



**The 15 Minute Guide to Gluten Free Diet: A quick guide to know what to eat and what to avoid to help you live a Gluten-Free life, Gluten free recipes included**

*Sarah Sparrow*

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# **The 15 Minute Guide to Gluten Free Diet: A quick guide to know what to eat and what to avoid to help you live a Gluten-Free life, Gluten free recipes included**

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## **The 15 Minute Guide to Gluten Free Diet: A quick guide to know what to eat and what to avoid to help you live a Gluten-Free life, Gluten free recipes included Sarah Sparrow**

What is Gluten? Gluten is a protein that is in foods processed from wheat and other grains, such as barley and rye. The purpose of gluten is to give elasticity to dough which allows it to rise and keep its shape. Many of the food we eat now a day contain gluten. Sadly, many people are gluten intolerant. For anyone with celiac disease or gluten sensitivity, a gluten-free diet is a necessity. Other people try the gluten-free diet as a healthy alternative to cutting on the bad carbohydrates that contribute to weight gain and other unhealthy foods that cause a myriad of health problems. If you are gluten intolerant or just want to be gluten free but it clueless about what the gluten diet is all about, let "The 15 Minute Guide to Gluten Free Diet: A Quick Guide to Know What to Eat and What to Avoid to Help You Live a Gluten-free Life, Gluten-free Recipes Included," be your resource as it gives you helpful information on: What's Wrong with Gluten Wheat Allergy and Celiac Disease Gluten Sensitivity The Gluten Free Diet What to Eat and Drink and What to Avoid Cooking and Dining Gluten-Free Traveling and Eating Out Overcoming Obstacles Gluten-Free Resources Celiac for College Students Gluten-Free Recipes Have a copy of this book now and live a happy, healthy, gluten-free life.

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