



2012/2013 Gluten-Free Grocery Shopping Guide by Cecelia's Marketplace

Dr. Mara Matison & Mr. Dainis Matison

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(Please note this is an outdated edition. The updated 2014/2015 Edition is available.) Frustrated in trying to find Gluten-Free Products in your grocery stores? Tired of calling food manufacturers and guessing on nutrition labels? Well, help is here!

Cecelia's Marketplace - Gluten-Free Grocery Shopping Guide

This easy to use 4.5" x 6.5" book is a list of over 45,000 gluten-free alphabetized products. The book is compact and easily fits in one's purse or coat pocket. Popular brands like Heinz, Kraft, Del Monte, Frito Lay, as well as supermarket chains, such as Kroger, Wal-Mart, Publix, Safeway, Walgreens, and more. This book is easy to carry to the grocery store for easy product confirmation anytime, anywhere. Either take this book with you or make your grocery list before you leave the house.

Perfect for:

This guide is not only designed for people with celiac disease, gluten intolerance and gluten sensitivity, but excellent for family members, friends, chefs, dietitians, or others that need to prepare gluten-free meals or learn about gluten-free products.

Includes symbols highlighting:

- Gluten-free certified products and those products manufactured in a dedicated gluten-free facility.
- Products that have been tested for gluten content.
- Products manufactured in the same facility as other products containing gluten.
- Products manufactured on shared equipment as other products containing gluten.

Bonus Material:

3,000+ product listing of Over-The-Counter (OTC) pharmacy products.

Gluten-Free Kitchen Tips

List of nationwide restaurant chains offering gluten-free menus.

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William Sebastian:

Playing with family within a park, coming to see the water world or hanging out with close friends is thing that usually you will have done when you have spare time, in that case why you don't try thing that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love 2012/2013 Gluten-Free Grocery Shopping Guide by Cecelia's Marketplace, you may enjoy both. It is good combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't buy it, oh come on its named reading friends.

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Irene Weinstein:

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