

Informational Websites for a GF Lifestyle

(Lori Bakes www.loribakes.com)

Reading Labels:

www.pittsburghceliacs.org

www.foodallergy.org

Questionable Ingredients:

www.celiac.com

Gluten Free Product Guide:

www.csaceliacs.org

FDA Labeling Act Information:

<http://www.cfsan.fda.gov/~dms/glutran.html>

<http://www.cfsan.fda.gov/~dms/algact.html>

Medications:

www.glutenfreedrugs.com

www.celiacmeds.com

Vinegar:

<http://www.enabling.org/ia/ceciac/vinegar.html> (an article from Gluten Free Living 1999)

Oats:

www.glutenfreeoats.com

www.creamhillestates.com

<http://www.glutenfreeindy.com/contamination/oats.htm>

HELPFUL BOOKS FOR LIVING A GF LIFESTYLE

(Lori Bakes www.loribakes.com)

[Lori Bakes Gluten Free](#) by Lori Karavolis. A book with over 200 GF recipes including several for the baked goods which were top sellers at Lori Bakes Gluten Free Bakery and favorite dishes she serves her own family bound into a beautiful soft cover cookbook. This collection of recipes will provide an easy to read and follow guide for anyone that needs to follow a GF/CF lifestyle.

[Gluten Free 101](#) by Carol Fenster. This book has easy to follow classic recipes. It also includes tips on getting started with living GF and an additional appendix listing multiple helpful resources. *Recipes list substitutions for CF.

[Gluten Free Celebrations](#) by Carol Fenster. Another great book filled with easy to follow GF recipes (CF substitutions are listed). Although in my opinion the recipes are a bit fancier, the book has a wonderful appendix sections for things like substitutions, hidden sources and baking utensils.

[The Gluten Free Gourmet Bakes Bread](#) or [The Gluten Free Gourmet Makes Dessert](#) by Bette Hagman. Both books are for the more advanced baker but do contain a large variety of recipes (depending on the title, breads or desserts). Each has sections which are extremely helpful in explaining the properties of the ingredients, tips for success and what might have gone wrong. *Not all recipes are CF so substitutions do have to be made.

[Feast Without Yeast: 4 Stages to Better Health : A Complete Guide to Implementing Yeast Free, Wheat \(Gluten\) Free and Milk \(Casein\) Free Living](#) by Bruce Semon, Lori Kornblum, Bernard Rimland. This book's recipes are also sugar free, all kosher, all natural, artificial flavorings free, and mostly cholesterol free. I like to recommend it not only because it is well organized and easy to follow but also for the wealth of nutritional information and the personal interest story.

[The AiA Gluten and Dairy Free Cookbook](#) by Marilyn Le Breton. From a reviewer on Amazon "Besides gluten and casein free, MSG and artificial sweetener free this book can also be used for those with intolerances to egg, soy, tomato, fruit, yeast, corn and for those who need a sugar free diet. Every recipe is plainly coded to show how for which diet it is suitable for (ex. YF for yeast free). There is also a table of UK/US cooking terms and suggestions for substituting ingredients like eggs, dairy, chocolate."

HELPFUL WEBSITES FOR LIVING A GF LIFESTYLE

(Lori Bakes www.loribakes.com)

www.enabling.org/ia/ceeliac/groups/groupsus.html A huge resource for a person needing to be Gluten Free. It has support group information, FAQ, recipes, studies and so much more. This site is the best place to start gathering or finding information about a GF lifestyle.

www.celiac.com Since 1995 this site has provided important resources and information for people on gluten-free diets due to celiac disease, gluten intolerance, dermatitis herpetiformis, wheat allergy, or other health reasons. It includes a calendar of statewide events, newsletter and a message board.

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.

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@yahoo.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.