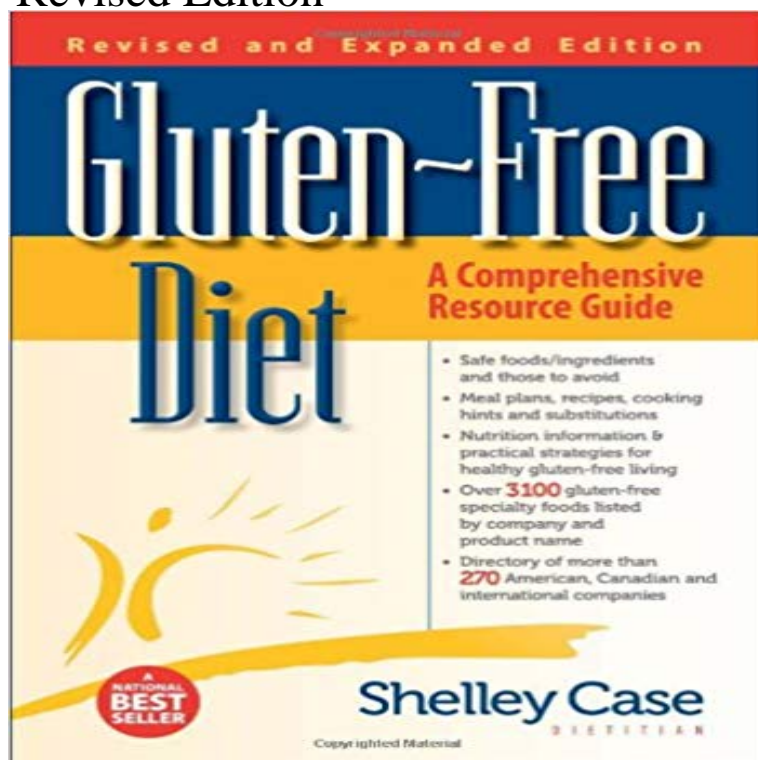


Gluten-Free Diet: A Comprehensive Resource Guide- Expanded and Revised Edition



Here's what you'll find in the new Gluten Free Diet: Detailed food and ingredient information. Latest breaking news on oats, including position statements from various organizations around the world, guidelines for use and references. New food and GF labeling regulations in the U.S., Canada, Europe and Australia/NZ, as well as the international Codex Alimentarius. Over 3100 gluten-free specialty products listed by company name, product name and package size. Directory of more than 270 American, Canadian and international companies divided into 3 categories: manufacturers of GF products, GF bakeries and GF stores & distributors. Nutrition information and practical strategies for healthy gluten-free living. Creative ideas for meals and snacks. Gluten-free cooking and recipes with nutritional analysis. Prevention of cross-contamination. Tips for eating out. Resources- books, cookbooks, magazines, celiac groups around the world and more!

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