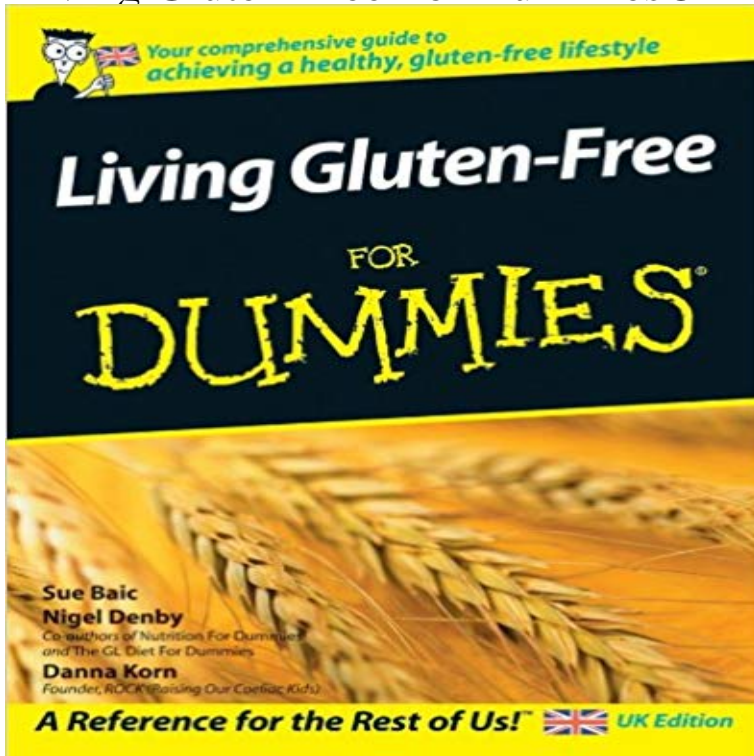


## Living Gluten-Free For Dummies®



If you have a wheat allergy, gluten intolerance, coeliac disease, or just want to enjoy the benefits of a diet free from wheat, barley and rye, then this book is for you. Our expert author team of registered dietitians explain the basics of gluten intolerance and the medical problems associated with it, plus give you practical guidance on how to make the transition to a gluten-free lifestyle. Including over 60 delicious gluten-free recipes and tips on eating out, you can learn to control your food intake wherever you are. Living Gluten-Free For Dummies covers: Knowing what you can and can't eat Shopping and deciphering food labels Coping with a gluten-free lifestyle on a day to day basis Cooking crowd-pleasing gluten-free meals Raising healthy gluten-free kids

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