



# Book Industry Reviews

## Of the Award-Winning *Let's Eat Out!* Series

“Koeller and La France have experience with food intolerance and allergies from both sides of the table. Koeller suffers from celiac disease—among other food allergies—and has founded two firms supporting others with food intolerances; La France has had a long career in the hospitality and food service business and has paid close attention to hidden allergens in food. This comprehensive title, the foundation of the coauthors’

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*Let's Eat Out!* series, gives detailed analysis of ingredients, preparation techniques, information about restaurant dining and airline meals, and translation cards to indicate food preferences in various languages.

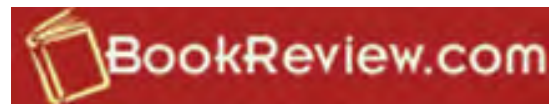
Verdict—Highly recommended. This is essential for the international traveler, restaurant diner, and home cook with celiac disease or any other food allergy.”

—Lisa Felix, Mishawaka-Penn-Harris P.L., IN



★ ★ ★ ★ out of 4 rating

“*Let's Eat Out!* is a well-organized and comprehensive compilation of information about each type of cuisine... It 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... Chapter tabs are color-coded for quick reference... *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... The *Let's Eat Out!* book and pocket versions are invaluable resources.” —Rebecca Sisk, PhD, RN



★ ★ ★ ★ ★ out of 5 rating

“*Let's Eat Out!* will make you hungry and give you the power to protect yourself from food allergies at the same time. This series is an amazingly comprehensive guide that is sure to help thousands of people to feel more in control of their lives... Each (cuisine) chapter offers an interesting overview of the culture's cooking habits, which I promise you will make your mouth water... The series is the first of its kind and promises to enrich the lives of many people. A well-written, professionally researched, gorgeous and sturdy book that is likely to become a common sight in many a restaurant and home.” —Heather Froeschl



★ ★ ★ ★ ★ out of 5 rating

“Expertly co-authored by Kim Koeller, *Let's Eat Out!* is a simply outstanding reference for managing allergies while traveling or simply enjoying the convenience of dining out. Informed and informative, *Let's Eat Out!* offers readers an exclusive perspective on innovative strategies for pursuit of an allergen-free healthy, yet satisfactory diet without the necessity to stay home and avoiding the social atmosphere of the restaurant. *Let's Eat Out!* is very strongly recommended to everybody with restrictive allergies wishing to engage in restaurant dining with family, friends, or business associates.” —Midwest Book Review



“*Let's Eat Out!* is a fantastic presentation of invaluable material for those with special dietary needs. The color coding makes the book a handy tool when looking for information about a special kind of food without needing to sift through the entire book for specific dishes. The organizational approach reflects the way food is organized in the real world, and thus makes much more sense than a mere A-Z alphabetical approach. Even chefs and restaurant owners could learn something from Koeller and La France about the food they serve, and in turn, make their business more hospitable to those with food allergies.” —Writer's Digest

