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Living Gluten-Free For Dummies

Danna Korn

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Living Gluten-Free For Dummies

Danna Korn

Living Gluten-Free For Dummies Danna Korn
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.

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