



# Living Gluten-Free

*Kate Santon*

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## **Living Gluten-Free** Kate Santon

Being diagnosed with coeliac disease can be shocking. No more pizza? Cutting out cake? Sacking sandwiches – for ever? There is, however, a positive side: adopting a gluten-free diet can solve all sorts of problems, can be straightforward once you've learned a few simple rules of thumb and is definitely healthy. If you get it right your general health will improve and there are significant energy benefits as you'll probably be cooking a lot more and avoiding processed food. But you need to understand your condition and Living gluten-free will help you do just that. Along the way you will pick up some tips on sourcing and using helpful unfamiliar ingredients, spotting hidden gluten in common grocery items, finding good stuff where you might not expect it (such as supermarket 'basics' ranges), and some good but brief recipe ideas as well as golden rules for eating out and entertaining.

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