

## **Food Allergies and Alternate Foods**

*Want to explore this topic, but not sure where to begin? Use this guide as a starting point for books, DVDs, websites and more related to your topic*

### *Non-Fiction Books:*

616.9730654 Sic, **Food allergies: a complet guide for eating when your life depends on it** by Scott H. Sicherer; foreword by Maria Laura Acebal; introduction by Hugh A Sampson.

Looks at allergic reactions from mild to life threatening, allergies from single items to food groups, and food intolerances as well as preventions and what to do about a allergic reaction.

616.975 Cut 2003, **The food allergy cure: a new solution to food cravings, obesity, depression, headaches, arthritis, and fatigue** by Ellen W. Cutler

Learn how to fight food allergies at the source, the immune system response.

616.975 Han, **On the nature of food allergy: a complete handbook on food allergy for patients, parents, restaurant personnel, child-care providers, educators, school nurses and all health-care providers** by Paul J Hannaway; foreword by Albert L. Sheffer.

An A-Z guide on recognizing and treating food allergies with tips on how those with allergies can live a normal life.

616.975 Oh, **How to live with a nut allergy: everything you need to know if you are allergic to peanuts or tree nuts** by Chad K Oh and Carol Kennedy

Learn how to avoid exposure to various kinds of nuts and how to reduce the risk of allergic reactions as well as how to be prepared for allergic reactions.

616.975 Woo, **Food allergies for dummies** by Robert A Wood and Joe Kraynak.

Learn about how to identify and avoid food triggers, identify allergic reactions, and how to live with food allergies.

641.5631 Pas, **The allergen-free baker's handbook; how to bake without gluten, wheat, dairy, eggs, soy, peanuts, tree nuts, and sesame** by Cybele Pascal.

100 vegan recipes free of ingredients responsible for 90% of food allergies. Also included are alternative foodstuff and sources for buying safe food products.

641.56318 Ham, **The kid-friendly food allergy cookbook: more than 150 recipes that are wheat-free, gluten-free, dairy-free, nut-free, egg-free, low in sugar** by Leslie Hammond and Lynne Marie Rominger; foreword by Kevin A. Tracy.

Recipes that kids will love with ingredients that can be found in your grocery store and that can be adjusted to fit your allergy needs.

641.56318 She, **Allergy-free cookbook** by Alice Sherwood.

Tasty healthy recipes made without gluten, eggs, nuts and dairy. Learn how to adapt recipes and how to create a healthy balanced diet.

641.56318 Swa, **Allergy friendly food: the essential guide to avoiding allergies, additives and problem chemicals** by Dr. Anne R. Swain, Dr. Velencia L. Soutter and Dr. Robert H. Loblay from Royal Prince Alfred Hospital Allergy Unit.

Find recipes that avoid food chemicals, gluten, dairy, eggs, nuts and soy for different lifestyles and ages and for a variety of meals and outings.

641.5638 Lie, **The gluten connection: how gluten sensitivity may be sabotaging your health—and what you can do to take control now** by Shari Lieberman, with Linda Segall.

Provides a simple questionnaire to determine if you have a gluten sensitivity and provides a 14 day program to treat and reverse gluten sensitivity.

641.5638 McK, **BabyCakes: vegan, gluten-free, and (mostly) sugar-free recipes from New York's most talked-about bakery** by Erin McKenna; with Chris Cechin; Photographs by Tara Donne.

Learn about alternative ingredients and recipes that can still make great deserts.

*Looking for more? Visit the Portage County District Library catalog at*

*<http://webpac.portagecounty.lib.oh.us/>*

*Try these search terms in our online catalog:*

*Allergy*

*Allergy in children*

*Food allergy*

*Food allergy Prevention*

*Food Allergy Diet Therapy*

*Food Allergy Diet Therapy Recipes*

*Websites:*

**ACAAI (American College of Allergy, Asthma & Immunology) Food Allergies**, <http://www.acaa.org/allergist/allergies/Types/food-allergies/Pages/default.aspx> .

Learn about food allergies and how to live with them.

**CDC – Food Allergies**, <http://www.cdc.gov/healthyyouth/foodallergies/index.htm> .

Find information on food allergies from the Center for Disease Control and Prevention.

**Food Allergy Definition – Diseases and Conditions – Mayo Clinic**, <http://www.mayoclinic.org/diseases-conditions/food-allergy/basics/definition/con-20019293>.

Learn about causes, symptoms, and preventions of food allergies.

**National Institute of Allergy and Infectious Diseases NIAID**, <http://www.niaid.nih.gov/topics/foodallergy/Pages/default.aspx>.

Learn about food allergies from the National Institutes of Health.

**The 16 Best Food Allergy Blogs of 2014**, <http://www.healthline.com/health-slideshow/best-allergy-blogs#1> .

Take a look at 16 different blogs on a variety of food allergy topics.

**Allergy Safe Recipes – Allergic Living**, <http://allergicliving.com/category/allergy-safe-recipes-2/> .

Search for allergy safe recipes.

**Cooking and Baking Tips – Food Allergy Research & Education**, <http://www.foodallergy.org/tools-and-resources/managing-food-allergies/cooking-and-baking> .

Find out how much and what to substitute for milk, eggs, and wheat.

**Dining Out – Food allergy Research & Education**, <http://www.foodallergy.org/managing-food-allergies/dining-out> .

Want to dine out but have food allergies, follow these tips for a safer dining experience.

**Safe Eats Allergy – Friendly Recipes**, <http://www.kidswithfoodallergies.org/recipes/allergy-friendly-recipes.php> .

Find recipes for a variety of allergies with the ability to search for a specific allergy and/or browse by dish type.

**Silvana's Kitchen**, <http://www.silvanaskitchen.com/> .

Find a variety of gluten-free recipes with ideas on how to substitute for other allergies.

*Children's Fiction:*

JP Kister, **The peanut-free café** by Gloria Koster; illustrated by Maryann Cocca-Leffler.

The story of a boy with severe peanut allergy and the classmates who help him cope.