



Diet Intervention and Autism: Implementing the Gluten Free and Casein Free Diet for Autistic Children and Adults : A Practical Guide for Parents

Marilyn Le Breton

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People with autism often are intolerant of gluten (a protein in four types of cereal) and casein (a protein found in animal milk). There are many testimonials to the benefits for such people of a diet that excludes gluten, casein, monosodium glutamate and aspartame, and these persuaded Marilyn Le Breton to put her autistic son Jack on the diet. This is the book that Marilyn wishes had been available to her when she first did so. In it she explains what the diet is all about and how it works, what foods can form part of the diet and what should be excluded. She addresses frequently asked questions and misconceptions, such as 'Is the diet too difficult and time-consuming? How strictly do I need to adhere to it? Is the diet expensive to implement?' and gives practical advice on basic equipment and ingredients, what to expect when your child starts the diet, how to adapt family meals and how to minimise cross-contamination in the kitchen. The book includes a wide selection of recipes, an extensive list of addresses and websites of suppliers of foodstuffs in the UK, and suggestions for finding out more information. It is the first book of its kind to be written specifically for those living in the UK. Marilyn's own experience and sensible approach ensure that this book will be invaluable for any parent of a child with autism, or any adult considering embarking on the diet

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