



Gluten Free Kids: A Quick Start Guide for a Healthy Kids Diet

Jennifer Wells

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Gluten-free allergies in children are becoming more frequent and gluten-free foods are popping up all over the marketplace. If you suspect your child may have a gluten allergy, you are likely asking yourself questions like: - What are the symptoms of gluten sensitivity? - Is there a link between gluten and ADHD? - How do I create a gluten free diet for kids? - What do I pack for school lunches? - Where can I buy wheat free bread? Questions like these can seem overwhelming when you are first getting started. Gluten-Free Kids: A Quick Start Guide for a Healthy Kids Diet is an extremely helpful way to process the changes you will need to make and how to make them. In this valuable resource you will: - Learn some of the symptoms of celiac disease and gluten intolerance - Discover the difference between gluten-free and grain-free - Receive help in learning what steps to take first - Get help with sorting through your pantry and refrigerator - Discover an extensive gluten-free grocery shopping list - Receive a list of suggestions for meals, snacks, and school lunches - Gain confidence on how to eat out safely Take advantage of the author's conversational style while she leads you on a whole new journey of creating a lifestyle of gluten-free living--for your child and your family.

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