



# **ADA Pocket Guide to Gluten-Free Strategies for Clients with Multiple Diet Restrictions**

Tricia Thompson

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## **ADA Pocket Guide to Gluten-Free Strategies for Clients with Multiple Diet Restrictions**

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#### ADA Pocket Guide to Gluten-Free Strategies for Clients with Multiple Diet Restrictions Tricia Thompson

Provides the recommendations, food lists, menus, and resources you need to combine a gluten-free diet with meal planning for: Food allergies, Diabetes, Disorders of lipid metabolism, Lactose intolerance, Weight Management, and Vegetarianism.



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