



# Gluten-Free Diet: A Comprehensive Resource Guide

*Shelley Case*

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# Gluten-Free Diet: A Comprehensive Resource Guide

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**Gluten-Free Diet: A Comprehensive Resource Guide** Shelley Case

**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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