



HOT SUMMER READING

A lazy day in summer is a great time to brush up on celiac disease and the gluten-free diet. Let me share some of my favorite books.

Celiac Disease for Dummies

by Dr. Ian Blumer and Dr. Sheila Crowe

This is an easy-to-read book written for those with celiac disease and their family members. It has practical information including symptoms, diagnostic tests, associated conditions, complications, treatment, nutritional considerations, complimentary therapies, research about potential new treatments, and more.

Real Life with Celiac Disease: Troubleshooting and Thriving Gluten Free

by Melinda Dennis, RD and Dr. Daniel Leffler

Health professionals and those with celiac disease will find this book, which features a wide variety of topics about celiac disease, gluten sensitivity and the gluten-free diet, highly informative. It includes case studies from the authors (from the Celiac Center at Boston's Beth Israel Deaconess Medical Center) and more than 50 celiac experts, along with recommended treatment options and lifestyle changes.

Complete Gluten-Free Diet and Nutrition Guide

by Alexandra Anca, RD and Theresa Santandrea-Cull

Dietitian Alexandra Anca teamed up with baking instructor Theresa Santandrea-Cull to produce this informative guide

that features an overview of celiac disease and detailed information about the gluten-free diet: foods allowed and to avoid, shopping tips, substitutions, healthy eating, a 30-day meal plan and over 100 recipes with nutritional analysis.

People Before Profit

by Ken Koopman

This is a heart-warming story of a true entrepreneur, Bob Moore, founder of Bob's Red Mill. Starting out from humble beginnings, Bob and his wife Charlee persevered through numerous setbacks, including a fire that destroyed their first mill, and rebuilt Bob's Red Mill into the well-respected international whole grain company it is today. With passion, yet humility, strong ethics and faith, Moore's story is truly inspiring and a must-read.

Easy Gluten-Free: Expert Nutrition Advice with More than 100 Recipes

by Tricia Thompson, RD and Marlisa Brown, RD
Written by celiac expert dietitians, this book features information about gluten-free ingredients, label reading and nutrition strategies. It includes a 28-day meal plan and recipes with nutritional analysis. The recipes are divided into: quick-and-easy (less than 30 minutes) and creative (special dishes), and many of the recipes are made with whole grains and flours.

Gluten-Free Diet: A Comprehensive Resource Guide

by Shelley Case, RD

Of course I'm biased, but had to include it! See my advertisement below for complete info on the book.

1000 Gluten-Free Recipes

by Carol Fenster

I love all the cookbooks by gluten-free culinary expert Carol Fenster. But this is my favorite since it's loaded with a range of delicious recipes using common ingredients that the whole family will enjoy. Many of the recipes are conveniently highlighted as quick-to-make or vegetarian. Whether you are on a gluten-free diet or not, I highly recommend.

Complete Gluten-Free Cookbook

by Donna Washburn and Heather Butt

These home economists have developed recipes that are easy to follow and use a variety of nutritious gluten-free flours, nuts, beans and seeds. There are wonderful recipes for appetizers, salads, soups, side dishes and entrees. However, it is the extensive number of delicious breads, quick breads and desserts, along with a section on bread machines, that makes this cookbook a real winner.

Everyday Gluten-Free Slow Cooking

by Kimberly Mayone and Kitty Broihier, RD

The authors have developed 140 flavorful recipes for breakfast, lunch and dinner using whole grains and other common ingredients. More than 100 of the recipes are dairy-free or can be adapted using substitutions.

Shelley Case, RD, is an international celiac nutrition expert, consulting dietitian and the author of *Gluten-Free Diet: A Comprehensive Resource Guide*. For more articles and information, see www.glutenfreediet.ca.

The Definitive Gluten-Free Guide

Here's what you'll find in the new *Gluten-Free Diet*:

- Detailed food and ingredient information.
- Creative ideas for meals and snacks.
- Gluten-free recipes with nutritional analysis.
- Prevention of cross-contamination advice.
- Practical strategies for healthy gluten-free living.
- Tips for eating out.
- Breaking news about oats, including position statements from organizations around the world.
- New food and GF labeling regulations in the U.S., Canada, Europe and Australia/NZ, as well as the international Codex Alimentarius.
- Over 3,100 gluten-free specialty products listed by company name, product name and package size.
- Directory of more than 270 U.S., Canadian and international companies, with manufacturers of GF products, GF bakeries and GF stores & distributors.

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www.glutenfreediet.ca

