

# Kids and Food Allergies



## A Select List of Brown County Library Books

Click on each title below to see the library's catalog record. Then click on the title in the record for details, current availability, or to place a hold. For additional books and items on this theme, ask your librarian or search the library's online catalog.

### Parent/Teacher Collection

[201 Gluten-Free Recipes for Kids](#) by Carrie S. Forbes

[Allergy-Free Cooking for Kids: A Guide to Childhood Food Intolerance with 80 Recipes](#) by Antoinette Savill

[Answers for the 4-A Epidemic](#) by Joseph A. Cannizzaro

[The Autism & ADHD diet: A Step-by-Step Guide to Hope and Healing by Living Gluten Free and Casein Free \(GFCF\) and other Interventions](#) by Barrie Silberberg

[Cooking for your Gluten-Free Teen: Everyday Foods the Whole Family will Love](#) by Carlyn Berghoff

[Eat Like a Dinosaur: Recipe and Guidebook for Gluten-Free Kids](#) by Amanda Gates

[The Food Allergy Mama's Easy, Fast Family Meals: Dairy, Egg, and Nut Free Recipes for Every Day](#) by Kelly Rudnicki

[Dairy-Free Dino-licious Dig](#) (No Biggie Bunch series) by Heather Mehra

[Dealing with Food Allergies in Babies and Children](#) by Janie M. Vickerstaff Joneja

[Eating for Autism: The 10-step Nutrition Plan to help Treat your Child's Autism, Asperger's, or ADHD](#) by Elizabeth Strickland

[Gluten-Free Family Favorites](#) by Kelli Bronski

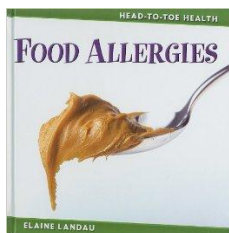
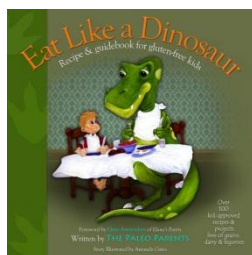
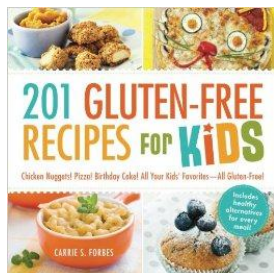
[The Kid-Friendly ADHD & Autism Cookbook: The Ultimate Guide to the Gluten-Free, Casein-Free Diet](#) by Pamela J. Compart

[Peanut-Free Tea for Three](#) (No Biggie Bunch series) by Heather Mehra

[Special Diets for Special Kids](#) by Lisa S. Lewis

[Sports-Tastic Birthday Party](#) (No Biggie Bunch series) by Heather Mehra

[Trade-or-Treat Halloween](#) (No Biggie Bunch series) by Heather Mehra



### Children's Non-Fiction

[Aneil has a Food Allergy](#) by Jillian Powell

[The BugaBees: Friends with Food Allergies](#) by Amy Recob

[The BugyBops: Friends for All Time](#) by Amy Recob

[Cody the Allergic Cow](#) by Nicole Smith

[The Day I Met the Nuts](#) by Mary Rand Hess

[Explaining Food Allergies](#) by Carol Ballard

[Food Allergies](#) by Elaine Landau

[Food Allergies and Me](#) by Juniper Skinner

[The Peanut Pickle: A Story about Peanut Allergy](#) by Jessica Ureel

[The Princess and the Peanut Allergy](#) by Wendy McClure

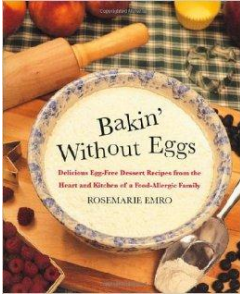
[Taking Food Allergies to School](#) by Ellen Weiner

### Children's Picture Books

[A Gluten-Free Birthday for Me!](#) by Sue Fliess

[Horace and Morris say Cheese \(Which makes Dolores Sneeze!\)](#) by James Howe

[Kylie's Special Treat: A Food Allergy Fairy Tale](#) by Letizia Barbetta



## Adult Non-Fiction

*The adult non-fiction collection has many books/cookbooks dealing with gluten intolerance and many varieties of food allergies, including the following:*

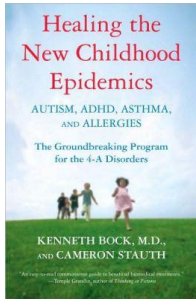
[Allergic Girl: Adventures in Living Well with Food Allergies](#) by Sloane Miller

[Bakin' without Eggs: Delicious Egg-Free Dessert Recipes from the Heart and Kitchen of a Food-Allergic Family](#) by Rosemarie Emro

[Food Allergies: A Complete Guide for Eating when Your Life Depends on It](#) by Scott Sicherer

[Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies: The Groundbreaking Program for the 4-A Disorders](#) by Kenneth Bock

[The Whole Foods Allergy Cookbook: Two Hundred Gourmet and Homestyle Recipes for the Food Allergic Family](#) by Cybele Pascal



<http://tinyurl.com/BCLReadsKids>