



# 2014/2015 Gluten-Free Grocery Shopping Guide

*Dainis Matison Dr. Mara Matison*

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**2014/2015 Gluten-Free Grocery Shopping Guide** Dainis Matison Dr. Mara Matison

**Newly updated 2014/2015 Edition!**

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. Popular brands like Heinz, Del Monte, Frito Lay, as well as supermarket chains, such as Kroger, Wal-Mart, Publix, Wegmans 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:**

1,000+ 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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