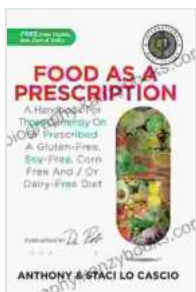


# Handbook For Those Currently On Or Prescribed Gluten Free Soy Free Corn Free

## A Comprehensive Guide to the Gluten-Free, Soy-Free, Corn-Free Diet

If you've been diagnosed with celiac disease, a wheat allergy, or a sensitivity to soy or corn, you know that finding foods that are safe to eat can be a challenge. The Handbook For Those Currently On Or Prescribed Gluten Free Soy Free Corn Free is the essential guide to navigating a gluten-free, soy-free, corn-free lifestyle.



### Food As A Prescription: A Handbook for Those Currently On or Prescribed a Gluten-Free, Soy-Free, Corn-Free and/or Dairy-Free Diet by Anthony Lo Cascio

★★★★☆ 4.4 out of 5

|                      |             |
|----------------------|-------------|
| Language             | : English   |
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| Text-to-Speech       | : Enabled   |
| Screen Reader        | : Supported |
| Enhanced typesetting | : Enabled   |
| X-Ray                | : Enabled   |
| Word Wise            | : Enabled   |
| Print length         | : 79 pages  |



This comprehensive handbook covers everything you need to know about the gluten-free, soy-free, corn-free diet, including:

- The hidden sources of gluten, soy, and corn
- Practical tips for avoiding these ingredients

- Delicious recipes that are gluten-free, soy-free, and corn-free

Whether you're just starting out on the gluten-free, soy-free, corn-free diet or you're looking for new ways to make it work for you, the Handbook For Those Currently On Or Prescribed Gluten Free Soy Free Corn Free is the resource you need.

## **Chapter 1: The Hidden Sources of Gluten, Soy, and Corn**

Gluten, soy, and corn are three of the most common allergens and food intolerances. They can be found in a variety of foods, including bread, pasta, cereal, soy sauce, tofu, and corn syrup.

If you're on a gluten-free, soy-free, corn-free diet, it's important to be aware of the hidden sources of these ingredients. Here are a few examples:

- **Gluten** can be found in wheat, rye, barley, and triticale. It can also be found in some processed foods, such as soups, sauces, and gravies.
- **Soy** can be found in soy sauce, tofu, tempeh, and edamame. It can also be found in some processed foods, such as veggie burgers and soy milk.
- **Corn** can be found in corn syrup, cornmeal, and popcorn. It can also be found in some processed foods, such as chips, candy, and soda.

It's important to read food labels carefully when you're on a gluten-free, soy-free, corn-free diet. Even foods that seem to be safe may contain hidden sources of these ingredients.

## **Chapter 2: Practical Tips for Avoiding Gluten, Soy, and Corn**

Avoiding gluten, soy, and corn can be challenging, but it's not impossible. Here are a few practical tips to help you get started:

- **Read food labels carefully.** This is the best way to avoid hidden sources of gluten, soy, and corn.
- **Ask questions when you eat out.** Many restaurants are now familiar with gluten-free, soy-free, and corn-free diets. Don't be afraid to ask about the ingredients in your food.
- **Cook more meals at home.** This is the best way to control the ingredients in your food.
- **Find support from others.** There are many online and in-person support groups for people on gluten-free, soy-free, and corn-free diets.

Following these tips can help you avoid gluten, soy, and corn and live a healthy and fulfilling life.

### **Chapter 3: Delicious Recipes that are Gluten-Free, Soy-Free, and Corn-Free**

Just because you're on a gluten-free, soy-free, corn-free diet doesn't mean you have to give up delicious food. There are many delicious recipes that are gluten-free, soy-free, and corn-free.

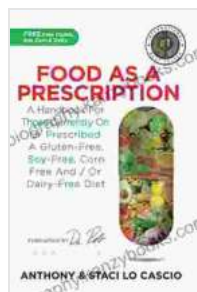
Here are a few of our favorites:

- **Gluten-Free, Soy-Free, Corn-Free Breakfast Burritos**
- **Gluten-Free, Soy-Free, Corn-Free Pizza**
- **Gluten-Free, Soy-Free, Corn-Free Pasta Salad**

- **Gluten-Free, Soy-Free, Corn-Free Chocolate Chip Cookies**

These recipes are just a starting point. There are many other delicious gluten-free, soy-free, corn-free recipes available online and in cookbooks.

The Handbook For Those Currently On Or Prescribed Gluten Free Soy Free Corn Free is the essential guide to navigating a gluten-free, soy-free, corn-free lifestyle. This comprehensive handbook covers everything you need to know about the diet, including the hidden sources of gluten, soy, and corn, practical tips for avoiding these ingredients, and delicious recipes that are gluten-free, soy-free, and corn-free. Whether you're just starting out on the diet or you're looking for new ways to make it work for you, the Handbook For Those Currently On Or Prescribed Gluten Free Soy Free Corn Free is the resource you need.

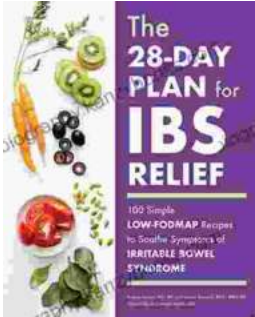


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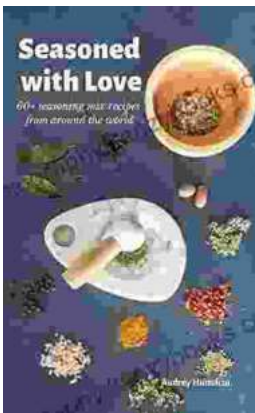
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