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Gluten Safe & Unsafe Ingredient List: The Fundamental Pocket Guide For Celiacs

Jaqui Karr

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Gluten Safe & Unsafe Ingredient List: The Fundamental Pocket Guide For Celiacs Jaqui Karr
What happens when a Certified Sports Nutritionist is diagnosed with Celiac Disease? An action plan like no other, designed in a format that can be read and applied the same day. This guide is not meant to be an encyclopedia discussing Celiac. It is a quick guide that spares the reader from painful trial & error, provides a list of safe ingredients that can be used to do grocery shopping (note: not a grocery guide - as those can be outdated before even printed! manufacturers change ingredients very often. this guide provides actual ingredients you can check on labels which is the only way to eat safely), and cautions where all the hidden dangers are. This guide incredulously can make anyone Celiac-saavy very quickly. One of two books by the same author, this version contains a list of safe and unsafe ingredients in a slim, pocketbook format that makes it easy to have on hand while grocery shopping or carry anywhere. Also, the essential basics of where to look for hidden dangers and how food processing affects the food we buy. A fantastic tool for Celiacs looking for the slimmest guide possible. The second book "Celiac Disease: Safe Food List and Essential Information on Living With A Gluten Free Diet", includes all of the above information, but also contains vitamin and supplement information, a brief section addressing Celiac's relation to depression, and several ideas on how to make a smooth - even enjoyable - transition to living a gluten free life. Still in a pocketbook format with only 30 additional pages, also available on Amazon.com. If you suffer from Celiac or have gluten intolerance or allergies, you simply can't go without this handy guide!

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