



Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living

By Alisa Marie Fleming

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It has been estimated that over 7.5% of the U.S. population lives dairy-free, yet so few resources cater to this expansive and diverse group. To aid this niche, Alisa Fleming founded the informational website GoDairyFree.org in 2004, and produced the limited edition guidebook *Dairy Free Made Easy* in 2006, which quickly sold out. Back by popular demand, Alisa has updated and expanded her guide to address additional FAQs and to include an expansive cookbook section. Within this complete dairy-free living resource, you will discover ...

Over 225 Delicious Dairy-Free Recipes with numerous options to satisfy dairy cravings, while focusing on naturally rich and delicious whole foods.

A Comprehensive Guide to Dairy Substitutes which explains how to purchase, use, and prepare alternatives for butter, cheese, cream, milk, and much more, from scratch.

Grocery Shopping Information from suspect ingredients lists and label-reading assistance to food suggestions and money-saving tips.

A Detailed Calcium Chapter to identify calcium-rich foods and supplements and understand other factors involved in building and maintaining strong bones.

An In-Depth Health Section that explains dairy, details the signs and symptoms of various dairy-related illnesses, and thoroughly addresses protein, fat, and nutrient issues in the dairy-free transition.

Everyday Living Tips with suggestions for skincare, supplements, store-bought foods, restaurant dining, travel, celebrations, and other social situations.

Infant Milk Allergy Checklists that go into detail on signs, symptoms, and solutions for babies with milk allergies or intolerances.

Multiple Food Allergy and Vegan-Friendly Resources including a recipe

index to quickly reference which recipes are vegan and which are free from soy, eggs, wheat, gluten, peanuts, and/or tree nuts.

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Editorial Review

Review

"This book in conjunction with godairyfree.org, have been invaluable to my practice in offering solutions for my dairy-sensitive clients. The research is thorough, the explanations comprehensive and the recipes are whole, simple and delicious." -- *Meghan Telpner, Certified Nutritionist*

"Go Dairy Free is encouraging, entertaining and informative, without being overwhelming. It is a must for those living a dairy-free life." -- *Sarah Hatfield of No Whey, Mama*

"Wow! Alisa Fleming has created an accessible yet encyclopedic guide to dairy-free living that makes giving up dairy a very doable proposition." -- *Linda Coss, Food Allergy Author*

"Go Dairy Free is the ultimate resource for safely satisfying those never-ending dairy cravings. It will quickly become your favorite milk-free guide, as it has mine!." -- *Kosher Chef Levana Kirschenbaum*

--Reviewers

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Shirley Smith:

What do you think about book? It is just for students since they're still students or this for all people in the world, the particular best subject for that? Just you can be answered for that problem above. Every person has distinct personality and hobby for each other. Don't to be forced someone or something that they don't need do that. You must know how great in addition to important the book *Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living*. All type of book is it possible to see on many sources. You can look for the internet resources or other social media.

Veronica Gregor:

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John Flores:

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