

# Celebrate Gluten-Free

an e-Magazine of the Gluten Intolerance Group

## School's In Session!

*Gluten-Free From A-Z*

*+ Letters to Teacher = A+ Year*

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## Interpreting Gluten-Free Labels:

*Is that product really safe?*

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## FREE WEBINAR:

**Inside GFCO Certification –  
The Truth Behind The Logo**

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# Gluten Free

## The Definitive Resource Guide

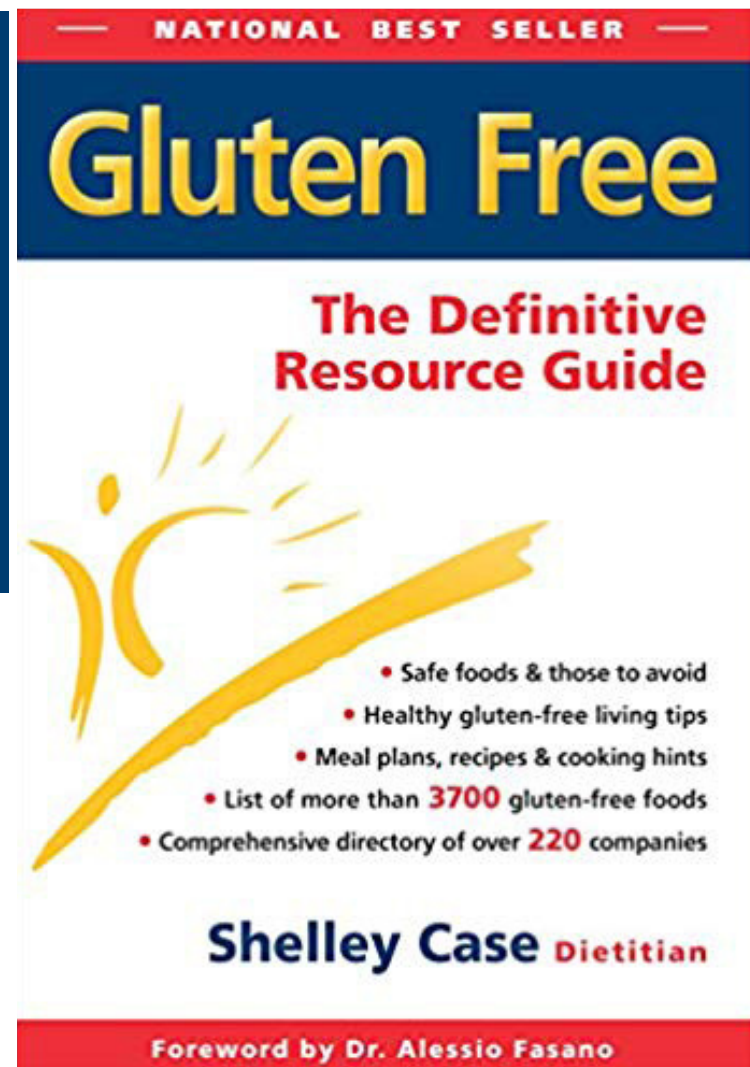
By Shelley Case, Dietitian

\$ 29.95

350 pages

Considering current high levels of awareness around the gluten-free diet, one might wonder whether there is still a need for a comprehensive book on the subject. After all, everywhere we turn, there is information available on celiac disease, and on any and all aspects of the gluten-free diet. But, along with more information comes more MIS-information. A resource like this is therefore especially timely and valuable. Shelley Case is an internationally respected nutrition expert on celiac disease and the gluten-free diet. For 30+ years, she has shared her knowledge widely: with medical professionals, to the general public through TV, radio and magazine articles, as an expert on advisory groups, and last but not least, with individual patients. First published in 2001, this book was updated in 2016.

One feature that truly makes this publication stand out is inclusion of detailed information in the section on "Nutrition and the Gluten-Free Diet." As a dietitian, this author's content is designed not only to keep you safely gluten-free, but to help ensure that your gluten-free diet is nutritionally sound, adequate, and healthful. Topics covered include specific nutrients of concern (e.g. calcium), along with detailed information on recommended intakes, and amounts found in an extensive list of commonly consumed foods. The "Gluten Free Meal Planning" section provides



understandable, detailed, and do-able tips on making healthy choices within different food groups. Tips under "Breakfast Boosters" and "Power Lunches and Dinners" make positive change clear, simple and achievable. Tips are listed in a chart with the format "If you eat this", "Add this", and "Or try this instead."

All the basics are covered too, in a very detailed and thorough, yet still easily understood way. Confusing items like oats, alcohol, and vinegar are given thorough attention, as are "Frequently Questioned Ingredients" such as flavorings, dextrin and rice syrup. Gluten testing methods and threshold levels in foods are explained too. Wondering how to use mesquite flour, or arrowroot starch as a thickener? These, and many other gluten-free food questions you may never have realized you had, are covered. This is an ideal book to read from cover to cover when getting started on a gluten-free diet, and to keep on hand for continual reference.