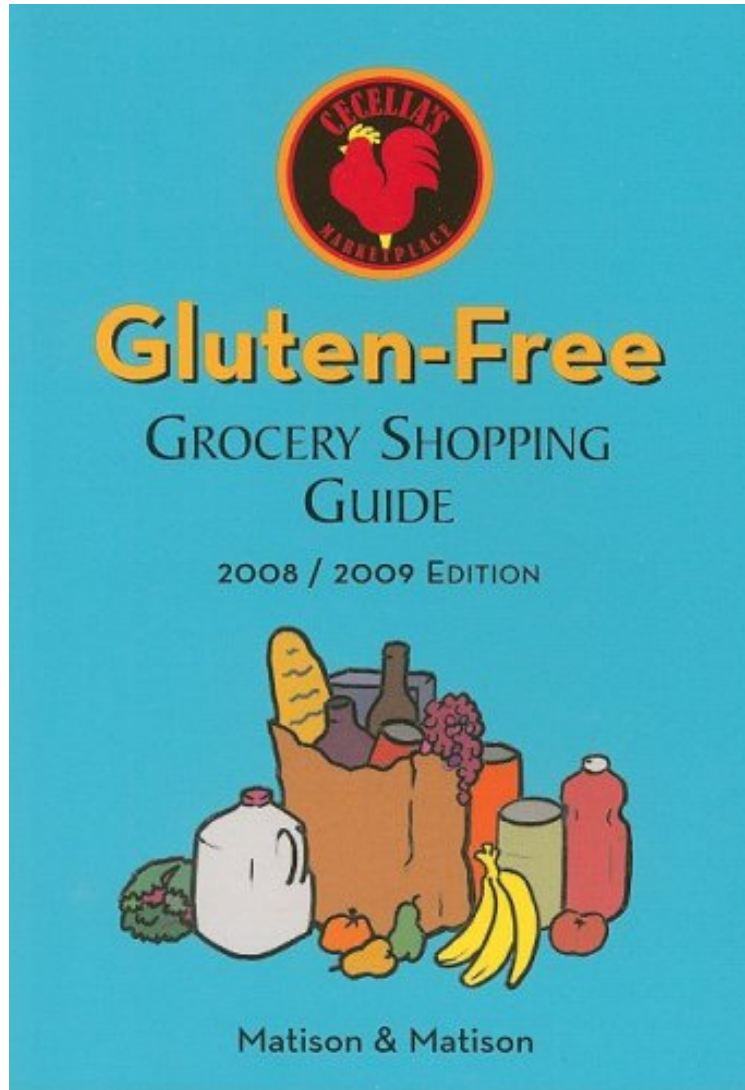


Cecelia's Marketplace Gluten-Free Grocery Shopping Guide

Dr. Mara Matison Mr. Dainis Matison
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Dr. Mara Matison Mr. Dainis Matison : Cecelia's Marketplace Gluten-Free Grocery Shopping Guide before purchasing it in order to gage whether or not it would be worth my time, and all praised Cecelia's Marketplace Gluten-Free Grocery Shopping Guide:

0 of 0 people found the following review helpful. Grocery shopping guide for Gluten Free FoodsBy MzPegLegIntroduced to this book at the Dr.'s Office. This book is kind of set up like a dictionary. One basically picks a product, look it up, and you'll have gluten free brands in a list. Just starting to cook gluten free since I have a child recently diagnosed with Celiacs disease. This book is smaller, so it fits in my purse easily. It's a helpful resource when

grocery shopping since reading food labels take forever. This blue colored cover is the 2008/2009 edition. The orange cover is probably the more current edition. This little book has come in very handy for us to use. Also.....I ordered this "Used" from the Non-profit Shared Knowledge Literacy Foundation store on . They had listed it as "Good" condition. In actuality this book was in excellent condition when I received it and would gladly purchase a book from them again! 1 of 1 people found the following review helpful. It's a savior! By Mom of 3 This book is excellent. When I found out my daughter had Celiac Disease, I was so overwhelmed. Going into the grocery store made me feel like crying. It seems like everything has gluten in it and I was so afraid to make a mistake when reading the labels. When I got this book I was able to go through it and make a grocery list from it and it was such a relief. They are actual name brand items you can find at your local stores. I keep this with me at all times and I'm getting one for everyone who helps take care of my daughter. It is soooooo helpful! 3 of 3 people found the following review helpful. Wonderful! A Must Have! By Customer This is a wonderful reference guide for all Gluten challenged eaters! It can be really difficult and discouraging to try to figure out what is alright and isn't alright when you are on a gluten restricted diet! Thanks so much for offering this item. My only unhappiness comes from the high price tag. I think \$14.95 is about what it should be. But It is really a one of a kind helper. The size is great for taking along to the store with you also.

Voted the 'Best Seller' on Gluten-Free Mall and the Celiac website. Frustrated in trying to find Gluten-Free Products in your grocery stores? Tired of calling food manufacturers and guessing on nutrition labels? Well, help is here! Introducing Cecelia's Marketplace Gluten-Free Grocery Shopping Guide! This easy to use 4.5" x 6.5" book is a list of over 25,000 gluten-free alphabetized products. Popular brands like Heinz, Kraft, Del Monte, Frito Lay, as well as supermarket chains, such as Kroger, Wal-Mart, Publix, Safeway, Walgreens, and more. Just pick a product, look it up, and all the gluten-free brands are at your fingertips. Unlike CD-ROMs or gluten free computer software, this book is easy to carry to the grocery store for easy product confirmation anytime, anywhere. The book easily fits in one's purse or back pocket. Either take this book with you or make your grocery list before you leave the house. This guide is not only designed for people with a celiac disease, gluten intolerance and gluten sensitivity, but excellent for family members, friends, chefs, dieticians, or others that needs to prepare gluten-free meals or learn about gluten-free products. In addition, Cecelia's Marketplace Gluten Free Grocery Shopping Guide includes 'Gluten-Free Kitchen Tips' which gives family members, friends or chefs specific tips on how to avoid gluten contamination in the kitchen. As an added bonus we have also included 1,500+ 'over-the-counter' pharmacy products which included antacids, pain relief, hair care, supplements, vitamins minerals, and more. This book is a must have in making gluten-free living easier!