



## *Where Do I Start?* Fact Sheet

<b>Title</b>	Where Do I Start?
<b>Sub-title</b>	Your Essential Gluten-Free, Dairy-Free and Sugar-Free Food Allergy Cookbook
<b>Author</b>	Victoria Yeh
<b>Publisher</b>	Vector One Publishing, Toronto, Ontario
<b>Description</b>	A resource book for anyone struggling to adapt to dietary restrictions to some of today's most common foods: wheat, dairy and refined sugar. Includes over 80 recipes, substitution tables, a troubleshooting guide and insightful tips.
<b>Publication Date</b>	January 2010
<b>ISBN</b>	978-0-9864811-0-9
<b>Category</b>	Cookbook, gluten-free, dairy-free, sugar-free
<b>Initial Press Run</b>	5,000
<b>Format</b>	Paperback
<b>Page Count</b>	192 pages including foreword by Dr. Meghan Walker, N.D.
<b>Price</b>	\$24.95 CAD/USD
<b>Order Information</b>	<a href="http://www.glutenfreeliving.ca">http://www.glutenfreeliving.ca</a> . Also available through Amazon.com for US customers. Also available at select natural health clinics and health food stores.

### **About Victoria Yeh**

Victoria Yeh is Toronto based author of *Where Do I Start? Your Essential Gluten-Free, Dairy-Free and Sugar-Free Food Allergy Cookbook* and owner of Gluten-Free Toronto. For over eight years, she has lived with multiple food intolerances to wheat, gluten, dairy, soy, sugar, corn and yeast. With the launch of her new book and seminars, Victoria is setting out to help educate others on how to adapt to their specific dietary needs and achieve greater health. Her book can be purchased directly from [www.glutenfreeliving.ca](http://www.glutenfreeliving.ca) or at select health food stores and holistic clinics.

Hi-res images of the cover and author are available. Please submit your request to:

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