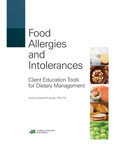
**Food Allergies and Intolerances: Client Education Tools for Dietary Management – Complete Set**

**Title**

Food [Allergies[http://solidsaving-a.akamaihd.net/items/it/img/arrow-10x10.png](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/)](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/) and Intolerances: Client Education Tools for Dietary Management –[Complete[http://solidsaving-a.akamaihd.net/items/it/img/arrow-10x10.png](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/)](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/) Set

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**Publisher**

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Arm your patients with authoritative, user-friendly information about their food allergies or intolerances. This comprehensive set of downloadable handouts features:

* Information on 13 common food allergies
* Information on 14 food sensitivities and intolerances
* Blank symptom records so patients can track their diets and symptoms
* Handy “Healthy Substitution” charts that the patient can refer to when grocery shopping or choosing what to eat
* Handouts on conditions that have been linked to reactions to food, including [eczema[http://solidsaving-a.akamaihd.net/items/it/img/arrow-10x10.png](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/)](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/), oral allergy syndrome, hyperactivity, and autism

Each handout is full of useful information, including foods to avoid, nutritionally equal substitutions, reading food labels and much more.

**Table of Contents:**

Handouts include:  
1. [Milk Allergy[http://solidsaving-a.akamaihd.net/items/it/img/arrow-10x10.png](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/)](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/)  
2. Substitutes for Milk in Recipes  
3. Wheat Allergy  
4. Egg Allergy  
5. Egg-Free Cooking  
6. Soy Allergy  
7. Tree [Nut Allergy[http://solidsaving-a.akamaihd.net/items/it/img/arrow-10x10.png](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/)](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/)  
8. Fish Allergy  
9. Shellfish Allergy  
10. Peanut Allergy  
11. Corn Allergy  
12. Sesame Allergy  
13. Top Ten  
14. Yeast and [Mold Allergy[http://solidsaving-a.akamaihd.net/items/it/img/arrow-10x10.png](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/)](http://www.theanglemedia.com/allergynutrition/book/food-allergies-intolerances-client-education-tools-dietary-management-complete-set/)  
15. Lactose Intolerance  
16. Sulfite Sensitivity  
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18. Dissacharide Intolerance  
19. Fructose Intolerance  
20. Benzoate Intolerance  
21. Salicylate Sensitivity  
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26. Intolerance of Tartrazine and Other Food Dyes  
27. Intolerance of BHA and BHT  
28. Nitrate and Nitrite Intolerance  
29. Gluten- and Casein-Free Diet: A Trial for Autism  
30. Oral Allergy Syndrome  
31. Eczema and Diet  
32. Dietary Management of Hyperactivity in Children  
33. Introducing Solid Foods for the Potentially Allergic Baby  
34. Adult Diet and Symptom Record  
35. Diet and Symptom Record for a Child  
36. Diet and Symptom Record for a Breastfeeding Mother/Baby

Find details and ordering instructions here:

<https://www.eatright.org/shop/product.aspx?id=6442476071>