



Dealing with Food Allergies in Babies and Children

Janice Vickerstaff Joneja PhD RD

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The tools and methods this guide provides for analyzing and treating allergies in children are adaptable to a variety of situations—without ever losing sight of a child's nutritional needs. Recognizing that deficiencies in critical nutrients during a child's early years can have enormous consequences on growth and bodily functions, the book focuses on prevention and allergy management during pregnancy, in the early weeks of life, and in early childhood. The unique allergen scale and the strategies for confronting the 10 most common allergens will help parents balance their child's specific nutritional needs while managing delicate allergies to food.

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