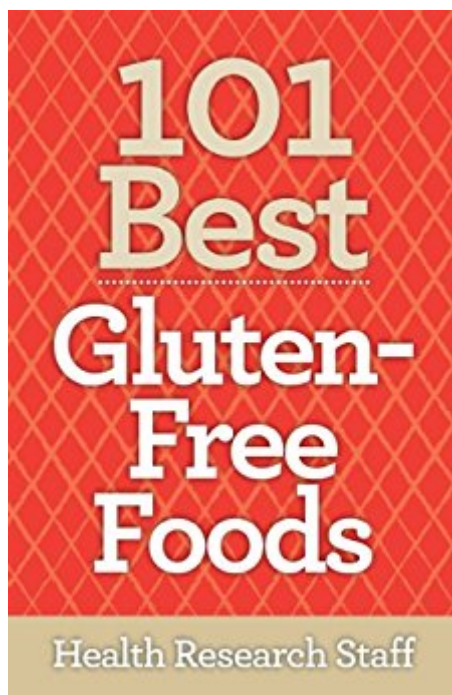


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# 101 Best Gluten-Free Foods



## Synopsis

A rapidly growing number of people are affected by an intolerance for foods that contain gluten. In some people the symptoms of gluten sensitivity may include bloating, abdominal discomfort, pain or diarrhea. Or it may be felt with a variety of extra-intestinal symptoms including headaches and migraines, lethargy and tiredness, attention-deficit disorder and hyperactivity, autism and schizophrenia, muscular disturbances as well as bone and joint pain. A change in diet to gluten-free foods has been demonstrated to alleviate the symptoms of gluten intolerance and a gluten-free diet is the only medically accepted treatment for celiac disease. The good news is a gluten-free diet doesn't have to be boring, tasteless and drab like a lot of medical diets are. The following 101 foods can be used to create an exciting but healthy daily diet that's gluten-free. We've selected the top picks that you should include in your diet plan regularly so you no longer have to wonder what to eat. Not only are these foods gluten-free, but just as importantly, they're very rich in nutrients that will ensure you're feeding your body right and energizing yourself for all the different activities that you choose to pursue. Includes a shopping list that conveniently organizes them as you would find them while shopping.

## Book Information

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## Customer Reviews

I have recently been told by my doctor I am gluten intolerant. At first I was very worried as I thought what on earth can I eat that hasn't got gluten in it. THEN I saw it on '101 BEST GLUTEN- FREE FOODS' How it has transformed my shopping. No longer do I spend hours reading the tiny print on products in the shops (if I have remembered my glasses). I just write a list from the foods mentioned in the book. Thank you Thank you to Health Research Staff- Millwood Media and to for this amazing book. I would not have known about it if you had not advertised it on your site.

This book will be a very helpful tool as I navigate a world that is inundated with wheat/gluten products. The author makes it very easy to learn to convert your diet with recipes that show you how to replace gluten with similar products.

I loved this book! It was informative easy to read and too the point! I love the grocery list to take to the store and I cant wait to be gluten free. I also loved the price of the book. I recieved a lot of info. for a small price. Thanks for writing an awesome super informative book!

best book for 1st timers, what is gluten free now, going to store for shopping and perfect to self educate without all the yada yada talk.

This book broke down gluten-get foods in alpha order, giving an explanation of what each food item offered in terms of nutrient values. I appreciated not having to dig through the book to try to come up with a list. In fact, there actually is a list that can be taken to the grocery to aid in shopping for gluten-free foods. Resources are made available, as well, to various Celiac organizations where one can turn for more help in understanding the role gluten plays in various illnesses.

Lists the best gluten diet foods as well as the vitamins each contains as well as other helpful tips on cholesterol management etc. Towards the end of the ebook it contains a list of the most beneficial foods to buy when maintaining the gluten free approach. I just wished it would have had some recipes but that was not the intent of this book. It was helpful for the website to search for more information on the gluten free lifestyle.

Having recently found out that I am gluten intolerant, I found this guide helpful. There were some obvious items like vegetables but there were others that I wasn't sure of - like miso, for instance as well as some flours and grains. The shopping list is also handy to have.

This book is a quick read. It is not a list of recipes. It is exactly what it says it is...a list of 101 best gluten-free foods, including some you may have never thought of. It also gives nutritional information for each food. Here's a tip: you can purchase several books out there with recipes that cost much, much more; you can go to the library and find gluten-free recipe books; or you can use this book as a starting point, then search the net for recipes which is what I did. All-in-all, this book makes for a handy and easy reference guide when grocery shopping or even eating out.

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