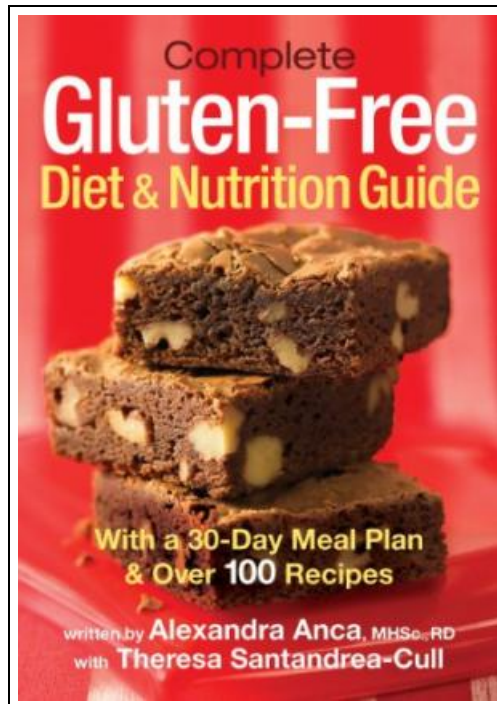


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COMPLETE GLUTEN-FREE DIET NUTRITION GUIDE: WITH 30-DAY MEAL PLAN OVER 100 RECIPES (PAPERBACK)



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ROBERT ROSE INC, Canada, 2010. Paperback. Condition: New. Language: English . Brand New Book. A gluten-free diet is one of the most challenging diets to adopt and follow, but the effort is worth it! Celiac disease (gluten intolerance) affects a large percentage of the population. This book is about helping people to understand the health basis of the condition and how to build a diet to manage it. Since there is no medication for celiac disease, the only way to manage it is to follow a completely gluten-free diet. Celiacs who follow a gluten-free diet often suddenly feel better and, for the first time in years, are able to not only reconnect with food but to actually enjoy it. This outstanding dietary guide provides comprehensive information on: * Celiac disease basics, from what causes celiac disease to how it is diagnosed to what effect the disease has on an individual's quality of life; * Managing celiac disease, including dietary therapies, food guides, specific foods to avoid, foods to enjoy, nutritional supplements and living with celiac disease; * Gluten-free meal plans, including a 30-day meal plan that provides an entire month of meals and snacks in an easy-to-understand format; * Healthy gluten-free recipes, including breakfasts, breads and muffins, soups, salads, pasta, meat, poultry, vegetarian and vegan entrees and desserts. Informative and easy to understand, Complete Gluten-Free Diet Nutrition Guide provides dietary and nutritional guidelines along with 100 tantalizing recipes that can be enjoyed by everyone, not just those who are trying to manage celiac disease.



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