

Gluten Sensitivity and Celiac Disease Links

The Canadian Celiac Association

<http://www.celiac.ca/labelling.php> - has lots of great resources including how to read labels (Links to the Canadian Food Inspection Agency). Check under Food Labelling --> Food Allergens for a complete list of other words for 'gluten'. If you eat processed foods, this can be the trickiest part of avoiding gluten.

Recipe Websites

www.elenaspantry.com

<http://glutenfreegoddess.blogspot.com>

Books

The Whole Life Nutrition Cookbook - Intro section briefly goes over symptoms of gluten, dairy and egg allergies. The recipes are all wonderful and free of these common allergens. They are easy and generally quick to make. It then focuses on stocking a pantry and kitchen with *whole foods* (minus the allergens, of course). Their site: <http://wholelifenutrition.net/> (find the book here). Their blog with regular, weekly recipes and archived recipes: <http://www.nourishingmeals.com/>

Hatch, Toby. **Absolutely Delicious Cookbook**. www.theallergyfreekitchen.ca

Hills HC. **Good Food, Gluten Free**. New Canaan: Keats Publishing, Inc., 1976.

Plant, Shirley. **Finally, Food I Can Eat**.

Rawcliffe P and R Rolph. **The Gluten-Free Diet Book: a guide to celiac, sprue, dermatitis herpetiformis and gluten-free cookery**. Toronto: NC Press Limited, 1985.

Savill A. **The Gluten, Wheat and Dairy Free Cookbook**. Hammersmith, England: Thorsons, 2000.