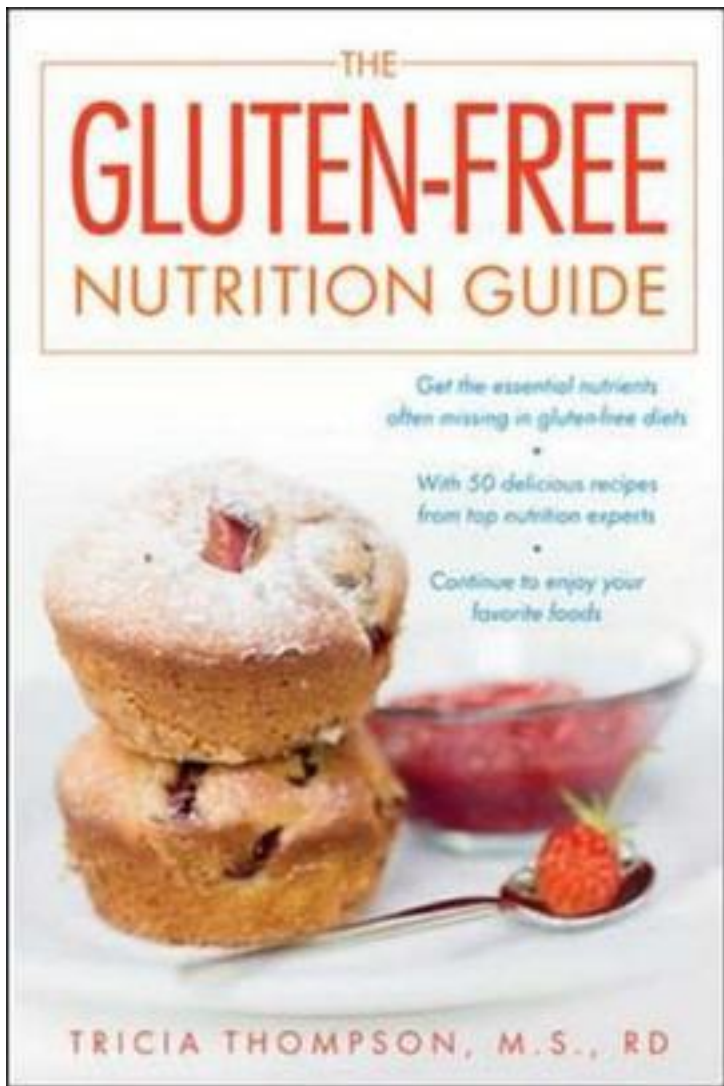


The Gluten-Free Nutrition Guide



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The foods with the essential nutrients often missing from your gluten-free diet. By cutting gluten from your diet, you could be missing out on much-needed fiber, calcium, iron, B vitamins, and other nutrients. This important new guide from a celiac specialist provides all the nutrition information you need: what to eat, what to avoid, and how to eat healthy and gluten-free.

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