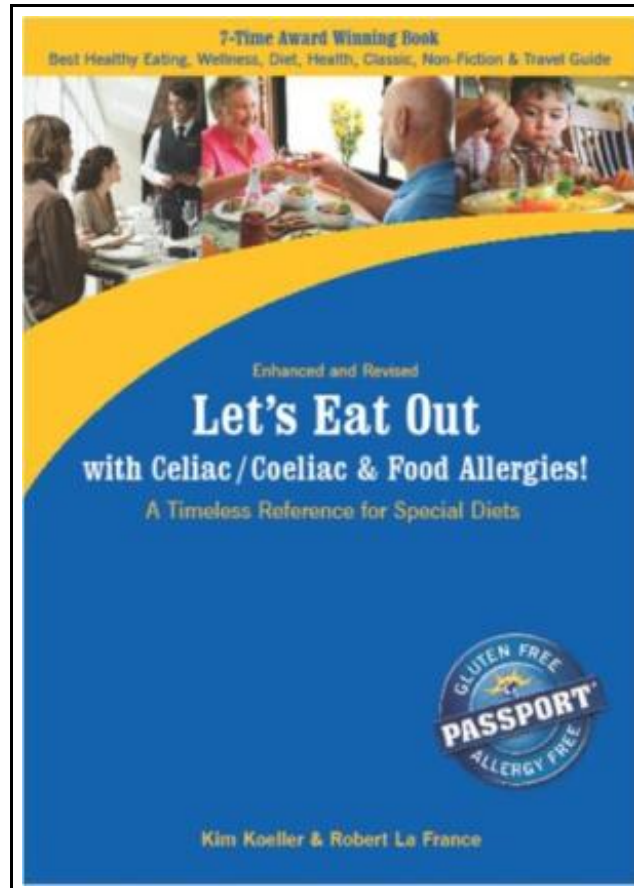


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R & R Publishing, LLC. Paperback. Book Condition: new. BRAND NEW, Let's Eat Out with Celiac / Coeliac and Food Allergies!: A Timeless Reference for Special Diets (Enhanced and revised ed), Kim Koeller, Robert France, This 5-time award winning book is an innovative how-to book educating individuals and businesses about safe eating around the corner or around the world while handling the top 10 common food allergens. Based on six-plus years of extensive global research, this cutting-edge book helps to enrich the quality of life for millions managing special diets. It also empowers family, friends, healthcare practitioners & restaurant professionals with key considerations about eating out gluten & allergen-free. Recognised with publishing awards such as Best Health, Wellness, Travel, First Non-Fiction and Classic Reference, "Let's Eat Out!" has been featured in 200-plus magazines, newspapers, radio & TV shows, endorsed by celiac/coeliac & food allergy associations worldwide and is available in over 25 countries. The book explores seven international cuisines which can be found in many cities and countries around the world. The book facilitates safe eating experiences through detailed knowledge about common food allergens such as corn, dairy, eggs, fish, gluten, peanuts, shellfish, soy, tree nuts and wheat. With hundreds of menu item choices showcasing ingredients, hidden allergens & preparation techniques, this proven approach focuses on what can be safely eaten when ordering meals in restaurants based upon cuisine-specific choices. The easy-to-use preparation checklists & travel guidelines are further detailed for effective communication to experience the freedom of safe eating anywhere. Each cuisine describes suggested dishes, meal descriptions and potential food allergen considerations. To determine the 175-plus menu items provided in these chapters, thousands of menus and recipes from all over the world were researched to identify which items were most commonly found in each cuisine. Once established, each was...



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