



2014/2015 Gluten/Casein Free Grocery Shopping Guide

Dr. Mara Matison & Mr. Dainis Matison

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Frustrated in trying to find Gluten/Casein Free Products in your grocery stores? Tired of calling food manufacturers and guessing on nutrition labels? Well, help is here!

Cecelia's Marketplace - Gluten/Casein Free Grocery Shopping Guide

Finding products that are both gluten-free and casein-free doesn't have to be a hassle anymore. Thanks to the **Gluten/Casein-Free Grocery Shopping Guide**, you won't have to spend hours looking at nutrition labels or calling food manufacturers any longer. Instead, you can take this handy guide, which fits easily inside your purse on your trips to the grocery store.

The **Gluten/Casein-Free Grocery Shopping Guide** features symbols indicating gluten-free certified products and food items which are made in a gluten-free facility which takes the guesswork out of your grocery shopping trips.

Those who use this handy guide get access to information about all of their favorite brands and foods. The **Gluten/Casein-Free Grocery Shopping Guide** contains listings for over 25,000 food and drink items which are entirely free of casein and gluten. Major food brands like Heinz, General Mills, Del Monte and Frito Lay are all included. Items from your local supermarket chains, like Kroger, Wal-Mart, Wegmans, and Publix are listed as well. Thanks to this handy, compact guidebook, you'll be able to quickly look up the information you need within seconds.

In this edition of the **Gluten/Casein-Free Grocery Shopping Guide**, we've also included tips for avoiding allergen contamination in the kitchen. Whether you suffer from celiac disease, have wheat or dairy allergies or prepare food for those who do, this new book is the simple solution you've been looking for.

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