

All titles are located in the Non-fiction area.

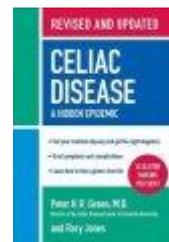
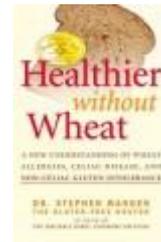
**Information on Health Disorders related to Gluten and Resources for Living a Gluten-Free Lifestyle**

**J Parent Shelf 618.9 Korn -- *Gluten-Free kids : Raising Happy, Healthy Children with Celiac Disease, Autism, and Other Conditions* (2010)**  
Written by an authority on gluten-free living and the mother of a son with celiac disease, this revised and updated edition of *Kids with Celiac Disease* speaks to families whose child may need to be gluten-free for reasons other than celiac disease.



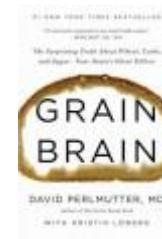
**613.25 Hasselbeck -- *The G-free Diet : a Gluten-Free Survival Guide* (2009)**  
The author discusses her shift to a gluten-free diet after she was diagnosed with celiac disease, an experience that she draws from as she offers advice on managing a gluten-free life, including how to decipher food labels and finding gluten-free products. See also: **641.5638 Hasselbeck – *Deliciously G-Free: Food So Flavorful, They'll Never Believe it's Gluten Free***

**616.39 Wangen -- *Healthier Without Wheat : A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance* (2009)**  
Discusses how to identify, diagnose, and treat wheat intolerances and allergies, covering such topics as the types of wheat intolerances and allergies, and what to do when symptoms do not improve after avoiding gluten.

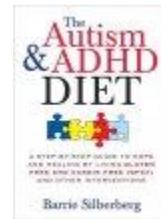


**616.399 Green – *Celiac Disease: A Hidden Epidemic* (2010)**  
A must-read for anyone with gluten intolerance, food sensitivities, a "nervous" stomach, or chronic fatigue. End your medical odyssey, get the right diagnosis, and learn how to live a gluten-free life.

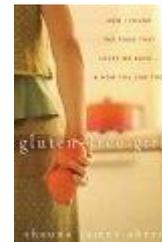
**616.8 Perlmutter – *Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar – Your Brain's Silent Killers* (2013)**  
A neurologist describes how carbohydrates, even the healthy ones, destroy brain function and cause a range of diseases, including ADHD, anxiety, chronic headaches, and depression, and offers a thirty-day plan to reprogram dietary habits and repair brain cells. See also: **641.5638 Perlmutter – *The Grain Brain Cookbook: More than 150 Life-Changing, Gluten-Free Recipes to Transform Your Health***



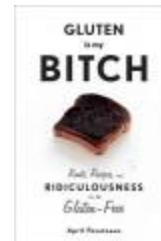
**618.9285 Silberberg – *The Autism & ADHD Diet: A Step-by-Step Guide to Hope and Healing by Living Gluten Free and Casein Free (GF/CF) and Other Intervention* (2009)**  
*The Autism Diet* is a parents' guide that provides a detailed account of why this special diet and other interventions should be implemented.



**641.563 Ahern -- *Gluten-Free Girl: How I Found the Food That Loves Me Back & How You Can, Too* (2007)**  
A delightful memoir that describes how to eat superbly while living a gluten-free lifestyle and offers recipes for a variety of dishes that are naturally gluten-free.



**641.563 Peveteaux – *Gluten is My Bitch: Rants, Recipes, and Ridiculousness for the Gluten-Free* (2013)**  
Living gluten-free isn't a lot of fun, but author April Peveteaux has at least managed to make it funny. In addition to her hysterical wisdom, she offers 40 gluten-free comfort food recipes that will make even the most frustrated gluten-intolerant smile with relief.

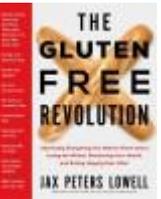


**641.5638 Brown – *Gluten-Free, Hassle Free: A Simple, Sane, Dietician-Approved Program for Eating Your Way Back to Health* (2013)**  
Offers guidance on adopting a gluten-free diet, including recipes, meal plans, shopping and safe food lists, dining out cards and strategies for modifying favorite foods to make them gluten-free.



**641.5638 Fasano – *Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle* (2014)**  
A world-renowned expert on Celiac Disease reveals the latest developments in research and treatment. This groundbreaking, authoritative guide is an invaluable roadmap for the newly diagnosed, for those who are already dealing with or are concerned that they may have an issue with gluten.

