

Nutrition Sense For The Food Sensitive

(NAPSA)—Some clever cooking can bring much relief to many of the growing number of people with allergies and sensitivities to everyday food.

It's estimated 3 million—one in every 100—Americans could suffer from a disorder called celiac disease, characterized by an intolerance to the protein gluten in wheat, barley, rye and possibly oats. Symptoms range from bloating or gas to general fatigue or even bone and joint pain or anemia. There's no cure. People with celiac disease must follow a lifelong gluten-free diet.

Fortunately, versatile, healthful rice—enriched white or whole-grain brown—can be a great gluten-free meal and snack solution. In fact, because rice is so easy to digest and the least allergenic of all grains, rice cereal is generally recommended as a first food for infants.

In addition, rice is nutritious and combines well with other healthful foods. Rice provides complex carbohydrates and is nutrient-rich with over 20 different vitamins, minerals and phytochemicals. It's also sodium- and cholesterol-free and contains no saturated or trans fats. A half-cup serving has just over 100 calories.

Here's a tasty way to see how nice rice can be, even to those with sensitive systems:

Brunch Rice

Makes 4 servings

- ½ cup sliced celery**
- ½ cup diced green pepper**
- ½ cup sliced fresh mushrooms**



Bring new delight to brunch with a great, gluten-free rice dish.

- 1 tablespoon butter or margarine**
- 6 eggs, beaten**
- ¼ cup 2 percent low-fat milk**
- 1 teaspoon salt**
- ¼ teaspoon ground black pepper**
- 2 cups cooked rice**

Cook celery, green pepper and mushrooms in butter in large skillet over medium-high heat. Combine eggs, milk, salt and black pepper in small mixing bowl. Reduce heat to medium and pour egg mixture over vegetables. Continue stirring until eggs are almost cooked, about 1 to 2 minutes. Add rice and stir to gently separate grains; heat thoroughly. Serve immediately or spoon mixture into warmed corn tortillas.

For information about celiac disease and gluten-free living, visit the Celiac Sprue Association at www.csaceliacs.org. For healthful and delicious recipes, visit www.usarice.com/consumer.