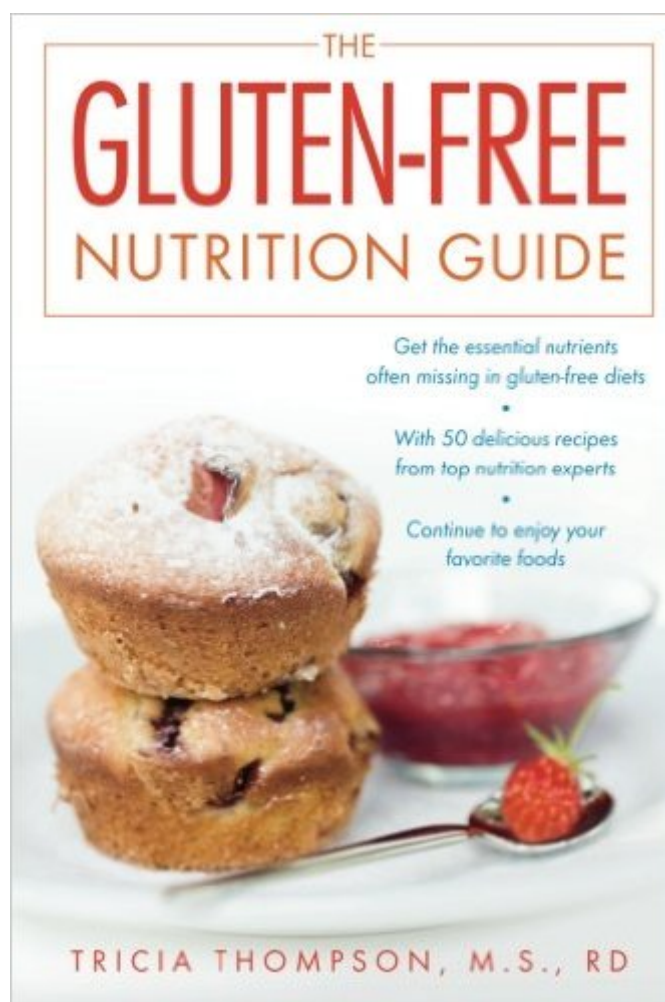


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# The Gluten-Free Nutrition Guide



## Synopsis

A delicious, nutritious gluten-free eating plan for life! From now on, a gluten-free diet doesn't have to mean taste-free, nutrition-free, and convenience-free. Yes, you must avoid a host of foods containing wheat, barley, rye, and even most oats. But nutritionist and gluten-free-diet researcher Tricia Thompson has assembled an army of food choices for you that are not just gluten-free but also tasty and packed with nutrients! The Gluten-Free Nutrition Guide is filled with new gluten-free eating strategies, the latest research, and dozens of tips on living better with celiac disease. Inside you will find: Fifty delicious gluten-free recipes, many from noted celiac disease experts Advice for living with and controlling celiac disease Information on safe and delicious foods that boost your fiber intake The best ways to avoid the common pitfalls of a gluten-free diet, such as high fat intake and low intakes of B vitamins, iron, and calcium

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## Customer Reviews

I teach a gluten-free cooking class for the Adult Education section of our local school system and I require purchasing this book as a text. My students really like having resources and information handy when they are at home.

This book is a great first book for gluten-free initiates. I've been eating a gluten-free diet for about a year now--reading tons of literature on the subject--so most of this book was a review for me. However, there were some gems about certain nutrients that I may lack and creative ways to add them to my diet. The recipes were also helpful and quick to make, unlike many other gluten-free

recipe books where you have to have custom flour blends on hand to make anything.

I love this book! It's friendly, palatable (no pun intended) and engaging. I wish I'd have gotten it when first diagnosed. If I had to name three essential books for "beginning celiacs", this would be one of them. As a celiac, you must be your own health advocate. It's not enough to know which foods are gluten free - it is essential to ensure you're getting proper nutrition. It appears simple but is packed with the basics - how much of which type of nutrients are needed, and plenty of examples of the associated food types, and some recipes to boot!

This is the first review I have ever written and it is for this book because it is so good! My 8 year old daughter was diagnosed with an advanced case of celiac disease on Friday. We immediately went to our nearest bookstore to find any and all books on living/cooking gluten-free. What I needed the most, however, was a book on what to look for in the foods I buy from now on. This book was EXACTLY what I was looking for! I read it in a day and am now armed with the information I need to venture to the grocery store this afternoon to do my first round of gluten-free shopping. I am most appreciative that Ms. Thompson included many gluten-free manufacturers' websites that I can visit to purchase needed products. Thank-you, Ms. Thompson, for providing just what I was looking for as I begin this gluten-free journey with my daughter.

This book was the most comprehensive of all the books I got on Gluten Free diets. The other books, seemed to have a very generic read on it and then mostly recipes. Keeping this as a reference guide and already shared it with a family member.

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