



# Reviews from Around the World

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



"*Let's Eat Out!* is a visa of sorts, giving diners with allergies access to a full range of information about major restaurant cuisines, ingredients and preparations... Thorough and comprehensive, the book might do well in the hands of operators as well. It gives an important overview of the seriousness of allergies—and how common allergens are in many foods, even those that don't immediately seem suspect."

—Jamie Popp, Restaurants & Institutions Magazine, US



"Allergy sufferers who are serious about eating out should probably invest in this series of books by coeliac allergy sufferer, Kim Koeller and her partner Robert La France. The idea of the book is to prepare prospective diners-out for everything that is likely to come their way. *Let's Eat Out!* looks at common ingredients and preparation techniques, and then at nine eating options—seven ethnic plus breakfast and snack meals—and what risks these pose to the allergy sufferer."

—Michelle Berriedale-Johnson, Foods Matter, United Kingdom



"Most valuable guide anyone with special diet needs must have. It will not only prepare you with understanding, but also assist you in moving past your allergies and sensitivities and accept the fact that you can eat out in restaurants... Their story is encouraging and insightful; both authors were able to overcome the diversity and step up to help others in the same situation... Tremendous resource for anyone in the food industry and should be used as part of the curriculum in all cooking schools."

—Irene Watson, Reader Views



"Built on a framework of empowerment, *Let's Eat Out!* dedicates itself to the world's most cherished cuisines... Useful guide to help teach folks how to dine out safely while maintaining dietary compliance... Thorough reference assistant to employ at home and when traveling... Packaged into a superbly professional, high-quality text... Useful for both patients and practitioners."

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—Milton Stokes, MPH, RD, Today's Dietitian



"For parents who have children with food allergies and intolerances, the experience of dining outside the home can range from stressful to downright disastrous... According to world traveler Kim Koeller

there is a way those with children on special diets can dine out successfully, if they just know what steps to take and what questions to ask. Koeller tells us exactly how to go about it in this book series. Readers will be most interested in the wealth of helpful information it contains."

—Kathryn Price, Womens Radio, US



"*Let's Eat Out!* instructs travelers with food sensitivities or allergies how to eat what they want, where they want and when they want. The book addresses seven cuisines—and covers more than 175 specific menu items as well as hundreds of breakfast, beverage, snack and airline tips."

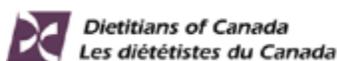
The book addresses seven cuisines—and covers more than 175 specific menu items as well as hundreds of breakfast, beverage, snack and airline tips."

—Canadian Travel & Press



"I believe that food service owners, operators, chefs, and staff will find Koeller & La France's book extremely helpful. It is a tremendous resource for those who want to have allergy-free options in their dining centers and open up food possibilities for those with food sensitivities."

—Katherine Ingerson RD, LD, NACAS, College Services Magazine



"*Let's Eat Out!* is a great reference for dietitians counseling food allergy clients or for those working in food service. It will be an essential reference for celiac and food allergy clients that eat in restaurants and travel... This book is the most comprehensive resource on restaurant eating with food allergies. Many food allergic clients avoid eating in restaurants and this book may give these clients the confidence to enjoy this wonderful experience."

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—Wendy Busse, Dietitians of Canada

