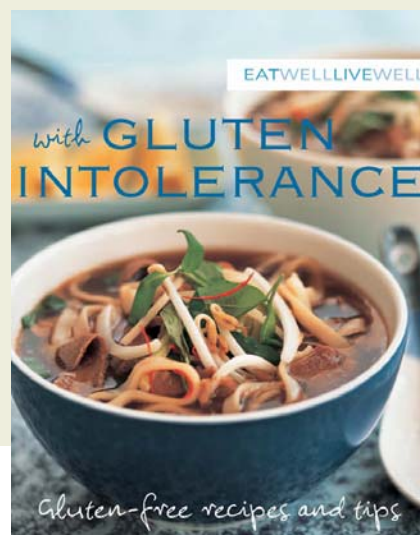


Eat Well Live Well with Gluten Intolerance

Gluten-free recipes and tips

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| Title | Eat Well Live Well with Gluten Intolerance |
| ISBN | 1740459601 |
| Imprint | Murdoch Books |
| Binding | Paperback |
| Extent | 192 pages |
| Dimensions | 190 x 155 mm |
| Word count | 35,000 |
| Photographs | 100 |
| Recipes | 150 |
| RRP | \$24.95 |
| Release Date | September 2006 |



Description

This is the first book in a new series from Murdoch Books for people with special dietary needs.

Eat Well Live Well with Gluten Intolerance offers people with health conditions, such as coeliac disease or an allergy to the gluten in wheat, a complete book of delicious gluten-free food. There are 150 beautifully presented recipes for breakfast, snacks and light meals, mains, desserts and baking. Using a wide variety of fresh ingredients and alternatives to traditional products containing gluten, this book caters for all tastes.

There is also a comprehensive introduction written by respected nutritionist Dr Susanna Holt, covering reasons to follow a gluten-free diet, the symptoms and effects of gluten allergies and techniques to manage an intolerance to gluten.

This book is sure to be a welcome addition to many homes. Future titles in this bold and contemporary series will cater for people with diabetes and those requiring a diet high in fibre or low in cholesterol.

Sales Points

- Modern design, delicious recipes, detailed information and beautiful photography will set this series of books apart from other books written for people with special dietary requirements
- An authoritative collection of gluten-free recipes, with food that is fresh, fast and appetising
- Health tips and recipe hints and ideas are included
- A full nutritional analysis is also provided for each recipe



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