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this edition provides essential information for people diagnosed with celiac disease this easy to

read survival guide outlines how to follow a gluten free diet identify food products and medications that might contain harmful grains shop for gluten free products at the market and online locate companies that manufacture and or distribute gluten free products safely choose foods when eating away from home and avoid cross contamination in your kitchen also includes information on support groups online resources and a frequently asked questions section

gluten be gone gluten intolerance affects almost three million americans with painful and frustrating symptoms although testing for it is fairly simple it can be difficult to diagnose and the only treatment is a strict gluten free diet for life armed with this book post diagnosis readers can meet the challenge it contains lists of legal and illegal foods food substitutions a lesson in how to find gluten in food labels and keep flavor in gluten free meals and a section on dieting

a lifetime of sound advice on healthful eating from the world s foremost authority on food and nutrition thoughts about eating are changing the focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good live well and prevent disease with so much new information coming from so many different sources eating right can be confusing but it doesn t have to be this comprehensive book from the american dietetic association explains everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition the american dietetic association s complete food nutrition guide provides quick access to nutrition information for the whole family including what you need to know about vitamins minerals and antioxidants low fat fast food and restaurant tips healthful vegetarian eating nutrition for disease prevention why dieting doesn t work and what does meeting the unique nutrition needs of women children teens and seniors how to decipher health claims in the headlines top nutrition tips for sports and exercise how to protect against foodborne illness and much more also included are recently updated recommendations for certain vitamins and minerals the usda dietary guidelines for americans kitchen nutrition tips self assessment quizzes and an expanded index with nearly 70 000 members the american dietetic association is the largest organization of food and nutrition professionals in the world named one of ladies home journal s top health books of 1996 winner of a 1997 health information award a must for everyone s kitchen the oregonian jam packed with practical eating and food safety tips usa today intelligent advice about sensible eating washington times may be the ultimate healthy eating primer fitness magazine

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