

HELPFUL GFCF WEBSITES

(www.loribakes.com)

www.GFCFDiet.com Since 1999, this website, www.GFCFDiet.com has been a free resource for any parent who needs support implementing the GFCFDiet. It provides a central location for parents to find other parents who are also using Dietary Therapy. It is the largest free resource of its kind on the Internet, not only providing lists of products to help guide you through the Grocery Stores (ALWAYS READ LABELS!!) but other relevant information which will help every parent learn about Dietary Intervention.

GFCFKids@yahoogroups.com This website support forum, "GFCFKids", was founded in December 1998 and now has a membership of over 9600 families! It is free and easy to join. The principle aim of this list is to provide a discussion forum for parents of children on the autistic spectrum who are avoiding gluten and casein and other foods or ingredients in their children's diets.

www.Autismndi.com ANDI was established by parent researchers, Lisa Lewis and Karyn Seroussi, to help families around the world get started on, and maintain an appropriate diet. The ANDI mission is simple: To help parents understand, implement and maintain dietary intervention for their autistic children.

<http://www.tacanow.com> This site is dedicated to curing our loved ones one step at a time. Here you will find our family's story, introduction to Autism, biomedical intervention, dietary intervention, and behavioral based therapy, resources for providers and other important information. Many of the resources listed are for California - however - much of the information is helpful for any family affected by autism – ANYWHERE

www.autismlink.com/info/biomedical.php Our own Pittsburgh site has many great links listed for dietary information and specialty providers

www.nomilk.com This site lists several informational links for people that dealing with Lactose Maldigestion/Milk Allergy/Casein Intolerance. One of my favorite sites is the "Eating without Casein" site.

GFCFrecipes@yahoogroups.com This is my favorite site! It is a friendly group of people with a wonderfully intelligent moderator and they talk the GFCF diet for many reasons but especially children. Parents join in need of cooking support, answers to food questions and wanting to swap recipes for all kinds of GFCF cooking.

www.recipecircus.com This site gives you access to the compilation of the huge archive of recipes that have been posted on the GFCFrecipes site since its inception in 2000. To gain access look under the member pages (Writermom77). The moderator put forth much effort to see that the recipes are easy to find in one place.

www.landolakes.com This site has just started a GF section of recipes. The recipes are NOT CF but substitutions can be made easily.

www.allrecipes.com This site offers many recipes that are naturally GFCF especially main dishes.

www.newdiets.com This is a nice general site that not only has recipes that are GFCF but also the added bonus of sections for things like getting started and solving problems that go wrong with baking with substitutes.

www.foodallergy.org This site is a nice place for information, newsletters, alerts, books, booklets, videos, and other products designed to educate about food allergy. Recipes are not always the best because they are not GFCF but rather WF (Wheat Free) and MF (Milk Free)

<http://ourworld.compuserve.com/homepages/stevecarper/nondairy.htm> These pages will point you to every kind of milk or dairy alternative product. All products listed are intended for those who are lactose intolerant. Except for one page of Reduced Lactose products, all the other products listed are completely lactose-free. Some of these products do contain casein and so are not suitable for those with dairy allergies.