

# Gluten Free Eating Resources

## Canada Revenue Agency

People with celiac disease can claim a portion of the cost of gluten free products as an eligible medical expense.

<http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/Ins300-350/330/clc-eng.html>

## Cookbooks and Menu Planning Books

(Look up these authors for other gluten-free book titles.)

- Anca A, Santandrea-Cull T. **Complete Gluten-Free Diet and Nutrition Guide**. Toronto, Ontario: Robert Rose, 2010.
- Case S. **Gluten-Free Diet: A Comprehensive Resource Guide, Revised and Expanded Edition**. Regina, SK: Case Nutrition Consulting, 2011. Website: [www.glutenfreediet.ca](http://www.glutenfreediet.ca)
- Case, S. and Fenster, C. **Pulses and the Gluten-Free Diet: Cooking with beans, peas, lentils and chickpeas**. Winnipeg, Manitoba: Pulse Canada. Available from (free): <http://www.pulsecanada.com/uploads/1f/a6/1fa6427f5a4ab9155512272c53080e21/11-Jan-31-Gluten-Free-Booklet---FINAL.pdf>
- Fenster C. **1,000 Gluten-free recipes**. Hoboken, NJ. John Wiley & Sons, 2008.
- Koeller K, La France R. **Let's Eat Out!: Your Passport to Living Gluten and Allergy Free**. Chicago: R & R Publishing, 2007.
- Orser, L. **A Celiac is Coming**. Victoria, BC: L. Orser, 2007. Order from: [www.aceeliaciscoming.com](http://www.aceeliaciscoming.com) (also available as an e-book)
- Sanderson S L. **Incredible edible gluten-free food for kids: 150 family tested recipes**. Bethesda, MD: Woodbine House Inc., 2002.
- Sarros C. **Wheat-free Gluten-free Dessert Cookbook**. McGraw Hill, 2003. Other recipe books from the same author available: [www.gfbooks.homestead.com](http://www.gfbooks.homestead.com).

- Washburn D and Butt H. 150 Gluten-Free, Lactose-Free Recipes. Toronto, ON: Robert Rose, 2007. [www.bestbreadrecipes.com](http://www.bestbreadrecipes.com).

### Magazines

- Gluten-Free Living - [www.glutenfreeliving.com](http://www.glutenfreeliving.com)
- Glutenfreeda (free on-line gluten-free cooking magazine) - [www.glutenfreeda.com](http://www.glutenfreeda.com)

### Websites

- Canadian Celiac Association: Order form for gluten-free cookbooks and Pocket Dictionary of Ingredients - Acceptability of Foods & Food Ingredients for the Gluten-Free Diet available - [www.celiac.ca](http://www.celiac.ca)  
Call: 1-800-363-7296.
- Gluten Free Diet resources, provided by the Canadian Celiac Association - <http://www.celiacguide.org/gfdiet.html>
- The Celiac Scene. Lists gluten-free restaurants and retailers in major Canadian and US cities - [www.theceliacscene.com](http://www.theceliacscene.com)
- Children's Digestive Health and Nutrition Foundation's Celiac Disease (US). Gluten Free Diet Guide available to be downloaded - [www.celiachealth.org](http://www.celiachealth.org)
- Clan Thompson's Celiac Site (US) - [www.clanthompson.com](http://www.clanthompson.com)
- National Institutes of Health (NIH) Celiac Disease Awareness Campaign (US) - [www.celiac.nih.gov](http://www.celiac.nih.gov)
- Gluten Intolerance Group (US) - [www.gluten.net](http://www.gluten.net)
- Celiac Disease Foundation (US) - [www.celiac.org](http://www.celiac.org)



## Additional Resources

- Canadian Celiac Association [www.celiac.ca](http://www.celiac.ca). Call 1-800-363-7296.
- Celiac Sprue Association (US) [www.csaceliacs.org](http://www.csaceliacs.org)

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