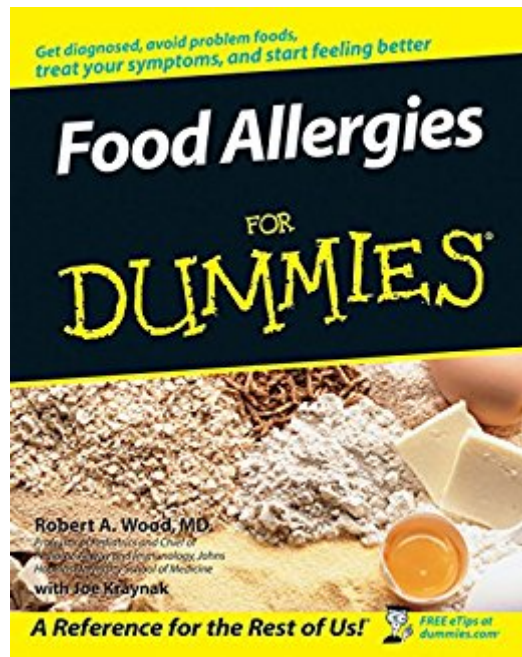


The book was found

Food Allergies For Dummies



Synopsis

Are you constantly worrying about what you or your loved ones eat? Is every dining experience an episode of anxiety for you? Being allergic to different types of food not only ruins the experience of eating, it can lead to dangerous, sometimes lethal, consequences. With *Food Allergies for Dummies*, you can feel safer about what you eat. This concise guide shows you how to identify and avoid food that triggers reactions. This guide covers how to care for a child with food allergies, such as getting involved with his/her school's allergy policies, packing safe lunches, and empowering him/her to take responsibility for his allergy. You will also discover:

- The signs and symptoms of food allergies
- How to determine the severity of your allergy
- Ways to eat out and travel with allergies
- How to create your own avoidance diet
- Ways to enjoy your meal without allergic symptoms
- How to prevent food allergies from affecting your child
- The latest research being done to treat food allergies

Food Allergies for Dummies also provides an in-depth chapter on peanut allergy and how to spot traces of peanut in your food. With this book, you will feel safer and more comfortable while you eat. And, with plenty of helpful resources such as Web sites and allergy-friendly recipes, you'll hardly have to worry about your diet!

Book Information

File Size: 3089 KB

Print Length: 384 pages

Publisher: For Dummies; 1 edition (April 4, 2011)

Publication Date: April 4, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B004WG33DY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #464,355 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #116

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Food Allergies #121

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Customer Reviews

When my son was about a year old he was diagnosed with being allergic to milk, eggs and peanuts. If you're like me milk and eggs were in just about everything. This book has a lot of good ideas for parents that are new to food allergies. In all honesty though, the majority of my recipes and ideas have come from other parents that have children with food allergies and the web. The book it's self is great, but I only gave it 4 stars because it's not the end all be all....we found the idea to use 1 tps of each water, vinegar & baking powder to replace one egg (to help pancakes and cakes rise) on the web rather than in this "for dummies" book. I suggest finding alternatives on websites, blogs, groups and reading all the labels rather than in the book. However, if you are stuck and don't know where to start, this will give you a good start

Fantastic! This book is purely an amazing resource for everyone: parents, care givers, friends and families and most of all, the person with food allergies. As a parent of a food allergic child, I've spent the last 6 years learning everything on my own, via FAAN and other resources. This book sums it up in one fell swoop! The authors cover what issues and challenges exist, how to understand them and most of all...how to live successfully with food allergies. Information is clearly defined in lay terms and organized for quick review. Food Allergies, as a disease, is new to many physicians and this book helps explain details that doctors haven't dealt with yet, are unfamiliar with, or simply do not have the time to cover in a visit; such as various testing, managing school, reading labels, risk assessment, etc. The Food Label Crib Sheet is a must for all beginners too! My local food allergy parent education group is in the process of purchasing this book for each school nurse within our school district (68,000 students) after they discovered that the head nurse felt this book would be a vital resource for her staff and parents, but didn't have the funding for the purchase. I have a feeling this book will soon become a common recommendation for people beginning on the path of successful living with Food Allergies.

I really liked the book at the beginning of my research. It does a good job of summing up allergy basics. Our case is very complicated though and I needed to do further reading. If you have a straight fwd ige mediated allergy this book is a great resource.

Purchased this for a food allergy support group. It's very informative, especially for the newly

diagnosed. It's written by one of the top allergists in the USA.

I wish I would have read this before my first allergist appointment! Great starter book for anyone newly diagnosed with one or more allergies and especially for those with peanut allergy.

Ok for a reference book. Vendor delivered on time.

Amazing! This book is a must read for anyone with food-related allergies. My daughter has severe allergy problems and this really helped me to understand the "whys" and the "how-tos" in taking care of a toddler with allergies. The best allergy-related book I've read yet!

Practical, easy to understand & written by a doctor who actually has the fatal allergy.

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