

**Wheat Free And Dairy Free**

**By Farieda Fryddie**

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If your current go-to breakfast is a looking for some new breakfast ideas, here are some gluten, dairy and refined sugar bread and assorted wheat

<http://www.drfranklipman.com/whats-for-breakfast-10-gluten-sugar-and-dairy-free-options/>

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New research suggests that wheat and dairy proteins can cause 'leaky gut,' and may also cause the immune system to attack cells in the brain.

<http://www.healthline.com/health-news/ms-flares-linked-to-wheat-dairy-021314>

Gluten-Free, Wheat-Free & Dairy-Free Recipes: More Than 100 Mouth-Watering Recipes for the Whole Family (A Cook's Bible) Paperback March 1, 2009

<http://www.amazon.com/Gluten-Free-Wheat-Free-Dairy-Free-Recipes-Mouth-Watering/dp/1844838110>

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Low Fat: Choose low fat dairy free products and lean proteins such as beans, poultry and fish most often to limit your intake of saturated fat.

<http://tasterie.com/blog/health-nutrition/gluten-dairy-allergy/>

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<http://www.yummly.com/recipes/wheat-free-dairy-free-breakfast>

No gluten? No dairy? An anti-inflammatory diet, often prescribed by CAM (Complementary and Alternative Medicine) practitioners for radiant health, sounds about as

<http://life.gaiam.com/article/delicious-anti-inflammatory-diet>

We avoided dairy, gluten, and other allergenic foods with my youngest child, both while I was pregnant, and in his first few years of life. He breastfed exclusively

<http://www.diabetesandenvironment.org/home/other/diet/wheat-dairy>

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Top wheat soy dairy corn free recipes and other great tasting recipes with a healthy slant from SparkRecipes.com.

<http://recipes.sparkpeople.com/great-recipes.asp?food=wheat+soy+dairy+corn+free>

The Dairy-Free & Gluten-Free Kitchen offers more than 150 flavor-packed recipes created especially for those who must avoid dairy and gluten in their diets

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