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Resource Review: Dealing with Food Allergies in Babies and Children

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Dealing with Food Allergies in Babies and Children
Written by J. M. Vickerstaff Joneja, PhD, RDN
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Dealing with Food Allergies in Babies and Children is an essential reference for dietitians working with pediatric food sensitivity clients. It would also be an excellent resource for the general public with high literacy skills. In addition to valuable information, the author provides interesting anecdotes from her professional and personal experience with food allergy.

The chapters covering the science of allergy provide one of the very best explanations of allergic pathology. It is simple enough for a reader with a basic science background to understand but also provides adequate detail to equip the dietitian with the basic knowledge to confidently counsel pediatric food sensitivity clients.

The practical information is also well written and includes details on:

- Diagnosis of allergy,
- Exposure diaries, food elimination diets and food challenges. Very thorough and practical guidelines are provided.
- Symptoms,
- Prevention of food allergy,
- Restricted diets (milk, lactose egg, peanut, soy, tree nut, seeds, wheat, corn, seafood, fructose, gluten, gluten/casein). For each restriction there is background information, label reading information, "foods allowed and foods restricted" tables, menu plans and recipes where appropriate. The reader is given enough information to implement the suggestions.
- Food sensitivity considerations for clinical disorders (anaphylaxis, hyperactivity, autism, oral allergy syndrome, eczema, asthma, eosinophilic esophagitis, food protein - induced enterocolitis syndrome, celiac disease).

Dr. Joneja is a pioneer in the field of food sensitivities, and has written many valuable resources for professionals and the public. This book is one of the best, and would be an essential reference for dietitians working with pediatric allergy. The area of food allergy science and management is changing quickly, and *Dealing with Food Allergies in Babies and Children* provides the latest scientific information translated into language that would be understood by professionals and the public with a basic science background.

The conclusions, findings and opinions expressed here are those of the individual