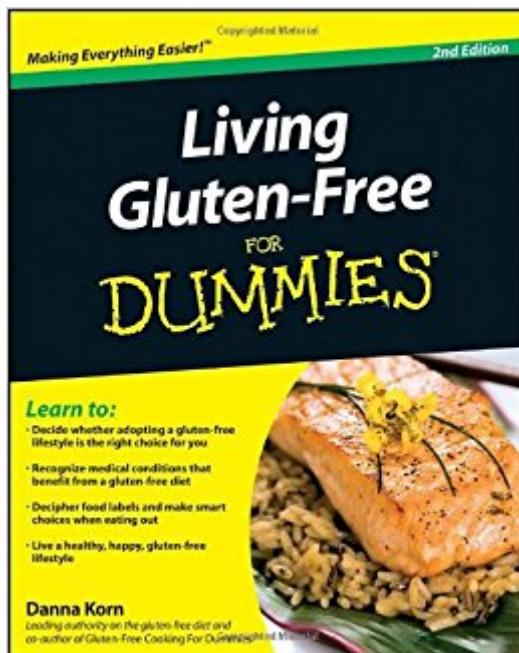


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# Living Gluten-Free For Dummies



## Synopsis

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.

## Book Information

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## Customer Reviews

Practical, delicious ways to manage a gluten-free diet If you have a wheat allergy, gluten intolerance, celiac disease, an autistic child, or you just want to enjoy the benefits of a diet free of wheat, barley, and rye, then this guide is for you. You'll get trusted, authoritative explanations of the medical problems associated with gluten and clear guidance on how to make the transition to a gluten-free lifestyle • and love it! Go gluten-free • get a handle on the whos, whats,

whys, and hows of going gluten-free (and the many medical benefits of a gluten-free lifestyle) Connect the dots • discover the fascinating connections between gluten, autism, and behavioral disorders Speak Glutenese • learn how to decipher label lingo and know what to look for (and what to avoid) when shopping for food Make it nutritious (and delicious) • follow recipes for making family-pleasing gluten-free meals, from enticing entrees to sensational sides and everything in between Get out and about • get practical tips and guidance on keeping a gluten-free diet whether you're eating out or on the go Open the book and find: How to adapt your perspective on food The connection between autism, behavior, and gluten Good carbs vs. bad carbs The truth about whole grains How to shop for and stock your pantry with gluten-free foods Healthy and delicious recipes for every meal of the day (including a gluten-free spin on family favorites) Cooking tips and techniques Tips for raising happy, healthy gluten-free kids Learn to: Decide whether adopting a gluten-free lifestyle is the right choice for you Recognize medical conditions that benefit from a gluten-free diet Decipher food labels and make smart choices when eating out Live a healthy, happy, gluten-free lifestyle

Danna Korn is respected as one of the leading authorities on the gluten-free diet and the medical conditions that benefit from it. She's been featured in People Magazine, on ABC's "20-20," and dozens of other national media outlets. She is the co-author of *Gluten-Free Cooking For Dummies*.

I am relatively new to a gluten free diet. My doctor suggested gluten free and gave me a list of foods that were allowable but I needed more information. *Living Gluten-Free for Dummies* is a great educational resource and helped me tremendously. As I have learned gluten is in so many items (and not just foods) so knowing how to read labels and ingredients to look for that mask gluten under another name is very important. This book helps with all of this. *Gluten-Free Cooking For...* is wonderful! I use this book almost daily. I love the recipes and it has great suggestions for snacks and many other quick solutions so you don't eat something you should avoid. All the recipes I have tried so far have been great.

Excellent book. Have been gluten free for five years and recommend this to anyone who wants to know where to start on the transition. The author provides insight to where gluten hides under other names beside wheat, rye and barley The author has a great sense of humor!

This is an EXCELLENT book when you discover that you can't have gluten anymore! Not only is it

very informative, but it's an easy read as the author tosses in funny comments. I'm just now getting to the recipes. They do seem to have a lot of salt and sugar...I can't have much of that either. In, time, I'm sure I'll be able to adapt some of them to my specific needs.

Thought it would have more medical/technical detail, but I am a biologist and I geek out on that stuff. For the average user its probably ok.

I've bought many books about gluten free eating over the years, and this IS the one. This covers everything you need to know about gluten free eating and then some. The other books I bought covered some topics, and some covered most of the topics we need to know about...but this book covers it ALL. I guarantee you it will answer all and any question you have about gluten free eating. I hear Dana Korn's revised Gluten Free Cooking will be published November 2012. That one is mine.

I just found out that I have developed gluten sensitivity and this book helped me understand what that means. It starts with teaching you what gluten is, what it does, how to look for it in foods, and how to manage living without it. Well written, it really helped me to understand what I can and can't eat and how to read labels for those foods not clearly marked. I can now stop moaning about not being able to eat breads and pasta anymore, and learn to make them from scratch using gluten free products. Buying this book first would have saved me hours of internet research into gluten free living.

I checked the Gluten free cooking for dummies out at the library and was writing useful information down from it and recipes I wanted to try. I had so much I found useful I decided to try to see if it would be cheap enough to just buy. Was pleasantly surprised to find several other gluten free dummy books. I haven't had a chance to look through the others, but know it was money worth spending to have these as references as well as cook books. Liked this a lot better than the complete idiots guide books since there is more reading on being gluten free and the recipes seemed better to me:)

good book, very informative

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