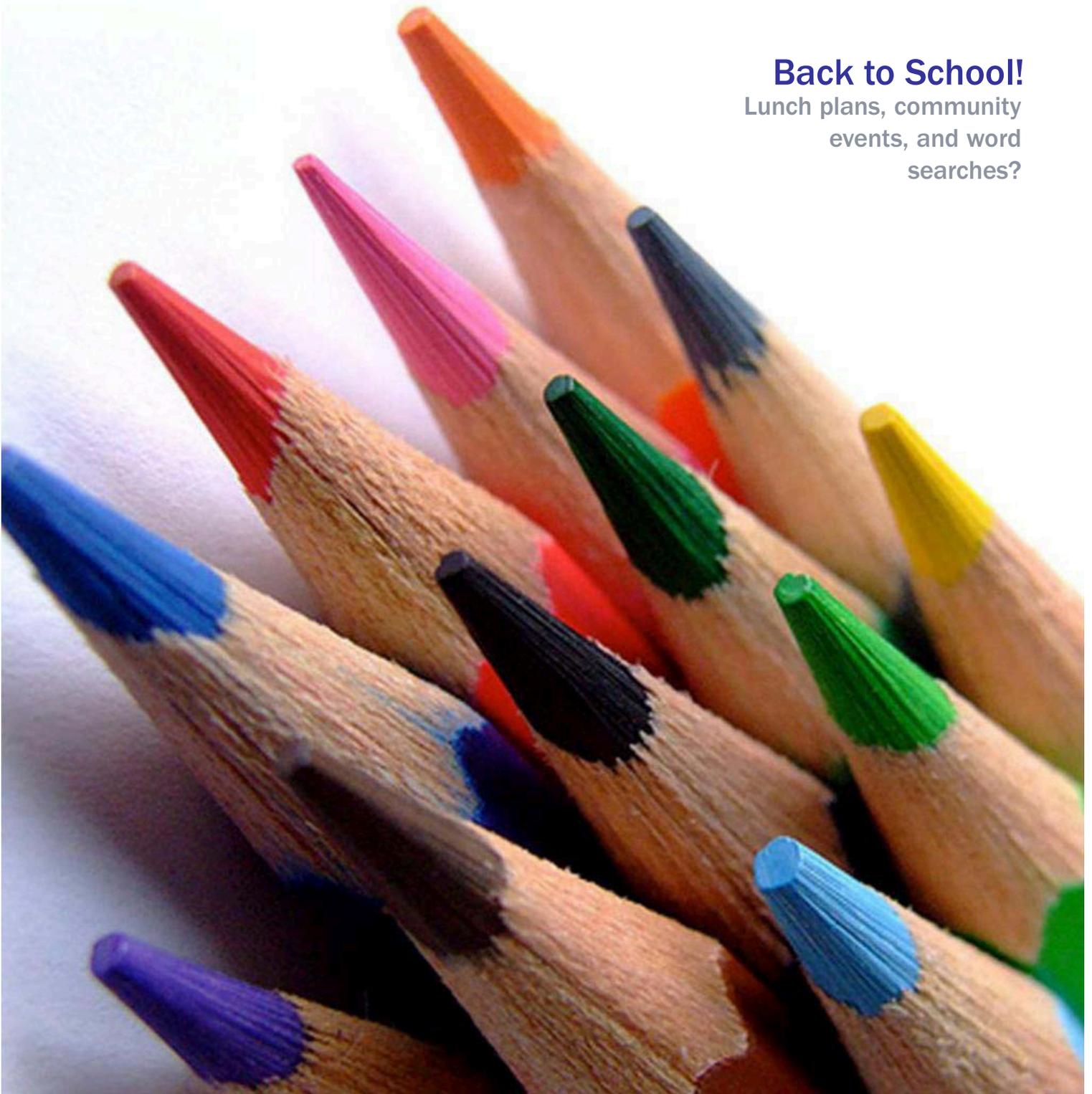
# *easy eats*

the magazine for gluten-free living

SEPTEMBER 2008

## **Back to School!**

Lunch plans, community  
events, and word  
searches?

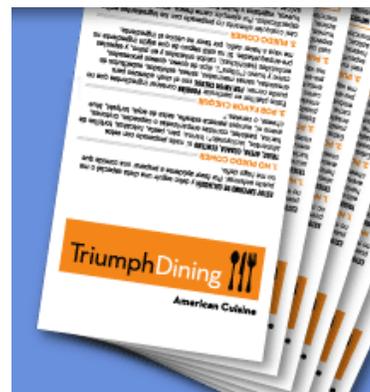


## Tips and Tricks: Communicating with Chefs

Going out to restaurants can be stressful. What can I eat? Is the kitchen knowledgeable about what's safe? Will my explanation (that I've given hundreds of times) actually be heard and understood by the chef?

Dealing with these questions become even tougher when you encounter new restaurants or cuisines. Fortunately, Triumph Dining offers card sets in 10 languages that help communicate the gluten-free diet to restaurant personnel. Customized to each cuisine, they list the common foods that are and aren't gluten-free and explain the challenges of cross-contamination. These gems allow you to put something in the chef's hand so you can eat better, worry-free.

[www.triumphdining.com](http://www.triumphdining.com)



## Deschutes 'Gluten Free Golden Ale'

NEWS WIRE

Gluten-free press releases

**August 13, 2008** > Deschutes Brewery is staying true to its "Never Settle" philosophy by creating Gluten Free Golden Ale – its first gluten-free beer. Using sorghum, brown rice, and roasted chestnuts instead of malted barley or wheat as the sources of extract, the Deschutes brewers were able to create a flavor that is very similar to the crystal malt used in many of their other signature beers.

Deschutes Brewery's Gluten Free Golden Ale is a new and improved version of its Rootin' Tootin' Low Gluten beer, which won a Gold Medal at the prestigious Brewers Association 2008 World Beer Cup Awards in the gluten-free beer category, beating 12 entrants from some of the world's best breweries. Although the brewery has produced a small batch of low gluten beer before, the Deschutes brewers were so fastidious in brewing this new gluten-free beer that they not only double cleaned the brewing equipment, but also grew the yeast culture used to ferment the beer from a single cell using only sorghum as its nutritional source. The absence of wheat, barley, and malt makes the brew a perfect option for individuals with celiac disease.

"We saw that there was a large group of people who weren't able to enjoy traditional beers and we're very excited that the release of Gluten Free Golden Ale will make great beer available to everyone," says Deschutes Brewery President and Founder Gary Fish. "The most important part about developing this beer was to make something that tasted really good – the fact that it is gluten-free makes it all the more unique."

Gluten Free Golden Ale will only be available on draft at the Deschutes Brewery and Public Houses in Bend and Portland beginning August 21st.

Deschutes Brewery was founded in 1988 by Gary Fish as the Deschutes Brewery and Public House. This year, Deschutes Brewery celebrates its 20th Anniversary, along with the opening of its new Portland Brewery and Public House. For more information about Deschutes Brewery and its award-winning beers, please visit its website. [www.deschutesbrewery.com](http://www.deschutesbrewery.com)