



Let's Eat Out with Celiac/Coeliac and Food Allergies! Reference for Gluten and Allergy Free Diets

Kim Koeller, Robert La France

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Winner of key industry awards for 7 consecutive years, the 3rd edition full color *Let's Eat Out!* book is the three time winner of the 2012 Best Health Book of Year Awards and helps you to:

- Dine close to home or around the world while managing gluten free diets, celiac / coeliac and food allergies.
- Navigate restaurant menus, international cuisines and ethnic foods in French, Indian, Italian, Mexican, Steak, Chinese and Thai restaurants. Learn how to avoid meals with gluten, wheat, corn, dairy, egg, fish, peanut, shellfish, soy and tree nuts.
- Access trusted expert advice based on 6 years of extensive research. Understand dishes, ingredients, food preparation, sauces, hidden allergens and cross contact.
- Ask questions in restaurant terms and order safe meals with or without gluten free menus and allergy meal charts.
- Plan trips, holidays and business travel with detailed checklists for snacks, airlines, hotels and cruise lines. Explore overseas destinations with chef translation cards and international travel tips.

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