



Gluten-Free Diet: A Shopping Guide

James L. Shirley

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Gluten Free Diet: A Shopping Guide is like a compass for finding what you need in the grocery store. It provides a comprehensive list of commonly available gluten-free products in easy-to-understand sections. Chapters of the book are organized to match the typical layout of grocery stores. As you walk through the baking aisle, for example, you can quickly flip to the chapter titled “Aisles: Baking” and find a variety of gluten-free options. This is a must-have shopping guide to go with your favorite gluten-free cookbooks. It will open your eyes to new products and add variety back into your menu. The book includes infant and toddler foods, necessities for baking, and a variety of snacks. Whether you’re new to the gluten-free diet or a seasoned veteran, Gluten-Free Diet: A Shopping Guide is the essential book for helping you find gluten-free groceries quickly and easily.

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