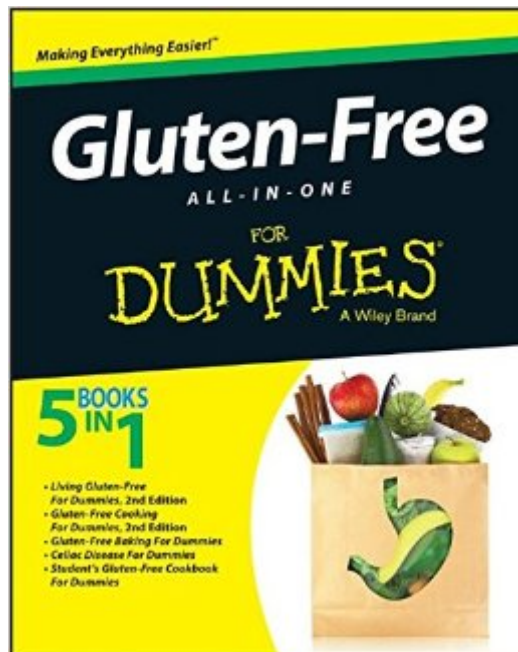


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# Gluten-Free All-In-One For Dummies



## Synopsis

Everything you need to know about living a gluten-free lifestyle As the prevalence of gluten-free dieting continues to growâ ”both from necessity and choiceâ ”more and more people are searching for a healthy way to cut gluten out of their lives. *Gluten-Free All-In-One For Dummies* culls a wealth of indispensable information from six popular *For Dummies* books, providing you with an all-encompassing, one-stop resource for living and eating gluten-free. From gluten-free cooking and baking to must-have information on celiac disease, this comprehensive and authoritative guide to all things gluten-free is the only reference you'll need as you navigate your way around a wheat, barley, and rye-filled world. With nearly millions of households having at least one person who eats gluten-free foods, the need for a trusted and authoritative guide to living gluten-free has never been greater. Thankfully, *Gluten-Free All-In-One For Dummies* is here to offer expert guidance on making the switch to a life free of gluten. Recognize the benefits of adopting a gluten-free lifestyle Interpret food labels and stock a gluten-free kitchen Cook delicious gluten-free recipes for every meal of the day Make kid-friendly gluten-free meals, baked goods, and desserts If you're a seasoned gluten-free eater or a newcomer to the diet, *Gluten-Free All-In-One For Dummies* is the perfect, all-inclusive guide to ditching the grains and living a healthier life.

## Book Information

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## Customer Reviews

This is the only gluten free book you need! As expected, there are some very good recipes. But what really makes this book stand out is that it covers ALL of the educational information from soup

to nuts. Should you be gluten free? How do you find gluten? How do you make gluten free a lifestyle? Great book

Great starting point. Really does feel like they combined several books into one, as many topics repeated throughout first 40 pages or so. Would have liked more in depth explanation on tracking your nutritional needs and specific items to ask your doctor once you test positive. Also would have liked hidden dangers category expanded. As a fairly new Celiac I struggle with eating out and being hungry trying to not to eat the wrong thing. Good beginner book, good recipes. It does discuss following the paleo diet I don't feel as though the word 'diet' should be mentioned, as gf for me is a way of life.

What I LOVE about this book is how it educates and then provides recipes (from the sweet & simple to the deliciously complex). So, if you have been recently advised (or told) to remove gluten from your diet BY YOUR PHYSICIAN, this text gives you the perfect introduction to why your doctor has suggested this to you (or said that it is a necessity). Then, it educates you as to not only live a gluten-free life, but to make it "not that big of a deal." Now, it is a "big deal," let's face it. It is difficult to go out to eat or to trust anything you buy from a store (this is ESPECIALLY true for those with Celiacs). (And, yes, I know how some of the "big chains" swear they are gluten-free, but when "push comes to shove," they often write "should" on the bottom of the menu ... watch for that. It will prevent you a night of misery). However, this book removes much of the fear/anxiety from a new diagnosis. And, let's be as clear as possible to the potential consumer ... this is NOT a diet book. If you have not been diagnosed with a gluten sensitivity/allergy, you do not need this book. You will not "lose weight" on a gluten-free diet. it is NOT a fad. We are talking about a percentage of the population who needs this text to tell advise them how to live better, more comfortable lives (with food that actually tastes great). Now. the recipes in here are phenomenal! My favorite is the Vegan Applesauce Quick Bread, followed by the Brownies, and then the Sticky Buns (guess you can tell that I have a bit of a "sweet tooth"). The bagels were more of a challenge than I would have thought, but it was worth the effort (and, do know that I am not much of a cook, so what may be challenging for me could be a breeze for you. LOL!) This is a must-have for you or the person in your live who is newly diagnosed! Be informed, and then start making some great food! That simple! YOU CAN DO IT!

This book is a tremendous resource for anyone who needs or wants to avoid gluten, whether due to

celiac disease, gluten sensitivity or for other reasons. I have the Living Gluten-Free for Dummies book (one of the 5 books in this book). For the slightly higher price, you get a WEALTH of information including cooking, baking and celiac disease for dummies. Even after being gluten free for 5 years, there are things to take away from this book besides recipes. It teaches you sources of hidden gluten, which is helpful - better to educate yourself than find out the hard way. This is not the size of 5 Dummies books since it most likely cuts out duplicative information (intro chapters) amongst all the books. So not only is it a great value and packed with information, but it takes up less space on your bookshelf and is easy to use in the kitchen. This book is a valuable resource to anyone on a gluten free diet, or those with a close family member or friend who may cook, bake or dine out with someone who is gluten free.

This is a great one-stop resource for the Newly Gluten Free- five books in one. Gluten-Free for Dummies is like a great big primer on Celiac disease and other disorders that could be exacerbated by gluten, how to go gluten-free and make meal-plans, how to shop for gluten-free items, and a great big cookbook full of gluten-free recipes. Going gluten-free, especially for medical reasons, isn't the end of the world. I'm in the process of walking this path, myself. I'm about four months into a gluten-free, dairy-free lifestyle. I still have a lot to learn, and resources like "Gluten-Free All-In-One for Dummies," which are chock full of easy-to-get-at information, help make my life a LOT easier!

I have many books on gluten free eating, and the Dummies series is just the best. You get all the information you need, from why you should avoid gluten, differences between celiac disease and gluten sensitivity, what you should and shouldn't eat, plus many delicious recipes. Gluten Free All In One is truly 5 books in 1, giving you all the information you will ever need on how to go gluten free. Highly recommended.

This reference book provides an easy to read to understand Gluten Free dieting. Half the book gives information about the effects of gluten on those with Celiac's or sensitivities and comprehensively offers ways to switch from a regular diet to a GF one and what it entails. If you have basic GF cookbooks this one will not add anything to your existing collection. It has just like any other a master flour recipe to use on multiple occasions and you'll use the regular GF flours that you possibly already have. It does call for a lot of remade ingredients such as cans of soup, so pretty much you still have to purchase processed foods and you'll need to find them GF which will increase the cost of your cooking. I'm always hoping to make more of my own GF baked goods and

what not but end up backing out because everything is so elaborate. For example if you want to make Vanilla Cupcakes on p492 you have to see the Cake mix on p406, which then says you have to see the White Flour Mix on p403 and the Whole grain flour mix on p404. All the page hoping will have your head spinning! As for the food recipes they are just regular ones that wouldn't need flour anyways.

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