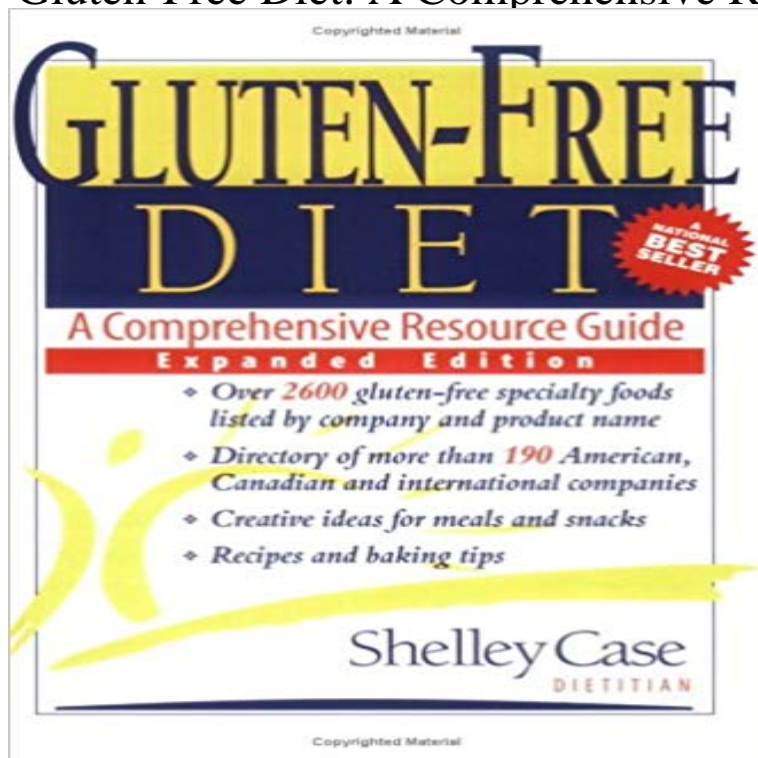


Gluten-Free Diet: A Comprehensive Resource Guide



Gluten-Free Diet: A Comprehensive Resource Guide provides practical information, in an easy-to-read format, about celiac disease and the gluten-free diet. This Expanded Edition features:

- * Detailed information about foods/ingredients allowed, to avoid and to question
- * Latest breaking news on oats
- * New food and GF labeling regulations in the USA, Canada, Europe and Australia/NZ
- * Over 2600 GF specialty products
- * Directory of more than 190 American, Canadian and international companies
- * Nutritional concerns and management strategies
- * Shopping and cross-contamination information
- * Creative ideas for meals and snacks including a 7-day menu
- * Gluten-free cooking and recipes with nutritional analysis
- * Tips for eating out
- * Resources-books, cookbooks, magazines, celiac groups around the world and more!

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