



Celiac Disease Nutrition Guide, Second Edition

Tricia Thompson

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This new edition provides essential information for people diagnosed with Celiac disease. This easy to read survival guide outlines how to follow a gluten-free diet, identify food products and medications that might contain harmful grains, shop for gluten-free products at the market and online, locate companies that manufacture and/or distribute gluten-free products, safely choose foods when eating away from home and avoid cross contamination in your kitchen. Also includes information on support groups, online resources and a Frequently Asked Questions section.

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