

# THE RED HERRING BOOK OF FOOD FACTS

ALL PROFITS TO BE DONATED TO THE TRUSSELL TRUST SUPPORTING THE FOOD BANKS

What is the difference between a food allergy and an intolerance, a prebiotic and a probiotic?

What exactly is quark and how is fromage frais made? The answer to these and many other questions can be found in this book.

There are 8 short chapters covering navigating the supermarket, the basics of food and digestion, when things go wrong, going gluten free, dairy products - a guide for the perplexed, the complicated world of cooking oils, gluten free baking and a few gluten free recipes. It is delightfully illustrated by Janine Pope, and red herrings appear throughout the text flagging up interesting facts and generally looking cheerful.



Niki Medlik, cover designer, writes:

*JudithEllis was a vet in a country practice for many years. She loves food and cooking too. Imagine her horror when her body suddenly gave up on her. She could no longer indulge her love of cheese scones and was rapidly losing weight. An apparent intolerance to gluten was eventually diagnosed as a malfunctioning pancreas, and she soon realised that many of her friends had only a hazy idea about what gluten is and what the pancreas does.*

*With the relatively recent knowledge of the importance of our gut biome, it seemed that there was a need for a simple guide to the world of digestive health.*

*This book explains simply and clearly how our bodies process food, what that food is composed of and what you need to know to shop, cook and eat for optimum health.*

Having had health problems in recent years I have had to learn a lot about nutrition related issues. My wish to share this information with others and to help the Trussell Trust in their funding of food banks in this present crisis, inspired me to write this book. It has never been more important to support our local economy and the book has been printed by Barnwells Print in my home town of Aylsham, Norfolk. The cover designer, Niki Medlik and the illustrator Janine Pope have both given their work free of charge.

It is my hope that the book will expand its remit in further editions with contributions from health professional to cover more gut and food related problems.