

## Module 16

A photograph of a person in a red long-sleeved shirt pointing at an open book on a kitchen counter. The counter is cluttered with various ingredients: a carton of eggs, a bowl of red powder, a small dish of green herbs, and a cracked egg. The background is a kitchen with a red container and a white bag. The text "GLUTEN-FREE RESOURCES" is overlaid in a white box on the book.

# GLUTEN-FREE RESOURCES

# BEST GLUTEN-FREE RESOURCES

The gluten-free movement has gained notable momentum over the past several years. Gluten-free options are available in most grocery stores and restaurants. Below are just a few resources that offer sound, well-rounded, and up-to-date information.

## REFERENCE BOOKS AND SOURCES

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## COOKBOOKS

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- Walker, D. (2014). *Against all grain: Delectable Paleo recipes to eat well & feel great*. Las Vegas, NV: Victory Belt Publishing, Inc.  
[www.amazon.com/1936608367](http://www.amazon.com/1936608367)
- Hunn, N. (2011). *Gluten-free on a shoestring*. Cambridge, MA: De Capo Press.  
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- Hasselbeck, E. (2012). *Deliciously g-free*. New York, NY: Ballantine Books.  
[www.amazon.com/0345529383](http://www.amazon.com/0345529383)
- Credicott, T. (2012). *The healthy gluten-free life*. Las Vegas, NV: Victory Belt Publishing, Inc.  
[www.amazon.com/1936608715](http://www.amazon.com/1936608715)
- Sanfilippo, D. (2016). *Practical Paleo*. Las Vegas, NV: Victory Belt Publishing, Inc.  
[www.amazon.com/1628600004](http://www.amazon.com/1628600004)

## ORGANIZATIONS OF INTEREST

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- National Institute of Diabetes and Digestive and Kidney Diseases  
[www.celiac.nih.gov](http://www.celiac.nih.gov)
- Gluten Intolerance Group  
[www.gluten.net](http://www.gluten.net)
- The University of Chicago Celiac Disease Center  
[www.cureceliacdisease.org](http://www.cureceliacdisease.org)
- National Celiac Association  
[www.nationalceliac.org](http://www.nationalceliac.org)
- Celiac Disease Foundation  
[www.celiac.org](http://www.celiac.org)
- KidsHealth  
[www.kidshealth.org](http://www.kidshealth.org)