



Idiot's Guides: Gluten-Free Eating

Elizabeth King Humphrey, Jeanette Hurt

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Celiac disease, gluten sensitivity, and general health and well-being are all reasons millions of people are going "gluten-free." While gluten-free packaged foods and restaurant meals have emerged, sorting through this diet and related health issues have only become more challenging. *Idiot's Guides: Gluten-Free Eating* provides an easy-to-understand explanation of the varying degrees of gluten intolerance, a detailed list of gluten-containing foods (including those with "hidden" gluten), more than fifty tasty recipes, plus a thorough shopping list of foods that are naturally gluten-free. Also included are expert tips on avoiding gluten while dining out and helping kids avoid the gluten that is prevalent in the foods they like the most.

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