This pocket-size dictionary is an easy-to-carry, complete resource to help you navigate the ingredient list of food products and quickly decide about their acceptability in the gluten-free diet. Thousands of people have used the first version of the dictionary to help understand ingredient labels while they shop.

For this revision every ingredient in the dictionary was reviewed and more than 100 ingredients and food additives have been added to the listing.

Developed by a Registered Dietitian and peer-reviewed by members of the Professional Advisory Board of the Canadian Celiac Association, this dictionary is the result of extensive research into ingredient manufacturing practices and food labeling laws in the United States, Canada and Europe.

Your food choices may be wider than you think!

The revised 2nd edition of the Pocket Dictionary includes:

• More than 300 foods and food ingredients and over 300 food additives listed in alphabetical order for easy reference
• Many food ingredients found in a wide variety of ethnic products
• Simple to understand descriptions of each item
• Food ingredients classified in three straightforward categories: ‘ALLOWED’, ‘NOT ALLOWED’ or ‘? CHECK’
• Concerns about manufacturing practices, when required, alerting reader to any deviations or reasons for concern
• Larger font for easy reading

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