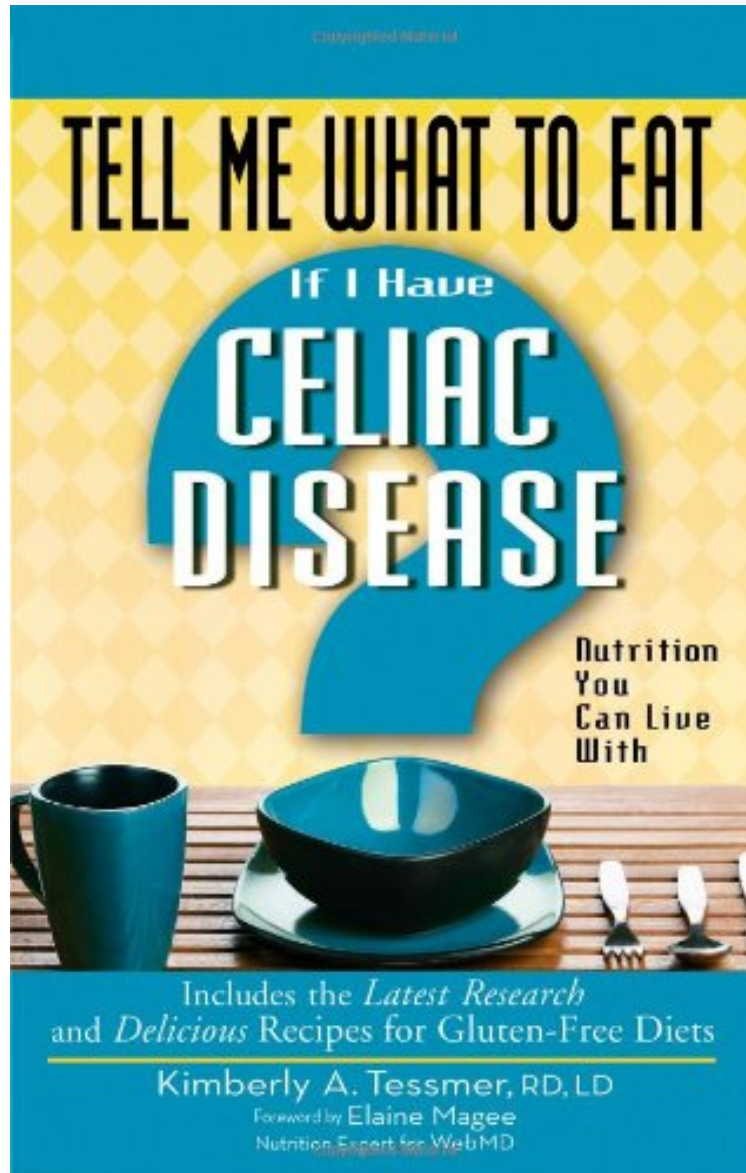


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# Tell Me What to Eat If I Have Celiac Disease: Nutrition You Can Live With

Kimberly A. Tessmer

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Kimberly A. Tessmer : Tell Me What to Eat If I Have Celiac Disease: Nutrition You Can Live With before purchasing it in order to gage whether or not it would be worth my time, and all praised Tell Me What to Eat If I Have Celiac Disease: Nutrition You Can Live With:

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This is a very good book for anyone with celiac, it has lists of what to eat, what not to eat and what complications it causes too. A must if you need information and about children too.. Thanks Susan

"This comprehensive resource describes every aspect of celiac disease, including diagnosis and daily survival skills. There is an entire chapter which contains invaluable advice from those with the most experience--people with celiac disease!"--Trisha B. Lyons, RD, LD, MetroHealth Medical Center, Cleveland, Ohio "The highly practical and detailed information in this book will help both the celiac patient/parent and their healthcare providers minimize the bewilderment associated with following a gluten-free diet in today's fast-paced, fast-food, highly processed world."--Kenneth Fine, MD, director of operations and director of medical research, Intestinal Health Institute  
Celiac disease affects at least 3 million Americans. Left untreated, it can lead to the development of a number of serious health conditions and numerous unpleasant side effects. Currently, following a life-long gluten-free diet is the only means to treat this medical condition. Tell Me What to Eat if I Have Celiac Disease is an informative and non-technical book written to guide anyone with celiac disease to a better understanding of a gluten-free diet. It begins with a simple overview of the disease and the diet, and follows with practical advice, tasty recipes, and valuable resources. This invaluable reference--the newest addition to the best-selling Tell Me What to Eat series--includes:  
\* An easy-to-follow and updated food guide, along with the newest information concerning gluten-free diets.  
\* The latest research and information on labeling laws pertaining to gluten in foods.  
\* Recipes and advice from the experts themselves--people with celiac disease.  
\* An abundance of valuable resources.

About the Author  
Kimberly A. Tessmer, RD, LD, is a consulting dietitian in Brunswick, Ohio. She is the author of The Everything Nutrition Book and The Everything Pregnancy Nutrition Book as well as a contributing author of Conquering Childhood Obesity for Dummies. Her consulting company, Nutrition Focus, specializes in numerous services from weight management to menu planning.