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Checklist of Foods and Ingredients to Avoid in a Gluten-Free Diet. When you're living gluten-free (especially if you've just started following a gluten-free diet), it can be hard to remember which foods and ingredients you should avoid, especially when you're grocery shopping!

[Living Gluten-Free For Dummies: Danna Korn ... - Amazon](#)

Practical, delicious ways to manage a gluten-free diet. If you have a wheat allergy, gluten intolerance, celiac disease, or you just want to enjoy the benefits of a diet free of wheat, barley, and rye, then this guide is for you.

[Gluten Free Diet for Beginners: Create Your Gluten Free ...](#)

The Gluten Free Diet for Beginners gives a comprehensive background on what it means to be gluten free and the foods you can prepare. The book begins with the gluten protein properties and its effects on health specifically to people suffering from celiac disease or other gluten related conditions. The book also goes into great detail discussing foods containing gluten.

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[10 Best Gluten Free Cookbooks You Must Have in Your Kitchen](#)

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[Starting a Gluten-Free Diet: A Guide for Beginners ...](#)

Eating a gluten-free diet can be healthy and satisfying. But it takes a little work and planning to be successful eating

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The Basic Gluten-Free Diet - Gluten-Free Living Magazine

Getting the basic gluten-free diet right isn't as overwhelming as it might seem when you know the ground rules. Whether you are new to the gluten-free diet or have been following it for years, the information here provides a go-to resource for safe foods, unsafe foods and those that fall in a gray area.

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