



The Gluten-Free Nutrition Guide

Tricia Thompson

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A delicious, nutritious gluten-free eating plan for life!

From now on, a gluten-free diet doesn't have to mean taste-free, nutrition-free, and convenience-free. Yes, you must avoid a host of foods containing wheat, barley, rye, and even most oats. But nutritionist and gluten-free-diet researcher Tricia Thompson has assembled an army of food choices for you that are not just gluten-free but also tasty and packed with nutrients!

The Gluten-Free Nutrition Guide is filled with new gluten-free eating strategies, the latest research, and dozens of tips on living better with celiac disease. Inside you will find:

- Fifty delicious gluten-free recipes, many from noted celiac disease experts
- Advice for living with and controlling celiac disease
- Information on safe and delicious foods that boost your fiber intake
- The best ways to avoid the common pitfalls of a gluten-free diet, such as high fat intake and low intakes of B vitamins, iron, and calcium

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