



Living Gluten-Free For Dummies - Australia

Margaret Clough, Danna Korn

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Living Gluten-Free For Dummies - Australia Margaret Clough, Danna Korn
The easy way to live without wheat, barley, oats, rye, and other sources of gluten

There's more to living gluten-free than just cutting it out of your diet. This *Second Australian Edition of Living Gluten-Free For Dummies* helps you embrace a gluten-free lifestyle and make a smooth transition to healthier, tastier living. You'll learn how to decipher food labels, enjoy a balanced diet, cook delicious meals and order at restaurants, deal with the emotional and social aspects of gluten-free living, raise healthy gluten-free kids, and so much more. And best of all, this book includes plenty of great-tasting recipes.

- Covers all the newest products and food labelling practices specific to Australia
- Includes up-to-date information about the latest research on managing coeliac disease
- Features over 75 nutritious and delicious gluten-free recipes
- Endorsed by Coeliac Australia

Whether you or a family member have coeliac disease, another kind of gluten intolerance, or want to try living without gluten for other health or nutrition reasons, this *Second Australian Edition of Living Gluten-Free For Dummies* covers everything you need to know—from great recipes to the latest research and the best ways to manage your health.

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