

Blogs

Gluten-free Girl

glutenfreegirl.blogspot.com

Gluten Mommy

Glutenfreemommy.com

Gluten-free Cooking School

glutenfreecookingschool.com

Karina's Kitchen: Gluten-Free Recipes

<http://glutenfreegoddess.blogspot.com/>

What is Celiac Disease?

According to the Celiac Disease Foundation, **Celiac Disease (CD)** is a lifelong, digestive disorder affecting children and adults. When people with CD eat foods that contain **gluten**, it creates an immune-mediated toxic reaction that causes damage to the small intestine and does not allow food to be properly absorbed.



What is gluten?

According to the Celiac Disease Foundation, is the common name for the proteins in specific grains that are harmful to persons with celiac disease. These proteins are found in **ALL** forms of **wheat** (including durum, semolina, spelt, kamut, einkorn and faro) and related grains **rye**, **barley** and **triticale** and **MUST** be eliminated.

Gluten-free and Celiac Disease Resources

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www.texascity-library.org

Gluten-free and Celiac Disease Resources



Food Allergies and Food Intolerance: the complete guide to their identification and treatment.

Brostoff, Jonathan. 616.975 Brostoff

The Complete Book of Gluten Free Cooking.

Cinquelpalmi, Jennifer. 641.5638 Cinquepa

Cooking Free: 200 flavorful recipes for people with food allergies and multiple food sensitivities.

Fenster, Carol Lee. 641.5631 Fenster

Celiac Disease: a hidden epidemic.

Green, Peter H. R. 614.59399 Green

The Gluten-free Gourmet: living well without wheat.

Hagman, Bette. 641.563 Hagman

The G free Diet: a gluten-free survival guide.

Hasselbeck, Elisabeth. 613.25 Hasselbe

The Whole Foods Allergy Cookbook: 200 gourmet and homestyle recipes for the food allergy family.

Pascal, Cybele. 616.975 Pascal

The GF kid: a celiac disease survival guide.

London, Melissa. 616.399 London

Gluten-free baking Classics.

Roberts, Annalise G. 641.5638 Roberts

You Won't Believe it's Gluten-free!

500 delicious, foolproof recipes for healthy living.

Ryberg, Roben. 641.5638 Ryberg

Allergy-free Cookbook.

Sherwood, Alice. 641.56318 Sherwood

Healthier without Wheat: a new understanding of wheat allergies, celiac disease, and non-celiac gluten intolerance.

Wangen, Stephen. 616.399 Wanger

Web Resources

Celiac Disease Foundation

www.celiac.org

Celiac Disease and Gluten-free Diet Information

<http://www.celiac.com/>

Celiac Sprue Association

www.csaceliacs.org

Children's Digestive Health and Nutrition Foundation

<http://www.cdhnf.org/>

GIG's Restaurant Dining: 7 Tips to Staying Gluten Free

<http://www.gluten.net/downloads/print/Diningflat.pdf?debugMode=false>

Gluten Free Diet Guide for Families

<http://www.naspgfan.org/user-assets/Documents/pdf/diseaseInfo/GlutenFreeDietGuide-E.pdf?debugMode=false>

Mayo Clinic- Celiac Disease



<http://www.mayoclinic.com/health/celiac-disease/DS00319>

Medline Plus

<http://www.nlm.nih.gov/medlineplus/celiacdisease.html>

Medline Plus (Spanish)

<http://www.nlm.nih.gov/medlineplus/spanish/celiacdisease.html>

University of Chicago Celiac Disease Center

www.celiacdisease.net

Database Resources

The library has access to several medical databases that have additional information about Celiac Disease and living gluten-free. These databases may be accessed while visiting the library or at home. You must log in in order to access the databases from home. To log in enter your library card number as the user id and your birthday (mmddyyyy) as the pin.

Databases may be accessed at : <http://www.texascity-library.org/OnlineDatabases.htm>

Alt Health Watch

Ebsco Consumer Health Complete (English and Spanish)

Ebsco Health Source Academic Edition

Ebsco Natural and Alternative Treatments

Gale Health and Wellness Resource Center

Health Source: Consumer Edition

MedicLatina

Medline

Salem Health- Magill's Medical Guide

Salud en Espanol

