

Nuchia Foods Corporation Supports Celiac Picnic to Spread Awareness of Celia Disease and Builds Community



Released on: June 24, 2008, 1:05 pm

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Industry: [Food & Beverage](#)

Press Release Summary: Nuchia Foods Corporation Supports Celiac Picnic



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Celiac Picnic Spreads Awareness and Builds Community

Orlando, FL - **Nuchia Foods Corporation**, announced today that it is supporting the **7th annual Celiac Picnic**

at the Shark River Park in Wall, New Jersey. The Picnic will be held on **June 29th** and over 150 people are expected to attend.

The Celiac Picnic is sponsored by Seashore Celiac Support Group CSA #96, Central Jersey Celiac/DH Support Group and Cel-kids Network CSA #58. For information on the event call Melissa Daniel, at 732-545-5361. The event is open to the public.

Celiac disease is a digestive disease that damages the small intestine and interferes with absorption of nutrients from food. Recent findings estimate about 2 million people in the United States have celiac disease, or about 1 in 133 people.

Those who have celiac disease cannot tolerate a protein called gluten, found in wheat, rye, and barley. Gluten is found mainly in foods but may also be found in products we use every day, such as stamp and envelope adhesive, medicines, and vitamins. When people with celiac disease eat foods or use products containing gluten, their immune system responds by damaging the small intestine. The tiny, fingerlike protrusions lining the small intestine are damaged or destroyed. Called villi, they normally allow nutrients from food to be absorbed into the bloodstream. Without healthy villi, a person becomes malnourished, regardless of the quantity of food eaten.

The only treatment for celiac disease is to follow a gluten-free diet. A gluten-free diet means not eating foods that contain wheat, spelt, triticale, and kamut, rye, and barley. A person with celiac disease should not eat most grain, pasta, cereal, and many processed foods.

Nuchia is supplying their newly released **Chia Seed Flour**, which can be used to bake cakes, cookies, brownies and other baked goods. This **Chia Seed Flour** is the first certified gluten free flour made with **Chia seed**. It has a taste and texture of regular wheat flour and boasts a host of nutrients and Omega-3. **Homer Hartage, President of Nuchia** said, *"We are glad to be asked to support this great event and it is our hope that we will be part of it each year, he added, and this **Chia Seed Flour** taste good and it's good for you"*.

Nuchia Foods Corporation is a Certified Gluten Free foods company, certified by the Gluten Free Certification Organization. The Company supplies health foods, nutritional products and conventional foods to grocery stores and health food stores. The company's products include Chia Seed, Chia Seed Flour, Pancake Mixes and they will launch a cookie and snack line in January 2009. The Company's Mission: To promote healthy eating for people worldwide. www.nuchiafoods.com.
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Web Site: <http://www.nuchiafoods.com>

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