

# Complete Gluten-Free Diet & Nutrition Guide

All the latest information on celiac disease, including its causes and symptoms, diagnostic techniques and strategies for beginning a gluten-free diet

#### Includes guidance on how to:

- Shop for safe, gluten-free groceries
- Gluten-proof the kitchen
- Cook and bake with a variety of gluten-free grains

**ALEXANDRA ANCA**, MHSc, RD, is a registered dietitian and a member of the College of Dietitians of Ontario and Dietitians of Canada. She is a past chair of the Consulting Dietitians Network and is Nutrition Advisor to the Toronto Chapter of the Canadian Celiac Association and Scientific Advisor to the association's Professional Advisory Board.

**THERESA SANTANDREA-CULL** has previously published and photographed a book for people managing celiac disease and is a member of the Canadian Celiac Association. She teaches gluten-free baking and has first-hand experience with gluten sensitivity.

Managing celiac disease can seem like an overwhelming challenge, since the only recognized therapy is a gluten-free diet for life. But that diet both restores good health and renews the joy we take in eating. This book provides expert advice, reassurance and in-depth information on celiac disease and the dietary guidelines for effectively managing it. It even includes over 100 easy recipes for nutritious, delicious meals and a 30-day meal plan that will enable you to steer clear of gluten while learning to love food again.

#### Try some of these easy and delicious recipes:

Spinach Quiche with Prosciutto, French Toast, Pear and Walnut Loaf, Banana Almond Bread, Chunky Blueberry Muffins, Minestrone, Lentil and Spinach Soup, Greek Salad, Quinoa Salad Niçoise, Pizza Crust, Pasta with Shrimp and Peas, Lasagna with Meat Sauce, Tofu Stir-Fry, Battered Fish, Salsa Burgers, Chicken Pot Pie, Turkey Sausage with Lima Bean Medley, White Bean Dip, Stuffed Artichokes, Sweet Potato Fries, Pie Pastry, Chocolate Hazelnut Biscotti

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Complete  
**Gluten-Free** Diet & Nutrition Guide

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**With a 30-Day Meal Plan  
& Over 100 Recipes**

written by **Alexandra Anca**, MHSc, RD  
with **Theresa Santandrea-Cull**