

The Total Food Allergy Health and Diet Guide

Includes 150 recipes for managing food allergies and intolerances by eliminating common allergens and gluten

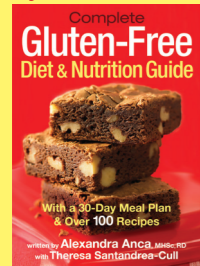
Did you know that most allergic reactions to food are triggered by 10 common allergens? Based on the most current and comprehensive information available, this indispensable guide is for anyone managing these allergies and intolerances, as well as those who suspect that they might have a food allergy and need to know how to find out for sure.

Discover a wealth of practical advice on living with food allergies and intolerances, and on planning an allergen-free diet with delicious and nutritionally sound recipes that exclude the allergens that adversely affect your health. Food allergies are a lifelong challenge, but by understanding what causes them and how they develop, you can avoid the threats to your wellbeing and achieve good health.

Easy-to-understand information and answers to frequently asked questions about managing food allergies

Alexandra Anca, MHS_c, RD, is a registered dietitian and a member of both the College of Dietitians of Ontario and Dietitians of Canada.

By the same author



She is a past chair of the Consulting Dietitians Network and is Nutrition Advisor to the Toronto chapter of the Canadian Celiac Association and Scientific Advisor to the association's Professional Advisory Board.

Dr. Gordon L. Sussman, MD, FRCPC, FAC, FAAAAI, has been a practicing allergist and clinical immunologist for nearly three decades. He is a fellow member of the American Academy of Allergy, Asthma & Immunology and is now acting division director of Allergy and Clinical Immunology at the University of Toronto.

Reliable recommendations on managing the top 10 food allergies and intolerances, which include:

Peanut • Tree Nut • Fish, Shellfish and Crustacean • Milk Allergy and Lactose Intolerance • Egg • Soy • Wheat • Sesame Seed • Sulfite Sensitivity • Mustard

Plus corn, fruit and vegetable allergies and monosodium glutamate sensitivity

\$24.95 USA
\$24.95 CAN

Robert ROSE

ISBN 978-0-7788-0420-8



9 780778 804208
PRINTED IN CANADA

Visit us at www.robertrose.ca

The Total Food Allergy Health and Diet Guide

Alexandra Anca, MHS_c, RD
with **Dr. Gordon L. Sussman, MD, FRCPC, FACP, FAAAAI**

Robert ROSE

The Total Food Allergy Health and Diet Guide



Includes 150 recipes for managing food allergies and intolerances by eliminating common allergens and gluten

Alexandra Anca, MHS_c, RD
with **Dr. Gordon L. Sussman, MD, FRCPC, FACP, FAAAAI**