

**FAIRFIELD COUNTY ALLERGY, ASTHMA & IMMUNOLOGY ASSOCIATES, P.C.**

ADULT AND PEDIATRIC ALLERGY, ASTHMA AND CLINICAL IMMUNOLOGY

DIPLOMATES OF THE AMERICAN BOARD OF ALLERGY & IMMUNOLOGY

148 EAST AVENUE, SUITE 3G NORWALK, CT 06851 (203) 838 - 4034

## **COOKBOOKS FOR PEOPLE WITH FOOD ALLERGY**

(This is just a partial list. Check your bookstore and the Food Allergy Network for more)

**Your Food-Allergic Child – A Parent’s Guide**, Janet Meizel

**Allergy Cookbook: Food for Festive Occasions**

**Allergy Cookbook: Diets Unlimited for Limited Diets**

Allergy Information Association

25 Poynter Drive, Suite 7 Weston, Ontario, Canada M9R 1K8

**The Allergy Cookbook**, Carol G. Eberling and Eugene O. Jonkers

**The Allergy Guide to Brand-Name Foods and Food Additives**, Stephanie Bernardo Johns

**Cooking for the Allergic Child**, Judy Moyer

**Cooking Without**, Margaret L. Williams

**The No Milk Cookbook**, Barbara Newby Borgwardt

**Bakin’ Without Eggs**, Rosemarie Embro

**All About Food Allergy**, F. M. Dong

**The Allergy Cookbook and Food Buying Guide, A Practical Approach to Cooking and Buying Food for People Who are Allergic to Foods**, P. Nonken, S. P. Hirsch

**Cooking and Caring for the Allergic Child**, L.L. Thomas

**Food Sensitivity: A Resource Including Recipes**

The American Dietetic Association. The Food Sensitivity Series. Chicago, IL (Note: other titles in this series are excellent resources related to celiac disease and lactose intolerance).

**The Quaker Oats Allergy Cookbook: Wheat, Milk & Egg-Free Recipes**

The Quaker Oats Company Merchandise Mart Plaza Chicago, IL 60654

Ener-G Foods, Inc.

P.O. Box 24723 Seattle, WA 98124-0723, 800-331-5222

(Vacuum-packed baker breads, cookies, cakes, hamburger buns, doughnuts and baking mixes with no wheat, eggs, milk or soy. Computer recipe service available to select recipes that comply with any dietary criteria).