



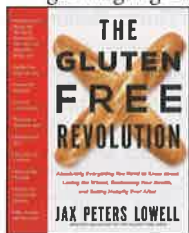
The Gluten-Free Revolution: Absolutely Everything You Need to Know about Losing the Wheat.

By Jax Peters Lowell.

Feb. 2015. 656p. illus. Holt, paper, \$28 (9780805099539).
641.5.

In this chatty, funny, and practical guide for the growing legion of gluten-free eaters, the popular author of *The Gluten-Free Bible* (2005) returns with more advice on how to live without wheat. Her positive message: it is not so tricky or draconian. After all, today 15 million Americans follow a gluten-free

diet. Three million of them, including Lowell, are gluten-intolerant, with documented celiac disease—an immune response to the proteins in wheat, barley, and rye. No accurate test exists for non-celiac gluten sensitivity, but Lowell says more than 20 percent of the population suffers from it. Interestingly, wine and distilled alcoholic beverages (but not beer, which contains malt) are safe to consume on a gluten-free diet. Practical tips cover recipe books and food brands that are gluten-free, where to find celiac disease community groups, which international foods are safe, including Russian borscht and Japanese uni or sea urchin, and how to be a good gluten-free guest (“Always let your host know about your



diet ahead of time"). A tasty bonus: recipes provided by such big-name chefs as Alice Waters make this an information-packed winner.

—*Karen Springen*