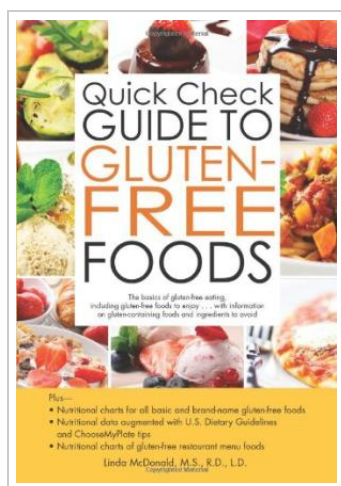



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Quick Check Guide to Gluten-Free Foods (Paperback)

By Linda McDonald

Barron's Educational Series, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. More men and women than ever are turning either to gluten-free or low-gluten diets for healthful eating. This book gives you nutritional charts for all basic food types, and lists only foods that are gluten-free. A detailed introduction informs you with-- Reasons for choosing gluten-free foods, with information on celiac disease and gluten intolerance Basics of gluten-free eating, with information on gluten-containing foods to avoid, and safe and forbidden gluten-free ingredients Gluten-free shopping tips, kitchen tips, and dining-out tips A general guide to healthful eating The food charts cover vegetables, fruits, cereal grains, pasta, dairy, eggs, meats, fish, poultry, baked goods, snacks, sweets, processed foods, and more. The charts list calories, total fat, saturated fat, cholesterol, carbohydrates, fiber, sugar, protein, and sodium. Nutritional data has been augmented with U.S. Dietary Guidelines and MyPlate tips.

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