Clarion Review

Health & Fitness

Let's Eat Out! Your Passport to Living Gluten and Allergy Free

Kim Koeller
Robert La France
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Four Stars (out of Five)

Eat Out Eat Safe

"Knowledge is power" write authors Koeller and La France in this collection of ideas for eating in restaurants despite dietary restrictions brought on by allergies. Each author brings an important perspective to this book Koeller as a person with food allergies who did not want to limit herself to eating at home and La France as a restaurant manager concerned with helping customers have a wonderful dining out experience. Koeller's chapter describing the health effects of her allergies should be familiar to anyone who experiences this phenomenon. Her discovery of how to determine "safe" foods and how to use that knowledge to live as normal a life as possible is the motivation for this book.

Let's Eat Out! was written for people with food allergies and other conditions mandating diet restrictions as well as for friends family caregivers or even restaurant managers who want to offer allergy-free foods. It is arranged as a reference book which can be covered in its entirety or read according to topic. Half of the book focuses on seven international cuisines; the other half covers multiple tips for living with allergies.

The book is an excellent guide for ordering tasty fulfilling meals while avoiding dangerous foods. The authors teach the reader what questions to ask and how to ask them. They describe the common ingredients in American Chinese French Indian Italian Mexican and Tai foods and provide charts to determine whether gluten or other allergens are present in those foods. They also offer suggestions for breakfast beverages snacks light meals and eating on airlines as well as a guide to asking questions about restaurant ingredients in several languages. *Let's Eat Out!* is available in pocket versions a distinct advantage when trying out a variety of cuisines.

This book is a well-organized and comprehensive compilation of information about each

type of cuisine traditional ingredients foods that are high in gluten or other allergens and traditional dishes to eat with caution. Each section includes charts that display specific allergens contained in common foods. The appendices contain resources for people with allergies reviews of specific restaurants references to helpful web pages and organizations that deal with specific allergies or conditions. Chapter tabs are color-coded for quick reference.

Living with chronic medical conditions is very challenging so any tool for coping is important. As a total package the *Let's Eat Out!* book and pocket versions are invaluable resources for people who have food allergies celiac disease and other medical problems.