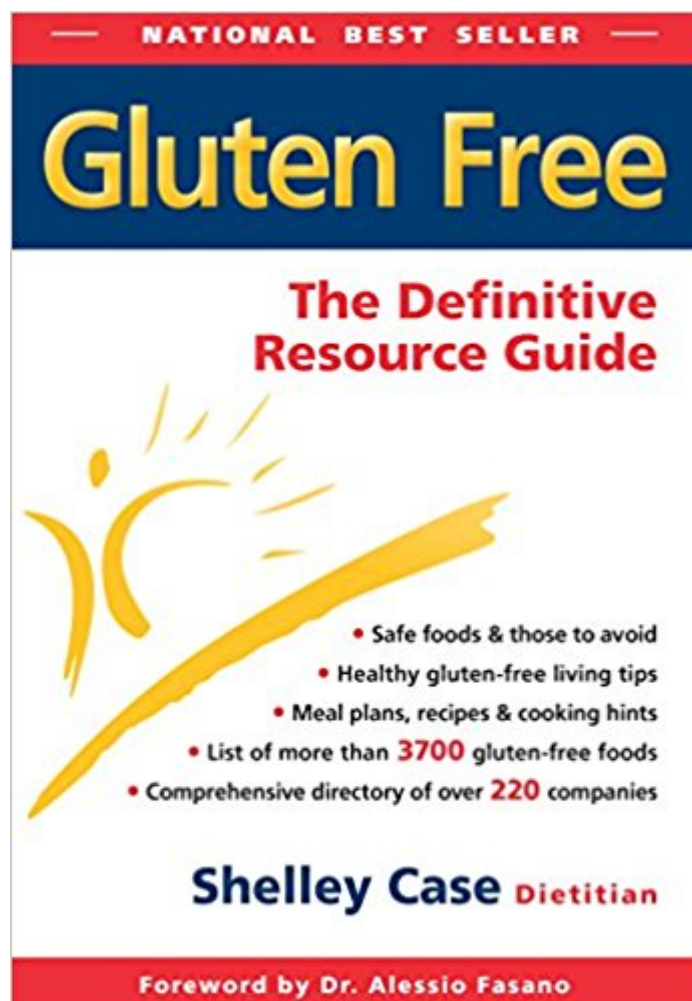


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Gluten Free: The Definitive Resource Guide



Synopsis

Best-selling author and leading international nutrition expert Shelley Case, RD, has written the most **COMPREHENSIVE** and **PRACTICAL GUIDE** about the gluten-free diet. Whether you are a consumer, health professional, chef, food manufacturer or anyone else who needs accurate information about this complex diet...Gluten Free: The Definitive Resource Guide is the book for you! Highlights include: * Celiac disease & non-celiac gluten sensitivity * Safe foods & those to avoid * Frequently questioned ingredients such as flavors, vinegars, wheat starch, glucose syrup, oats, alcohol and more * Gluten-free alternatives * Healthy gluten-free living tips * Nutrient content of GF grains, flours, starches, legumes, nuts, seeds and other foods * Meal planning ideas * Gluten-free cooking & baking * Delicious recipes with nutritional analysis * Gluten & food allergen labeling in the U.S. & Canada * Gluten-free shopping * Preventing cross-contamination * Eating out and traveling * More than 3700 gluten-free products listed by company & product name * Comprehensive directory of over 220 companies * Gluten-free books, cookbooks, magazines and other resources * Articles, websites, other references and MORE

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Customer Reviews

This book is absolutely outstanding... one of the best resources on the gluten-free diet I have ever read for completeness of information! --Dr. Carlo Catassi, MD, Head of the Department of Pediatrics, Università Politecnica delle Marche, Ancona, Italy and Co-Medical Director, Center for Celiac Research and Treatment, Boston, MA This comprehensive book provides a wealth of

critically important information for anyone who lives gluten free. Get your copy right away! --Carol Fenster, PhD, Author of 100 Best Quick Gluten-Free Recipes
Dietitian Shelley Case has written the most informative and authoritative gluten-free diet book in the marketplace. She shares a wealth of knowledge, debunks myths, decodes labeling information, offers strategies for healthy eating and serves up great recipes to ensure joy at the gluten-free dinner table. --Gwen Smith, Editor, Allergic Living magazine