**641.5638 Lowell – *The Gluten-Free Revolution: Absolutely Everything You Need to Know about Losing the Wheat, Reclaiming Your Health, and Eating Happily Ever After* (2014)**  
A handbook for gluten-free living covers such topics as understanding labels, strategies for eating out, and preparing food safely at home, with gluten-free recipes from superstar chefs, including Thomas Keller, Bobby Flay, and Nigella Lawson.



**Gluten-Free Cookbooks**



**641.563 Berghoff – *Cooking for Your Gluten-Free Teen: Everyday Foods the Whole Family Will Love* (2013)**  
100 recipes for teen and family favorites such as Pizza, Mac 'n' Cheese, Grilled Cheese, Sweet Potato Fries, Almond Streusel Coffee Cake, and more.

**641.563 Dahlstrom – *Gluten-Free Made Simple: Easy Everyday Meals Everyone Can Enjoy* (2011)**  
Includes more than 100 gluten-free recipes for all courses with a nutritional analysis for each recipe, a gluten-free shopping guide, full-color photos, and information about gluten, celiac disease and gluten-free living.



**641.563 Hillson -- *Gluten-Free Makeovers: Over 175 Recipes - From Family Favorites to Gourmet Goodies - Made Deliciously Wheat-Free* (2011)**  
From the founder of Gluten-Free Pantry: a range of favorite recipes "from comfort foods to gourmet classics" made completely gluten-free.



**641.563 Jardine -- *The Dairy-Free & Gluten-Free Kitchen: 150 Delicious Dishes for Every Meal, Every Day* (2012)**

Presents more than 150 recipes free of gluten and dairy, providing such grain and dairy-alternative recipes as sandwich bread, pine nut cheese, French toast, and pumpkin cheesecake.

**641.563 Landolphi -- *Gluten-Free Baking: Delectable From-Scratch Sweet and Savory Treats* (2014)**

This book is for the gluten-free baker who is longing for heavenly baked items that will be enjoyable for *everyone*, and still provide healthy, nutritious choices without sabotaging anyone's diet.

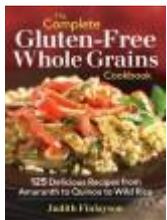
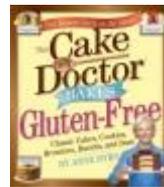


**641.5638 Anca -- *Complete Gluten-Free diet & Nutrition Guide: With a 30 day Meal Plan & Over 100 Recipes* (2010)**

Provides information on the causes and symptoms of celiac disease, discusses the importance of a gluten-free diet, and provides over one hundred recipes for a gluten-free diet.

**641.5638 Bryn -- *The Cake Mix Doctor Bakes Gluten-Free* (2010)**

By enhancing packaged gluten-free cake mixes, bakers can turn out cakes so good that no one will ever believe they came from a box-- or that they're gluten-free!



**641.5638 Finlayson -- *The Complete Gluten-Free Whole Grains Cookbook: 125 Delicious Recipes from Amaranth to Quinoa to Wild Rice* (2013)**

125 recipes that feature gluten-free whole grains such as amaranth, millet, teff, sorghum, and buckwheat, with a culinary profile of each.

**641.5638 How -- *The How Can It Be Gluten Free Cookbook: Revolutionary Techniques, Groundbreaking Recipes* (2014)**

Provides tips and techniques for creating favorite foods without gluten with recipes for lasagna, fresh pasta, cakes, and biscuits.



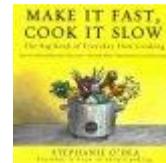
**641.5638 Lagasse -- *The Gluten-Free Table: The Lagasse Girls Share Their Favorite Meals* (2014)**



Collects over one hundred gluten-free recipes with reworked Creole-style and Southern recipes for every meal, including sweet 'n' sticky chicken drumsticks, lima bean and ham soup, smothered pork chops, and maple syrup johnnycakes.

**641.5638 Maltin -- *The Gloriously Gluten-Free Cookbook: Spicing up Life with Italian, Asian, and Mexican Recipes* (2010)**

Thrilling recipes from around the world that prove you can give up the gluten without giving up the flavor.



**641.5884 O'Dea -- *Make It Fast, Cook It Slow: The Big Book of Everyday Slow Cooking* (2009)**

A popular cooking blogger offers over 300 affordable, tasty, nutritious and gluten-free recipes for the slow cooker.

**641.5638 Walker -- *Against All Grain: Delectable Paleo Recipes to Eat Well & Feel Great: More than 150 Gluten-Free, Grain-Free, and Dairy-Free Recipes for Daily Life* (2013)**

Omitting grains, gluten, dairy, and refined sugar doesn't correlate with sacrificing taste; in fact, just the opposite. This book proves that you can go against the grain in the culinary world and enter a paradise of gourmet foods with exciting flavors.



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# Gluten-Free

## Resources and Recipes



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