

Books for Celiac Disease, Lactose Intolerance, Irritable Bowel Syndrome and Food Allergies

- “Gluten-Free 101: Easy, Basic Dishes Without Wheat”
by Carol Fenster, PhD
- “Incredible Edible Gluten-Free Foods for Kids: 150 Family-Tested Recipes”
by Sheri L. Sanderson
- “Gluten-Free Diet — A Comprehensive Resource Guide”
by Shelley Case
- “Recipes for Dairy-Free Living”
by Denise Jardine
- “Tell Me What to Eat if I Have Irritable Bowel Syndrome: Nutrition You Can Live With (Tell Me What to Eat)”
by Elaine Magee
- “Food Allergy Field Guide: A Lifestyle Manual for Families”
by Theresa Willingham