

Go Dairy Free Featured in Summer Issue of Today's Diet & Nutrition

I have been a big fan of the magazine Today's Diet & Nutrition for years. In fact, I may have been one of their first subscribers. Focused on healthy living, the magazine frequently offers articles and recipes for special dieters. So I was thrilled and honored when they requested to interview me for a feature article they were doing on lactose intolerance. That full length article can now be viewed in the July / August 2009 issue of Today's Diet & Nutrition.

Written by Carol M. Bareuther, RD, the article focuses on defining lactose intolerance, offers information for diagnosis, and shares tips on cutting back on lactose, getting proper nutrition, shopping, and cooking. Within the article you will find bites of information from my years of dairy-free experience as well as several excerpts from Go Dairy Free: The Guide and Cookbook. The magazine is available in stores throughout the U.S., so pick up a copy if you don't already have a subscription (which I highly recommend)! ...

Other featured articles in the summer issue of Today's Diet & Nutrition include:

- Expert Tips for Living Gluten-Free
- Pack a Picnic
- The Chef and the Farmers' Market
- Succulent Strawberries
- Garden-Fresh Preserves

For more information on Today's Diet & Nutrition, visit their website.