



Tell Me What to Eat If I Have Celiac Disease: Nutrition You Can Live With

Kimberly A. Tessmer

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"This comprehensive resource describes every aspect of celiac disease, including diagnosis and daily survival skills. There is an entire chapter which contains invaluable advice from those with the most experience--people with celiac disease!"

--Trisha B. Lyons, RD, LD, MetroHealth Medical Center, Cleveland, Ohio

"The highly practical and detailed information in this book will help both the celiac patient/parent and their healthcare providers minimize the bewilderment associated with following a gluten-free diet in today's fast-paced, fast-food, highly processed world."

--Kenneth Fine, MD, director of operations and director of medical research, Intestinal Health Institute

Celiac disease affects at least 3 million Americans. Left untreated, it can lead to the development of a number of serious health conditions and numerous unpleasant side effects. Currently, following a life-long gluten-free diet is the only means to treat this medical condition.

Tell Me What to Eat if I Have Celiac Disease is an informative and non-technical book written to guide anyone with celiac disease to a better understanding of a gluten-free diet. It begins with a simple overview of the disease and the diet, and follows with practical advice, tasty recipes, and valuable resources.

This invaluable reference--the newest addition to the best-selling Tell Me What to Eat series--includes:

- * An easy-to-follow and updated food guide, along with the newest information concerning gluten-free diets.
- * The latest research and information on labeling laws pertaining to gluten in foods.
- * Recipes and advice from the experts themselves--people with celiac disease.
- * An abundance of valuable resources.

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From reader reviews:

Erma Ward:

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