



NETGALLEY REVIEWS

GO DAIRY FREE

LORAH R.
Reviewer

★★★★★

"I found this book to be a great guide book and cookbook for anyone who is interested in omitting dairy from their diets. I am always looking for substitutions and this book is a good resource. *Go Dairy Free* is definitely worth reading for that information alone!"

STEFANI ATKINS
Reviewer

★★★★★

"I found the information presented interesting and written in a very accessible format. The recipes span a huge variety. For people wanting even more, Ms. Fleming also operates a webzine called *Go Dairy Free*, in which you could easily get lost for days."

MORGAN REEL
Librarian

★★★★★

"Learned a lot about what foods may contain hidden dairy and the dairy alternative recipes seem promising."

LORI REED
Reviewer

★★★★★

"This is a great guide for people that are new to being dairy free and or people that have been dairy free. As a vegan I found it to be a helpful reference guide and liked the recipes."

JENNY BAILEY
Reviewer

★★★★★

"This has a lot of great information in the beginning, from medical and health issues of consuming dairy to nutritional information on staying healthy when not consuming dairy. There's a section on how to best grocery shop and how to handle special events with family and children at school."

LOU
Reviewer at Reader's Retreat

★★★★★

"This book gives me so much more confidence to change my diet. The recipes all sound delicious, use easily obtainable ingredients, and aren't too fiddly."

A.D.
Amazon Reviewer

★★★★★

"I'm in the midst of going dairy free after discovering I suffer from lactose intolerance. This book is going to be very helpful in my journey towards a dairy-free diet."

SHARON BERGE
Reviewer

★★★★★

"Before the recipes even begin, the author takes the time to describe different proponents of nutrition that promote a healthy lifestyle. She discusses the benefits and drawbacks to different types of milk and the medical necessity for certain life changes. *Go Dairy Free* contains an interesting look at alternatives for calcium, needed for healthy bones, as well as a hard look at infant and childhood milk allergies. I particularly liked the section regarding eating out, with its tips and hints for ordering off the menu in restaurants."

LINDSAY BALL
Educator and Reviewer

★★★★★

"My family has been dairy free for about six years now because my son was diagnosed with a milk allergy when he was four months old. Since he was first diagnosed, being dairy free was a struggle at first and it was so eye opening to read about all the different allergies and intolerances that occur with children and adults. I also deeply appreciate how the author walks through the information about the public school system that has the NSLP and how this affects not only my child but all the children and families of this country."

KATE Z.
Reviewer

★★★★★

"This book is AWESOME! I have IBS and suffer from terrible abdominal pains when I eat cheese, but I try to stay away from all dairy. I am so happy that I have this book to spice up my food again and to have the ability to eat a greater variety of foods. I would recommend this book not only to those who need to go dairy free, but also to those who are trying to make healthier food choices!"