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~~Practical, delicious ways to manage a gluten-free diet If you have a wheat allergy, gluten intolerance, celiac disease, or you just want to enjoy the benefits of a diet free of wheat, barley, and rye, then this guide is for you. Trusted author Danna Korn explains the medical problems associated with gluten and shows you step by step how to make the transition to a gluten-free lifestyle - and love it! With 25% new and revised content, this easy-to-understand reference includes coverage of the most recent testing methods, an updated section on the link between a gluten-free diet and improving behaviors in the autistic, new information about the genetics of celiac disease, expanded coverage on the gluten-free certification process, increased nutritional information, and updated recipes and resources. 65 delicious recipes plus tips on eating out Guidance on how to shop and decipher food labels Advice on how to raise happy gluten-free kids Covering the practical, medical, and emotional aspects of the lifestyle, Living Gluten-Free For Dummies, 2nd Edition offers hope and inspiration as you make the switch to a life free of gluten.~~

~~Whether you have a wheat allergy, gluten intolerance, coeliacdisease, or simply want to enjoy the benefits of a diet free fromwheat, barley and rye, then this book is for you. It explainsthe basics of gluten intolerance and the medical problemsassociated with it, plus practical guidance on how to makethransition to a glutenfree lifestyle. Packed with delicious recipes, tips on eating out, and updatedinformation on new food labelling legislation, testing methods andproduct availability, Living GlutenFree For Dummies is youressential guide to making glutenfree living easy. Includes new and updated content on: What you can and can t eat on a glutenfree diet, and howreadily available glutenfree foods are in the UK Shopping with success and deciphering newlyintroduced foodlabels Cooking crowdpleasing glutenfree meals using an increasingsrange of glutenfree products Raising happy glutenfree kids~~

~~Explains the benefits of adopting a wheat-free lifestyle and offers recipes and tips on eating out and preparing a kitchen to be wheat-free.~~

~~The easy way to live without wheat, barley, oats, rye, and other sources of gluten There's more to living gluten-free than just cutting it out of your diet. This Second Australian Edition of Living Gluten-Free For Dummies helps you embrace a gluten-free lifestyle and make a smooth transition to healthier, tastier living. You'll learn how to decipher food labels, enjoy a balanced diet, cook delicious meals and order at restaurants, deal with the emotional and social aspects of gluten-free living, raise healthy gluten-free kids, and so much more. And best of all, this book includes plenty of great-tasting recipes. Covers all the newest products and food labelling practices specific to Australia Includes up-to-date information about the latest research on managing coeliac disease Features over 75 nutritious and delicious gluten-free recipes Endorsed by Coeliac Australia Whether you or a family member have coeliac disease, another kind of gluten intolerance, or want to try living without gluten for other health or nutrition reasons, this Second Australian Edition of Living Gluten-Free For Dummies covers everything you need to knowfrom great recipes to the latest research and the best ways to manage your health.~~

~~As the prevalence of gluten-free dieting continues to grow, both from necessity and from choice, more and more people are searching for the healthy way to cut gluten out of their lives. Gluten-Free All-In-One For Dummies is the one-stop resource to help readers make the switch to a life free of gluten. It features a wealth of Dummies content including material from: Living Gluten-Free For Dummies, 2E Gluten-Free Cooking For Dummies, 2E Gluten-Free Baking For Dummies Celiac Disease For Dummies Student's Gluten-Free Cookbook FD New dessert recipes and coverage on labeling standards Learn to: Recognize the benefits from adopting a gluten-free lifestyle Interpret a food label and stock a gluten-free kitchen Cook delicious gluten-free recipes Make kid-friendly meals, baked goods, and desserts~~

~~Practical, delicious ways to manage a gluten-free diet. If you have a wheat allergy, gluten intolerance, celiac disease, or just want to enjoy the benefits of a diet free of wheat, barley, and rye, then this handy pocket guide gets you on the gluten-free path. You'll get a handle on the whos, whats, whys, and hows of going gluten-free as well as trusted advice on how to manage gluten sensitivity. Packed with practical advice ranging from what to eat and what to avoid to how to shop and cook, this book gets you started living | and loving | a gluten-free lifestyle.~~

~~All you need for a smooth transition to the gluten-free lifestyle! Contrary to popular belief, living gluten-free doesn't just mean eating gluten-free! With 1 in 20 people suffering from some degree of gluten intolerance and countless others interested in the health benefits of removing gluten from your diet, it's no wonder that the gluten-free lifestyle is on the rise. The Everything Guide to Living Gluten-Free is the perfect introduction to this lifestyle change. Inside, you'll find guidance on making a stress-free switch to a gluten-free life, with valuable information on: Setting up a pantry to avoid cross-contamination. Finding gluten-free options when traveling. Selecting gluten-free health and personal care products. Enjoying restaurant dinners and parties. Helping children acclimate to the gluten-free lifestyle. Plus, you'll find 100 recipes for superb gluten-free dishes, like Cornmeal-Crusted Chicken, Focaccia Bread, and Chocolate Raspberry Cupcakes with Fluffy Raspberry Frosting. Even including information for gluten-free vegans and vegetarians, this all-in-one guide is your indispensable resource for losing gluten for good!~~

~~More than 150 tasty recipes for gluten-free baking Imagine baking without flour. Impossible, right? Essentially, that's what you're doing when you bake gluten-free. Sure, there are replacement flours, but there's an art to combining those ingredients to re-create the tastes you know and love. Baking is truly the greatest challenge when cooking gluten-free, and more than 150 delicious, gluten-free recipes for baking cakes, cookies, and breads are coming fresh out of the oven to help you meet this challenge with Gluten-Free Baking For Dummies. Gluten-intolerant eaters have big concerns with baking, as wheat flour, a staple ingredient of many bread and baking recipes, is their greatest concern. Gluten-Free Baking For Dummies expands baking opportunities for those avoiding wheat flour, either for medical reasons or by choice. It offers you a wide variety of recipes along with valuable information about diet, health concerns, and kitchen and shopping basics. Discover new baking ideas and substitutes for common glutinous ingredients Easy recipes and methods for baking more than 150 gluten-free cakes, cookies, and breads Tips and advice for shopping and stocking your kitchen Gluten-Free Baking For Dummies is for the millions of people who suffer from Celiac disease, their friends and family, and anyone looking for healthy and tasty wheat- and gluten-free baking recipes.~~

~~Practical, delicious ways to manage a gluten-free diet. If you have a wheat allergy, gluten intolerance, celiac disease, or just want to enjoy the benefits of a diet free of wheat, barley, and rye, then this handy pocket guide gets you on the gluten-free path. You'll get a handle on the whos, whats, whys, and hows of going gluten-free as well as trusted advice on how to manage gluten sensitivity. Packed with practical advice ranging from what to eat and what to avoid to how to shop and cook, this book gets you started living - and loving - a gluten-free lifestyle.~~

~~Celiac Disease For Dummies is the ultimate reference for people with the disease and their family members. The book helps readers identify symptoms of the disease, and explains how doctors definitively diagnose celiac disease. It outlines how celiac disease affects the body, and what its consequences could be if untreated. The authors explain how celiac disease is treated, not only through the elimination of gluten from the diet, but with additional nutritional measures and alternative and complementary therapies. Written by two practicing physicians, the book also offers practical, helpful guidance for parents of children with celiac disease, whose treatment may be a particular challenge.~~

