

US AIRWAYS

magazine

usairwaysmag.com

MATERIAL WORLD

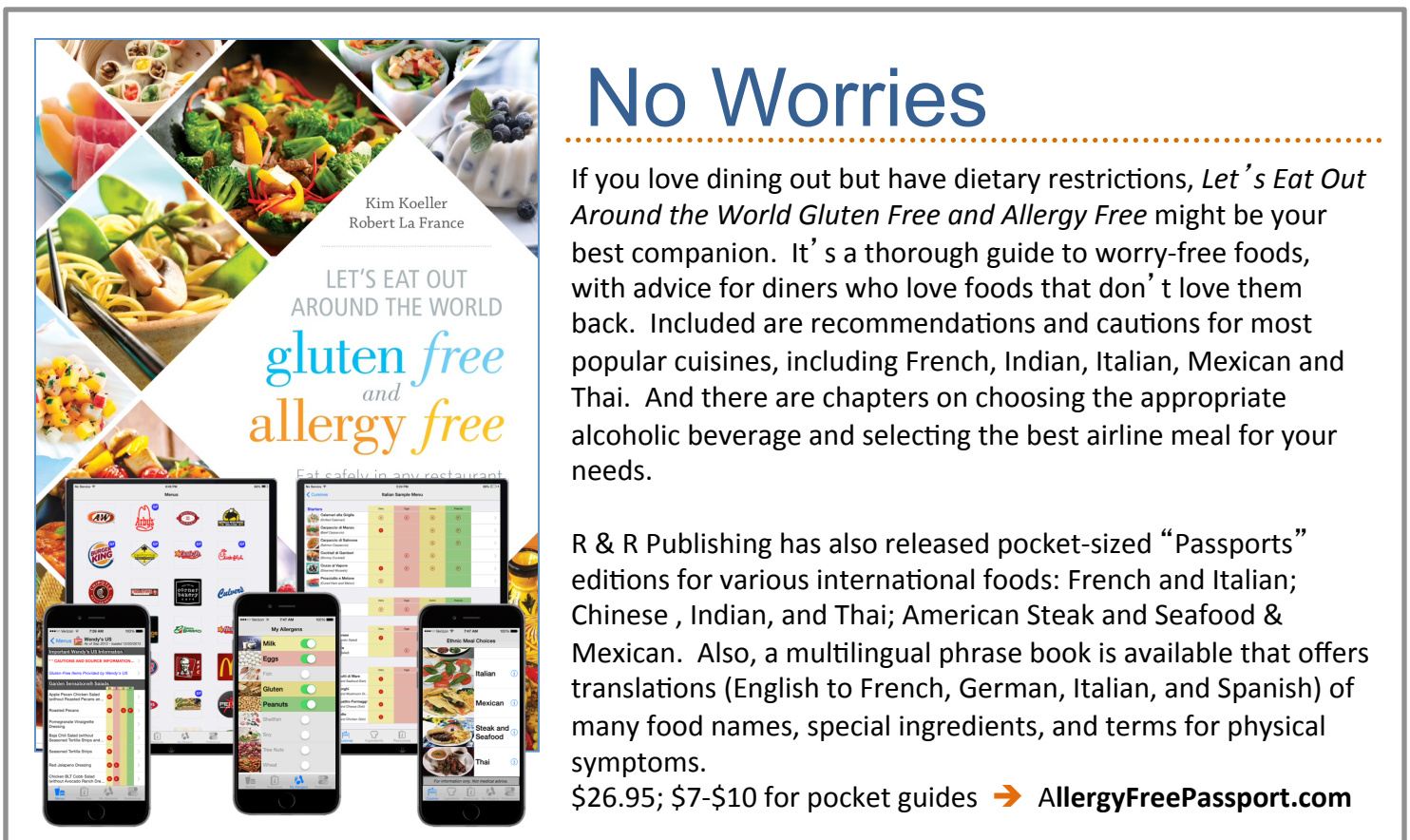
➔ TRAVEL AIDS

No Worries

If you love dining out but have dietary restrictions, *Let's Eat Out Around the World Gluten Free and Allergy Free* might be your best companion. It's a thorough guide to worry-free foods, with advice for diners who love foods that don't love them back. Included are recommendations and cautions for most popular cuisines, including French, Indian, Italian, Mexican and Thai. And there are chapters on choosing the appropriate alcoholic beverage and selecting the best airline meal for your needs.

R & R Publishing has also released pocket-sized "Passports" editions for various international foods: French and Italian; Chinese, Indian, and Thai; American Steak and Seafood & Mexican. Also, a multilingual phrase book is available that offers translations (English to French, German, Italian, and Spanish) of many food names, special ingredients, and terms for physical symptoms.

\$26.95; \$7-\$10 for pocket guides ➔ AllergyFreePassport.com



AllergyFree Passport®, and its affiliate GlutenFree Passport®, are global consulting firms focused on health education and the creators of the award-winning, internationally acclaimed book series, *Let's Eat Out Around the World Gluten Free and Allergy Free*. This innovative series is also the foundation for the innovative mobile applications, iEatOut Gluten & Allergy Free for restaurant dining and iCanEat Fast Food Gluten & Allergy Free for US Fast Food Chain meals. AllergyFree Passport® and GlutenFree Passport® deliver innovative solutions for culinary, hospitality, travel, healthcare and products clients worldwide.

For more information and free educational materials, visit us online:



www.GlutenFreePassport.com
www.GlutenFreeBlog.com

