

Gluten Free

The Definitive Resource Guide

Shelley Case is a registered dietitian working in Saskatchewan who specializes in celiac disease and gluten sensitivity. In 2001, she released her first gluten-free living guide book. Since then, she has regularly released updated versions of this guide that explain the changes and evolution of the gluten-free landscape. She published her most recent rendition in September 2016, which includes heaps of valuable information for anyone who is avoiding all the foods and products that contain gluten. Shelley is a valued resource for the GI Society when it comes to accurate information regarding celiac disease and all things gluten-free.

What is gluten and why do some individuals need to avoid it?

Gluten is a general name for specific proteins found in wheat, barley, and rye, and as an added ingredient in many food products. In individuals with celiac disease, gluten triggers an unusual immune response that leads to flattening and altering of the millions of microscopic finger-like projections (villi) that line the inner wall of the small intestine. Due to this damage, the intestinal lining in individuals with celiac disease becomes unable to adequately absorb nutrients in their food, and they experience symptoms such as abdominal pain, bloating, cramps, diarrhea or constipation, weight loss, fatigue, anemia and irritability. They must strictly avoid gluten, because even small amounts can cause this immune response. However, those who have non-celiac gluten intolerance might experience negative effects like bloating, abdominal pain, diarrhea, and tiredness after eating gluten, yet do not suffer any intestinal damage, and may be able to tolerate small amounts of gluten.

Gluten Free: The Definitive Resource Guide

This 368-page book contains a very detailed account of everything you need to know about going gluten-free. It starts with an introduction to the diseases and disorders with symptoms caused by gluten ingestion, such as celiac disease,

dermatitis herpetiformis and non-celiac gluten sensitivity, and then it proceeds to explain in detail what gluten is, what a gluten-free diet looks like, and how to maintain good health while avoiding gluten.

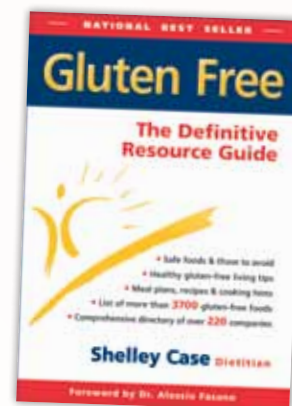
In this book, you can find lists of foods that do and don't contain gluten, including lists that cover specific brand products, companies, and retailers that carry gluten-free products. Shelley Case answers many frequently asked questions about going gluten-free, including detailed information on surprising foods that contain gluten, how to thoroughly investigate food labels, eat at restaurants, choose gluten-free alcohol, and travel while remaining gluten-free. The book also contains many recipes, including gluten-free cooking and baking, easy gluten-free alternatives, and helpful meal plans.

We consider this book a must-have for those looking for an extremely in depth, definitive guide to going gluten-free. Depending on your learning preference, one downside is that this material is explained through text and charts in black and white, with no pictures of any of the recipes included.

For those who want to know more than just the basics, Case includes charts with detailed nutritional analysis of grains and other foods that those going gluten-free often use to replace wheat, as well as nutritional information for each of the recipes included in the book, so readers can make informed choices when deciding which gluten-free foods to incorporate into the diet.

She also goes into the more technical side of the gluten-free diet by including information on food labelling regulations in Canada and the United States, and how to avoid gluten cross-contamination. On top of this, there is a detailed resource section that includes other books, cookbooks, magazines, articles, websites, and more to help you further on your gluten-free journey.

Go to <https://shelleycase.com/book/> to purchase or learn more about this book. The GI Society/CSIR receive no financial compensation for product reviews.



We consider this book a must-have for those looking for an extremely in depth, definitive guide to going gluten-free.