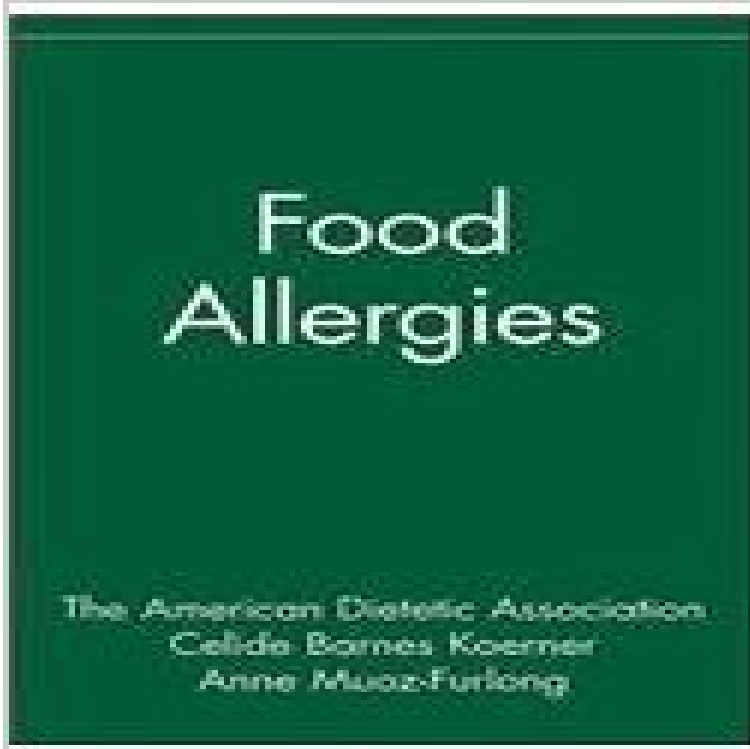


Food Allergies: The Nutrition Now Series



A practical guide to eating well with food allergies. This handy book from the world's foremost authority on nutrition answers all your questions about food allergies. You'll learn how they're diagnosed and how to manage the most common food allergies, with day-to-day strategies for avoiding problem foods and making substitutions that ensure a balanced diet. A special chapter on food allergies and children explains how you may be able to prevent or delay allergies in children, and how to manage their food allergies while ensuring proper growth and development. This helpful book also includes a sample food diary and allergy-free menus and recipes.

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