

Gluten Free Diet / Celiac Disease Resources and References

Reputable organizations/websites

- Children's Digestive Health and Nutrition Foundation (CDHNF) website <http://www.cdhnf.org/>, click on "Celiac Disease", then go to "Resources for Medical Professionals" for:
 - Slide show – comprehensive and modifiable for use
 - Diagnosis and treatment details
 - Gluten-Free Guide
 - Other resources and handouts
- Celiac.Com (www.celiac.com)
- National Institutes of Health (www.niddk.nih.gov)
- American Dietetic Association (www.eatright.org)
- Medical Nutrition Practice Group (ADA dietetic practice group) (www.mnpgdpg.org)
 - Listserve covering gluten free matters: "digidlist"
- Gluten-Free Appetite, website with comprehensive restaurant guide, at <http://glutenfreeappetite.com/restaurant-guide-find-gluten-free-eateries>

Local Support Groups

- Celiac.Com (www.celiac.com) find one in your area www.niddk.nih.gov

National Support Groups

- The Gluten Intolerance Group – GIG (www.gluten.net)
- Celiac Disease Foundation – CDF (www.celiac.org)

Research and Information

- Center for Celiac Research (www.celiaccenter.org)

Cookbooks

- Fenster, Carol, "Gluten Free Quick and Easy"
- Hagman, Bette, "The Gluten-Free Gourmet Cooks Fast and Healthy"
- Korn, Danna, "Living Gluten Free for Dummies"
- Saros, Connie, "Wheat-free Gluten-free Cookbook for Kids and Busy Adults"

Magazines

- Gluten-Free Living (www.glutenfreeliving.com/)
- Sully's Living Without (www.livingwithout.com)

Product information

- www.glutenfreemall.com
- <http://www.glutenfreedugs.com>
- <http://www.gfreecuisine.com/> -online menu planning (\$10/mo)

Handouts at the University of Arizona website (www.health.arizona.edu)

Go to “Health Promotion”, click on “Nutrition”, then look under “Gluten Free/Celiac Disease”

- Celiac Disease and Your Gluten Free Diet
- Celiac Disease Signs and Symptoms
- Gluten Free Meal and Snack Ideas
- Gluten Intolerance Resources List
- Gluten Free Brands

Books

“Recognizing Celiac Disease.” Libonate, Cleo J. Gluten Free Works Publishing, 2007

“Gluten-Free Diet, A Complete Resource Guide.” Case, Shelly. Case Nutrition Consulting, 2010. Also has free handouts on-line at <http://www.glutenfreediet.ca/>

Other

- Dr. Aristo Vojdani, PH.D., M.T. diagrams and audio explanation at <http://www.glutensensitivity.net/VojdaniDiagrams.htm>
- Celiac Disease in an Elite Female Collegiate Volleyball Athlete: A Case Report. Eberman, LE and Cleary, MA. Journal of Athletic Training. 2005;40(4):360-364
- “Will Gluten Free Foods Help you Lose Weight?” <http://www.active.com/nutrition/Articles/Will-Gluten-Free-Foods-Help-You-Lose-Weight.htm>

Blogs – from :Today’s Diet and Nutrition magazine, May 2011 (use at your own risk)

- Celiac Chicks : www.celiacchicks.com
- Gluten Free Girl and the Chef: <http://glutenfreegirl.com>
- Gluten Free Mommy: <http://glutenfreemommy.com>
- Gluten Free Steve: <http://glutenfreesteve.wordpress.com>
- No Gluten, No Problem: <http://noglutenonproblem.blogspot.com>
- Simply Gluten Free: <http://simplyfreegluten-free.com>