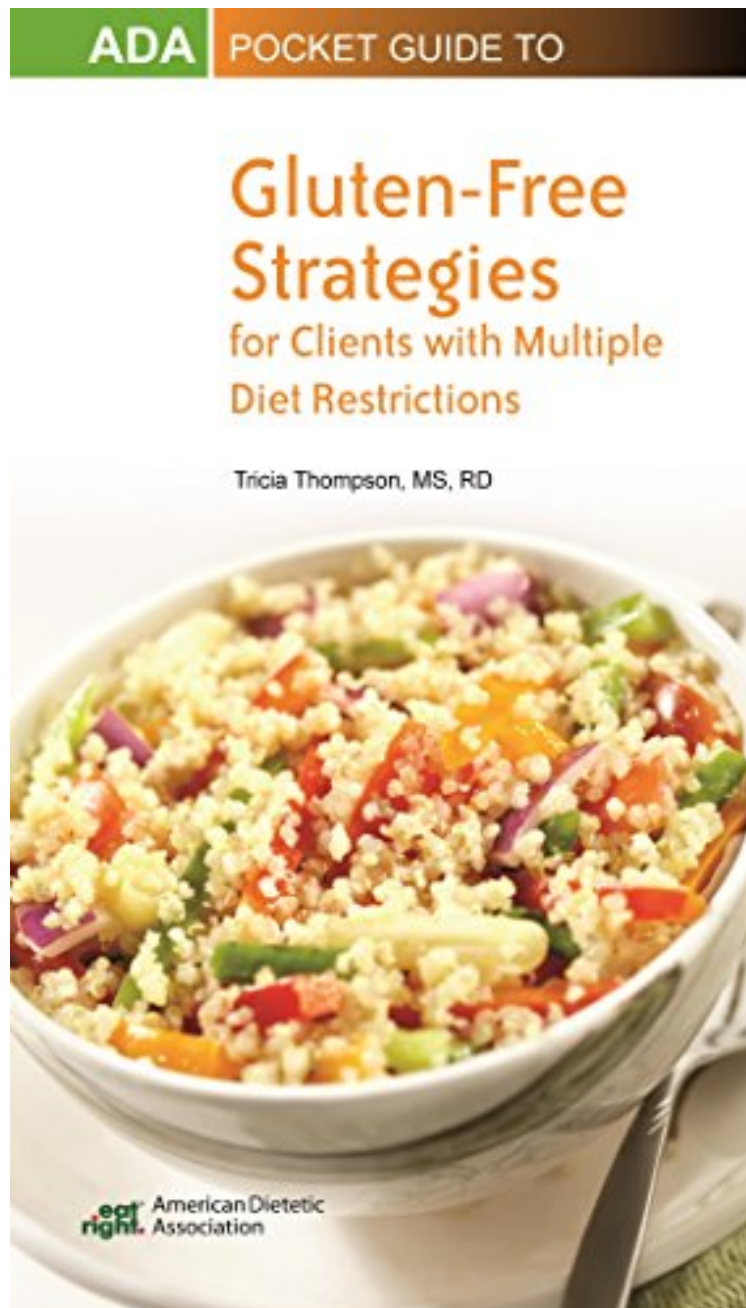


# ADA Pocket Guide to Gluten-Free Strategies for Clients with Multiple Diet Restrictions

*Tricia Thompson*

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised ADA Pocket Guide to Gluten-Free Strategies for Clients with Multiple Diet Restrictions:

Provides the recommendations, food lists, menus, and resources you need to combine a gluten-free diet with meal planning for: Food allergies, Diabetes, Disorders of lipid metabolism, Lactose intolerance, Weight Management, and Vegetarianism.

About the Author Tricia Thompson, M.S., RD, is a graduate of Tufts University and an independent nutrition consultant specializing in celiac disease. She has written many peer-reviewed journal articles as well as the American Dietetic Association's "Celiac Disease Nutrition Guide". She has also participated in some of the only U.S.-based research studies on gluten-free diets and nutrition. She lives in Massachusetts.