



# 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

The Gluten-Free Diet: A Comprehensive Resource Guide contains practical information about the gluten-free diet.

Includes detailed information about foods allowed, foods to question, foods to avoid; American and Canadian labeling regulations; nutritional aspects; meal planning and shopping guidelines; recipes; over 1800 gluten-free products listed by product name, company name and package size; a directory of more than 130 American, Canadian, and international companies; celiac support groups and resources such as books, cookbooks, magazines, newsletters, web sites and more!

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