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## Special Diets Guidebook (Paperback)

By Sunni Mullis

Lulu.com, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.For years Special Diets Resource Guide, has been specializing in educating and supporting people on restricted diets due to food allergies, intolerances and medical conditions. This companion to the site features a comprehensive directory with hundreds of specialty manufacturers that provide foods, supplements, personal care, services, support and more. The book presents a practical guide to organizing and maintaining your diet with advice and tips. Also included is basic cooking information and derivatives charts focusing on the most common food restrictions: eggs, milk, nuts, peanuts, soy, yeast, wheat, gluten, corn, MSG and artificial ingredients. Other sections contain suggested books, mail-order sources and organizations. Suitable for Celiac disease, Crohn s disease, Allergies, Diabetes, Candida, Autism, IBS, PKU and more. Ideal for the newly diagnosed, but also makes a great reference for anyone adhering to a special diet.


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