

# Resources for Caregivers of Children with Celiac Disease

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## Books

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Fenster C. *Wheat Free Recipes & Menus*. New York, NY: Avery/Penguin Group 2004. [www.savorypalate.com](http://www.savorypalate.com)

Fenster C. *Gluten-Free Quick & Easy - From Prep to Plate without the Fuss: 200+ Recipes for People with Food Sensitivities*. New York: Penguin Group; 2007. [www.savorypalate.com](http://www.savorypalate.com)

Fenster C. *1,000 Gluten-Free Recipes*. New York: Wiley, John & Sons; 2008. [www.savorypalate.com](http://www.savorypalate.com)



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Hagman B. *The Gluten Free Gourmet Bakes Bread: More than 200 Wheat Free Recipes*. New York: Henry Holt & Company; 2002.

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Hagman B. *The Gluten Free Gourmet Cooks Comfort Foods*. New York: Henry Holt & Company; 2004.

Hagman B. *The Gluten Free Gourmet Makes Dessert*. New York: Henry Holt & Company; 2002.

Koeller K, LaFrance R. *Let's Eat Out with Celiac /Coeliac and Food Allergies*. Chicago, IL: R & R Publishing; 2009. [www.glutenfreepassport.com](http://www.glutenfreepassport.com)

Korn D. *Kids with Celiac Disease: A Family Guide To Raising Happy, Healthy, Gluten-Free Children*. Bethesda, MD: Woodbine House; 2001. [www.woodbinehouse.com](http://www.woodbinehouse.com)

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O'Brien S. *The Gluten-Free Vegan: 150 Delicious Gluten-Free Animal-Free Recipes*. New York: Da Capo Press; 2007.

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- Sarros C. *Wheat-Free Gluten-Free Reduced Calorie Cookbook*. New York: McGraw Hill; 2003. [www.gfbooks.homestead.com](http://www.gfbooks.homestead.com)
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- Thompson T. *Celiac Disease Nutrition Guide, 2nd Ed*. Chicago: American Dietetic Association; 2006. [www.eatright.org](http://www.eatright.org)
- Thompson T & Brown M. *Delicious, Nutritious, and Gluten Free*. New York: Wiley, John & Sons; 2010. [www.glutenfreedietitian.com](http://www.glutenfreedietitian.com)
- Thompson T & Simpson S. *Counting Gluten-Free Carbohydrates: A Guide for those with diabetes and celiac disease*. 2009. Available free of charge from the following websites:  
[www.glutenfreedietitian.com](http://www.glutenfreedietitian.com), [www.celiacdiseasecenter.columbia.edu](http://www.celiacdiseasecenter.columbia.edu), [www.csaceliacs.org](http://www.csaceliacs.org)
- Triumph Dining. *The Essential Gluten Free Restaurant Guide & The Essential Gluten Free Grocery Guide*. Blawenber, NJ: Triumph Dining Gluten-Free Publishing, LLC; 2009. [www.triumphdining.com](http://www.triumphdining.com)

## Newsletters

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*Gluten-Free Living:*

[www.glutenfreeliving.com](http://www.glutenfreeliving.com)

*Living Without*

[www.livingwithout.com](http://www.livingwithout.com)

*Scott Free Newsletter*

[www.celiac.com](http://www.celiac.com)

*Bob And Ruth's Dinning and Travel Club*

[www.bobandruths.com](http://www.bobandruths.com)

*The Clan Thompson Celiac Newsletter*

[www.clanthompson.com](http://www.clanthompson.com)

## Web Sites

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Canadian Celiac Association handout *Hidden and Dangerous*

<http://www.celiac.ca/pdfs/Hidden&Dangerous.pdf>

Canadian Celiac Association Resource Guide for Health Professionals

[www.celiacguide.org](http://www.celiacguide.org)

Celiac Center at Beth Israel Deaconess Medical Center, Harvard Medical School

[www.bidmc.harvard.edu/ceciaccenter](http://www.bidmc.harvard.edu/ceciaccenter)

Celiac Discussion List Archives

<http://listserv.icors.org/archives/ceciac.html>

Celiac Disease Awareness Campaign National Institutes of Health

<http://ceciac.nih.gov>

Celiac Disease Center at Columbia University

[www.celiacdiseasecenter.columbia.edu](http://www.celiacdiseasecenter.columbia.edu)

