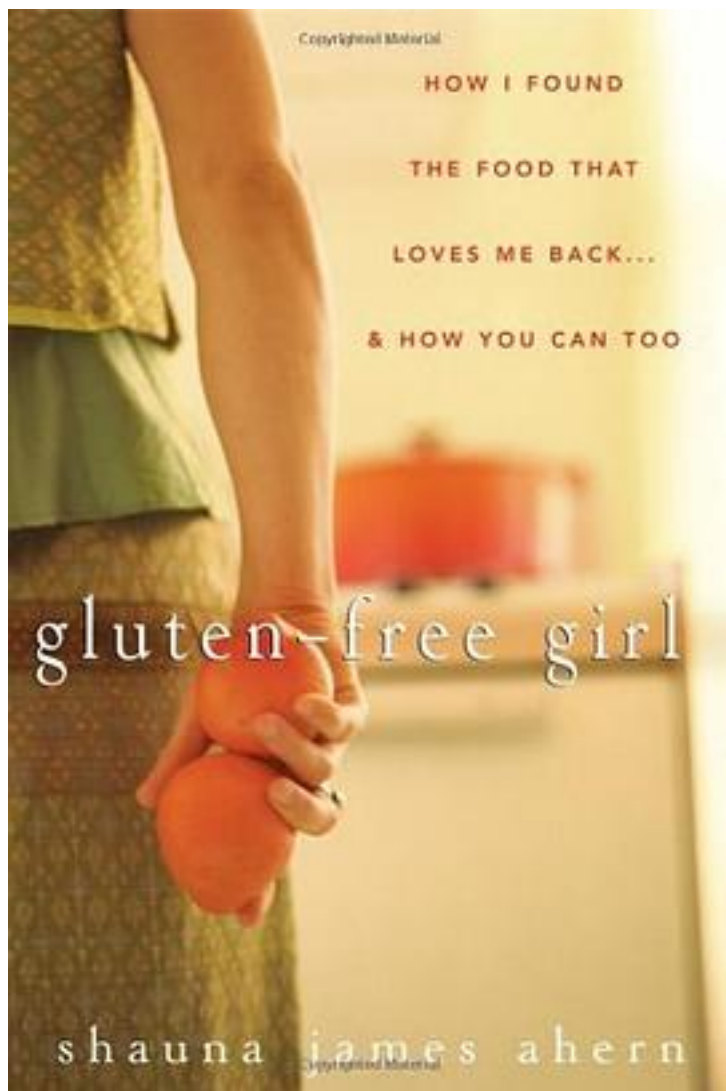


# 无麸质饮食Gluten-Free Girl



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著者:Shauna James Ahern

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## 在线阅读本书

"A delightful memoir of learning to eat superbly while remaining gluten free."

— Newsweek magazine "Give yourself a treat! Gluten-Free Girl offers delectable tips on dining and living with zest—gluten-free. This is a story for anyone who is interested in changing his or her life from the inside out!"

—Alice Bast, executive director National Foundation for Celiac Awareness "Shauna's food, the ignition of healthy with delicious, explodes with flavor—proof positive that people who choose to eat gluten-free can do it with passion, perfection, and power."

—John La Puma, MD, New York Times bestselling co-author of The RealAge Diet and Cooking the RealAge Way "A breakthrough first book by a gifted writer not at all what I expected from a story about living with celiac disease. Foodies everywhere will love this book. Celiacs will make it their bible."

—Linda Carucci, author of Cooking School Secrets for Real World Cooks and IACP Cooking Teacher of the Year, 2002 "An entire generation was raised to believe that cooking meant opening a box, ripping off the plastic wrap, adding water, or popping it in the microwave. Gluten-Free Girl, with its gluten-free healthful approach, seeks to bring a love of eating back to our diets. Living gluten-free means having to give up traditional bread, beer, pasta, as well as the foods where gluten likes to hide—such as store-bought ice cream, chocolate bars, even nuts that might have been dusted with flour. However, Gluten-Free Girl shows readers how to say yes to the foods they can eat. Written by award-winning blogger Shauna James, who became aintereasted in foodonce she was diagnosed with celiac disease and went gluten-free, Gluten-Free Girl is filled with funny accounts of the author's own life including wholesome,delicious recipes, this book will guide readers to the simple pleasures of real, healthful food. Includes dozens of recipeslike salmon with blackberry sauce, sorghum bread, and lemon olive oil cookies as well as resources for those living gluten-free."

作者介绍:

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标签



nonfiction

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# 评论

读的是木森写的《无麸质完全饮食指南》。基本可以确定我不存在小麦敏感相关问题，但还是觉得这是一本不错的书。尤其是其中“开启无麸质厨房”一节中断舍离的运用，完全可以作为肥胖人士抵抗高油高糖高热量垃圾食品的起点。最棒的一点在于，作者非常敏锐地意识到，饮食意味着多方面的改变，包括社交和生活。并且给出了如何面对身边人依旧保持自己的饮食原则的方式。最后的说明、文献参考和致谢都可以表明，作者是一个真正关注这个问题的温柔的人。

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# 书评

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