A leading international expert on the gluten-free diet, Shelley is a registered dietitian, author, speaker and consultant with more than 30 years experience. She is a member of the Medical Advisory Boards of the Celiac Disease Foundation and Gluten Intolerance Group in the United States; Professional Advisory Council of the Canadian Celiac Association; and serves on the Scientific Advisory Board of the Grain Foods Foundation. Shelley has been featured on radio and television including NBC's Today show, CBC, CTV and Global TV, as well as frequently quoted in major print media such as the Wall Street Journal, WebMD, National Post, Globe and Mail, Food Business News, Chatelaine and Canadian Living. A popular speaker, she delivers presentations at medical, nutrition, celiac and food industry conferences throughout North America. Shelley's best-selling book is highly recommended by health professionals, celiac organizations, consumers and the food industry. Author of many journal articles on celiac disease and the gluten-free diet, she also contributes to a variety of other publications for health professionals and consumers. Her column Ask the Celiac Expert is featured in Allergic Living magazine. In recognition of Shelley's major contributions to the field of celiac disease and her dedication to educating health professionals and individuals with celiac disease in North America, she was awarded the Queen Elizabeth Golden Jubilee Medal. Professionally, Shelley is a member of the Academy of Nutrition and Dietetics, as well as the Nutrition Entrepreneurs, Dietitians in Business and Communications, Food and Culinary Professionals and the Medical Nutrition Practice Groups of the Academy of Nutrition and Dietetics. She is also a member of the Dietitians of Canada.

This is most thorough and extensive book on living in a gluten free world I've read. I've had celiac disease for over 30 years and was a leader for a support group for many years and this book answers all the questions and explains the "how's" and "why's" of celiac disease and how to live a healthy life gluten free. Every newly diagnosed person, every dietitian and GI doctor should have this book on their shelves. I wish I had had a resource like this 30 years ago. Even if you've read all the books you care to read about this topic, this one is a must. Add Shelley's book to your library

too.

This is an excellent update from the previous version I bought many years ago. Shelley includes everything from a product & company directory to recipes & meal plans. She provides evidence-based nutrition information which is crucial for patients & clinicians. This is the perfect book for anyone with Celiac disease or other gluten-related disorders. As a Registered Dietitian, I recommend this book to patients & utilize it myself as someone with Celiac Disease. There is much misinformation out there on the gluten-free diet. This is a resource that provides accurate & up-to-date information. I highly recommend it!

This is hands down my favorite gluten-free guide. It's accurate, reliable, easy to use and comprehensive. It includes everything you need to live a gluten-free lifestyle from basic information on how to shop and eat gluten-free, to awesome recipes (really love the Carrot Cake Pancakes) and how to eat safely when you are away from home. It also includes product and food company lists as well as recommendations for additional resources to help you be successful. Whether you've been diagnosed with celiac disease or are just serious about going gluten free, this book is the best place to find the information and support you need. I highly recommend it!

No better resource for those of us with celiac disease or gluten allergy or intolerance. I have had a current copy since Ms Case first started publishing these books. This is my go to reference for managing my diet. I never doubt that the contents are credible & well researched. I will never be without a copy nor should you if you face these health issues which require dietary modifications.

Registered dietitian nutritionist, Shelley Case is not only a leading authority on the medical and nutritional facts on celiac disease, she is a foodie who knows about food shopping and menu planning for those who must avoid gluten containing foods and ingredients. This book is resource guide with up to the minute guidance on planning nutritious meals that are gluten free. She's done a great job of addressing all of the frequently asked questions AND provides science based information on gluten free diets that may surprise you. If you want a book to help you go gluten free, this is the one you need for sure.

Great resource for gluten free eating including meal plans. Love the recipe section as there are several options for me to choose from. Also, the online resource section offers several places to

learn more. This is the most comprehensive gluten free resource available.

Gluten-Free: The Definitive Resource Guide by Shelley Case is indeed the definitive guide. Shelley knows the gluten-free world like few others. A registered dietitian, she speaks from personal experience with her gluten-free diet as well as from her science-based professional expertise. Her book is filled with really helpful information, such as a sample seven-day gluten-free menu, lists of gluten-free snack suggestions, healthy substitutions to convert gluten-containing foods into gluten-free options, lists of ingredients that contain gluten. If you have a question about how to live gluten-free, just look up the topic in the index, and voila, you'll get the answer. Hats off to Shelly for compiling this complete resource. If you want to buy just one book on gluten-free living, this is the one!

Hands down, Shelley Case is THE gluten free guru! I was happy to get this updated edition of her book *Gluten-Free: The Definitive Resource Guide* - the last edition has been my go-to gluten free resource for years. This is the most complete resource that anyone following a gluten free lifestyle could want - it will help you research products and companies, develop a reasonable eating plan, avoid common gluten free diet pitfalls and perfect your gluten free cooking skills (as well as learn to modify existing recipes to fit into your plan). Written in an accurate, non-preachy and easy-to-understand manner, this is a book you'll turn to again and again for information and inspiration as you navigate your gluten free life.

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