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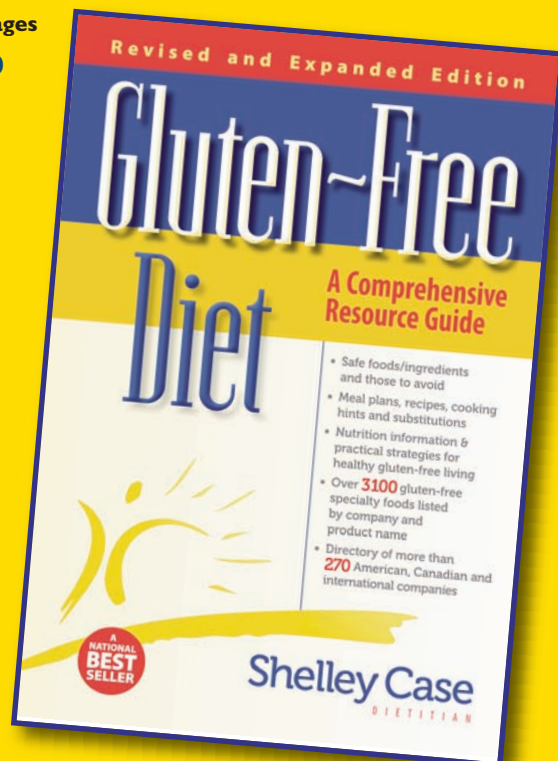
GLUTEN-FREE DIET

A COMPREHENSIVE RESOURCE GUIDE

ISBN 978-1-897010-54-9 368 pages

Shelley Case, B.Sc., RD

- Foods/ingredients allowed, not allowed and to question
- Latest breaking news on oats
- Meal planning, shopping guidelines and prevention of cross-contamination
- Recipes with nutritional analysis, substitutions and baking tips
- Nutrition information and healthy eating strategies
- Tips for eating out
- New GF labeling regulations in the U.S., Canada, Europe, and Australia/NZ, as well as the international Codex Alimentarius
- Resources – celiac groups, cookbooks, books, magazines, websites
- Directory of more than **270** American, Canadian and international companies divided in 3 categories: manufacturers of GF products, GF bakeries and GF stores/distributors
- Over **3100** gluten-free specialty products including:
Baking mixes, breads, bagels, rolls, muffins, pizza crusts, pastas, cereals, crackers, snack foods, cakes, cookies, desserts, soups, side dishes, entrées and beverages



"Shelley Case has written the definitive gluten-free guide. The extensive research behind this book will benefit everyone who needs to be on a gluten-free diet. This is a MUST HAVE reference for every physician and patient who has to deal with gluten-restriction in their life!"

Dr. Michelle Pietzak, MD, Pediatric Gastroenterologist and Assistant Professor of Clinical Pediatrics, University of Southern California Keck School of Medicine, Los Angeles, California

"Shelley Case's Gluten-Free Diet book exceeds expectations. It provides very readable information that is valuable to any person with celiac disease. I advise all my celiac patients to use this book."

Dr. Peter H.R. Green, MD, Director of the Celiac Disease Center at Columbia University, New York

"This book is absolutely outstanding - one of the best pieces of work on celiac disease I have ever read for the completeness of information!"

Dr. Carlo Catassi, Co-Medical Director, Center for Celiac Research, University of Maryland, Baltimore

"Having been diagnosed with celiac disease and practicing as a Registered Dietitian for over 20 years, I know the importance of professional-looking, detailed and accurate information. Shelley's book accomplishes this and much more! I highly recommend this book to people with celiac disease, as well as dietitians, physicians and other health professionals."

Mark A. Dinga, MEd, RD, LD, Pittsburgh, Pennsylvania

"Shelley has produced a thoughtful, well-researched and well-written book. As a leading nutrition expert in celiac disease, she has given the celiac community the foundation for a long, healthy gluten-free lifestyle."

Elaine Monarch, Founder/Executive Director, Celiac Disease Foundation, California

"I highly recommend this book as a true 'resource' for those who are gluten sensitive."

Ann Whelan, Editor, Gluten-Free Living Magazine, New York

"This is more than 5 stars! Without a question, this is THE resource to have if you or a family member has celiac disease. It is a book that you will refer to over and over again."

Andrea S. Levario, JD, Executive Director, American Celiac Disease Alliance, Alexandria, Virginia

"This comprehensive book provides a wealth of critically important information for anyone who lives gluten-free. Get your copy right away!"

Carol Fenster, PhD, Author of 1000 Gluten-Free Recipes, Gluten-Free 101, Gluten-Free Quick and Easy and Wheat-Free Recipes & Menus

A registered dietitian, Shelley Case is a leading international nutrition expert on celiac disease and the gluten-free diet. She is a member of the Medical Advisory Boards of the Celiac Disease Foundation and Gluten Intolerance Group in the United States and the Professional Advisory Board of the Canadian Celiac Association.

Shelley is a frequent guest on television and radio, including the *NBC Today Show* and *CBC Newsworld*. A popular speaker, she has delivered numerous lectures and workshops at national and regional medical, dietetic, celiac and food industry conferences throughout the USA and Canada, including the National Institutes of Health Consensus Development Conference on Celiac Disease, American Dietetic Association and Dietitians of Canada annual conferences and Natural Products Food Expo conferences.

She is the author of many articles on celiac disease and the gluten-free diet in leading publications such as *Gastroenterology*, *Digestive Disease Sciences*, *Pediatrics*, *Journal of Human Nutrition and Dietetics*, *Topics in Clinical Nutrition*, and *Today's Dietitian*. In addition, she co-authored the celiac section in the *Manual of Clinical Dietetics* (6th ed.) by the American Dietetic Association and Dietitians of Canada, and has contributed to many other publications including textbooks, magazines, and other patient education resources. Shelley writes "Ask the Celiac Expert" column for *Allergic Living Magazine*.

In recognition of Shelley's major contributions to the celiac community and dedication to educating health professionals and individuals with celiac disease in Canada and the United States, she was awarded the Queen Elizabeth Golden Jubilee Medal. Shelley also recently received the Canadian Celiac Association's Honourary Life Member Award.

Shelley earned a Bachelor of Science Degree in Nutrition and Dietetics from the University of Saskatchewan and completed her Dietetic Internship at the Health Sciences Center in Winnipeg, Manitoba. Over the past 27 years, Shelley has helped thousands of people improve their eating habits and manage a variety of disease conditions through good nutrition. Currently, she has her own nutrition consulting company specializing in celiac disease and the gluten-free diet that offers a variety of services to individuals, health organizations and the food industry.



Shelley Case, B.Sc., RD
Registered Dietitian

Professionally, Shelley is a member of the Dietitians of Canada, Saskatchewan Dietitians Association and American Dietetic Association, as well as the Nutrition Entrepreneurs, Dietitians in Business and Communications and the Medical Nutrition Practice Groups of the American Dietetic Association. She also serves on the Advisory Board of *Living Without* magazine.

Very active in her community and church, she has chaired many conferences and special events. Shelley is an accomplished musician who enjoys playing piano and electric keyboard. She lives with her husband and two children in Regina, Saskatchewan, Canada.

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