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Living Gluten-Free for Dummies is a great educational resource and helped me tremendously. As I have learned gluten is in so many items (and not just foods) so knowing how to read labels and ingredients to look for that mask gluten under another name is very important. This book helps with all of this. Gluten-Free Cooking For... is wonderful!

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Living Gluten-Free For Dummies author Hilary Du Cane walks you through the easy steps of how to make a simple and delicious gluten-free plum cake in this video. With a baking time of about an hour and 30 minutes to cool, you can serve this cake to anyone - whether they're living gluten free or not. Preparation time: 20 mi... Read more

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Gluten-free treats are fine as long as you keep the portions small and remember that they are 'sometimes' treats. Here are some ideas for gluten-free food to include in your child's lunchbox. Crispbreads or rice/corn cakes (remember they aren't as filling as bread). Soup in a thermos. Salad in a tub with crispbread. Crackers with cheese.

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Including over 60 delicious gluten-free recipes and tips on eating out, you can learn to control your food intake wherever you are. Living Gluten-Free For Dummies covers: Knowing what you can and can't eat; Shopping and deciphering food labels; Coping with a gluten-free lifestyle on a day to day basis; Cooking crowd-pleasing gluten-free meals

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It explains the basics of gluten intolerance and the medical problems associated with it, plus practical guidance on how to make the transition to a gluten-free lifestyle. Packed with delicious recipes, tips on eating out, and updated information on new food labelling legislation, testing methods and product availability, Living Gluten-Free For Dummies is your essential guide to making gluten-free living easy.

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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...

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