Celiac Disease Clinic at Mayo Clinic

[www.mayoclinic.org/ceciac-disease](http://www.mayoclinic.org/ceciac-disease)

Celinal Foods

[www.celinalfoods.com](http://www.celinalfoods.com)

Children's Digestive Health and Nutrition Foundation

[www.celiachealth.org](http://www.celiachealth.org)

CSA Recognition Program

<http://www.csaceliacs.org/CSASealofRecognition.php>

Food Allergen Labeling and Consumer Protection Act of 2004

[www.cfsan.fda.gov/~dms/algact.html](http://www.cfsan.fda.gov/~dms/algact.html)

Food and Drug Administration's Proposed Rule Gluten-Free Labeling of Food

[www.cfsan.fda.gov/~lrd/fr070123.html](http://www.cfsan.fda.gov/~lrd/fr070123.html)

General Information

[www.celiac.com](http://www.celiac.com)

Gluten Free Certification Organization

[www.GFCO.org](http://www.GFCO.org)

Gluten Free Food Service Accreditation Program

[www.GFFoodService.org](http://www.GFFoodService.org)

Gluten Free Restaurant Awareness Program  
[www.GlutenFreeRestaurants.org](http://www.GlutenFreeRestaurants.org)

Gluten Freeda  
[www.glutenfreeda.com](http://www.glutenfreeda.com)

Kogan Celiac Center  
[www.saintbarnabas.com/SERVICES/celiac/index.html](http://www.saintbarnabas.com/SERVICES/celiac/index.html)

Maryland Center for Celiac Research  
[www.celiaccenter.org](http://www.celiaccenter.org)

National Institutes of Health Consensus Development Conference Statement on Celiac Disease  
<http://consensus.nih.gov/2004/2004CeliacDisease118html.htm>

Steve Plogsted Pharm.D Medication list  
[www.glutenfreedrugs.com](http://www.glutenfreedrugs.com)

University of Chicago Celiac Disease Program  
[www.celiacdisease.net](http://www.celiacdisease.net)

University of Virginia Health System Celiac Page  
[www.healthsystem.virginia.edu/internet/digestive-health/nutrition/ceciacsupport.cfm](http://www.healthsystem.virginia.edu/internet/digestive-health/nutrition/ceciacsupport.cfm)

Wm. K. Warren Medical Research Center for Celiac Disease, University of California, San Diego  
<http://celiaccenter.ucsd.edu>

Zeer (gluten-free food information resource)  
[www.zeer.com](http://www.zeer.com)

## **National Celiac Organizations**

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The Gluten Intolerance Group (GIG)  
[www.gluten.net](http://www.gluten.net)

Celiac Sprue Association /United States of America  
[www.csaceliacs.org](http://www.csaceliacs.org)

Celiac Disease Foundation  
[www.celiac.org](http://www.celiac.org)

Canadian Celiac Association  
[www.celiac.ca](http://www.celiac.ca)

American Celiac Disease Alliance  
[www.americanceeliac.org](http://www.americanceeliac.org)

National Foundation for Celiac Awareness  
[www.celiaccentral.org](http://www.celiaccentral.org)

## Selected Gluten-Free Companies

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1-2-3 Gluten-Free Inc  
[www.123glutenfree.com](http://www.123glutenfree.com)

Allergy Friendly Foods (Allergaroo)  
[www.allergaroo.com](http://www.allergaroo.com)

Amazing Grains (Montina <sup>TM</sup>)  
[www.amazinggrains.com](http://www.amazinggrains.com)

Amy's Kitchen  
[www.amyskitchen.com](http://www.amyskitchen.com)

Ancient Harvest Quinoa Corporation  
[www.quinoa.net](http://www.quinoa.net)

Andean Dreams  
[www.andeandreams.com](http://www.andeandreams.com)

Authentic Foods  
[www.authenticfoods.com](http://www.authenticfoods.com)

Baby Cakes Bakery NYC  
[www.babycakesnyc.com](http://www.babycakesnyc.com)

Betty Crocker Gluten Free Mixes  
[www.bettycrocker.com/products/gluten-free](http://www.bettycrocker.com/products/gluten-free)

Birkett Mills  
[www.thebirkettmills.com](http://www.thebirkettmills.com)

Blue Diamond Growers  
[www.bluediamond.com](http://www.bluediamond.com)

Bob's Red Mill Natural Foods, Inc  
[www.bobsredmill.com](http://www.bobsredmill.com)

Breads from Anna  
[www.glutenevolution.com](http://www.glutenevolution.com)

Celiac Specialties  
[www.celiacspecialties.com](http://www.celiacspecialties.com)

Chebe Bread  
[www.chebe.com](http://www.chebe.com)

Cherrybrook Kitchen  
[www.cherrybrookkitchen.com](http://www.cherrybrookkitchen.com)

Chex  
[www.chex.com/Recipes/GlutenFree.aspx](http://www.chex.com/Recipes/GlutenFree.aspx)

Cream Hill Estates  
[www.creamhillestates.com](http://www.creamhillestates.com)

De Boles  
[www.deboles.com](http://www.deboles.com)

Dietary Specialties  
[www.dietspec.com](http://www.dietspec.com)

El Peto Product, LTD  
[www.elpeto.com](http://www.elpeto.com)

Ener-G Foods, Inc.  
[www.ener-g.com](http://www.ener-g.com)

Enjoy Life Foods  
[www.enjoylifefoods.com](http://www.enjoylifefoods.com)

Foods by George  
[www.foodsbygeorge.com](http://www.foodsbygeorge.com)

Food For Life Baking Company  
[www.food-for-life.com](http://www.food-for-life.com)

Food -Tek Inc  
[www.foodtek.com/GF.php](http://www.foodtek.com/GF.php)

French Meadow Bakery  
[www.frenchmeadow.com](http://www.frenchmeadow.com)

Gluten Free Oats  
[www.glutenfreeoats.com](http://www.glutenfreeoats.com)

Gluten Free Pantry  
[www.glutenfree.com](http://www.glutenfree.com)

Gluten Solutions  
[www.glutensolutions.com](http://www.glutensolutions.com)

Glutino  
[www.glutino.com](http://www.glutino.com)

Ian's Natural Foods  
[www.iansnaturalfoods.com](http://www.iansnaturalfoods.com)

Kettle Cuisine  
[www.kettlecuisine.com](http://www.kettlecuisine.com)

Kinnikinnick Foods, Inc  
[www.kinnikinnick.com](http://www.kinnikinnick.com)

Laurels Sweet Treats  
[www.glutenfreemixes.com](http://www.glutenfreemixes.com)

Maple Grove Foods  
[www.maplegrovefoods.com](http://www.maplegrovefoods.com)

Masuya (USA) Inc  
[www.masuyanaturally.com](http://www.masuyanaturally.com)

Miss Robens Inc  
[www.allergygrocer.com](http://www.allergygrocer.com)

Mona's Gluten Free  
[www.madebymona.com](http://www.madebymona.com)

Mrs. Leepers  
[www.mrsleepers.com](http://www.mrsleepers.com)

Namaste Foods  
[www.namastefoods.com](http://www.namastefoods.com)

Nature's Path  
[www.naturespath.com](http://www.naturespath.com)

Nu-World Amaranth  
[www.nuworldfoods.com](http://www.nuworldfoods.com)

Pamelas Products  
[www.pamelasproducts.com](http://www.pamelasproducts.com)

Panne Rizo Bakery deli Café  
[www.pannerizo.com](http://www.pannerizo.com)

Quinoa Corporation  
[www.quinoa.com](http://www.quinoa.com)

Rizopia Food Products, Inc.  
[www.rizopia.com](http://www.rizopia.com)

Schar  
[www.schar.com](http://www.schar.com)

Sylvan Border farms  
[www.sylvanborder.com](http://www.sylvanborder.com)

The Allergy Grocer  
[www.allergygrocer.com](http://www.allergygrocer.com)

The Gluten Free Mall  
[www.glutenfreemall.com](http://www.glutenfreemall.com)

The Ruby Range  
[www.therubyrange.com](http://www.therubyrange.com)

Tinkyada  
[www.tinkyada.com](http://www.tinkyada.com)

Trader Joes  
[www.traderjoes.com](http://www.traderjoes.com)

Vans International Foods  
[www.vanswaffles.com](http://www.vanswaffles.com)

Whole Foods Market  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)