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**Book Review: Dealing with Food Allergies in Babies and Children**

Available at your local book store across Canada.

“Dealing with Food Allergies in Babies and Children” written by Janice Joneja, PhD, RD is designed for parents, families and caregivers of children with food allergies. The contents include a discussion of food allergy symptoms, diagnosis, treatment and prevention as well as the top allergens, anaphylaxis, lactose intolerance, fructose intolerance, hyperactivity, autism, oral allergy syndrome, eczema, asthma, food intolerance, probiotics, celiac disease and the gluten-free diet.

There are very practical chapters on individual food allergies with extensive background on the allergen itself (statistics, symptoms, prevalence, cross-reactivity etc) as well as information on alternative food sources, foods not allowed, supplementation and other nutritional considerations.

The book discusses probiotics, hyperactivity, autism and the gluten-free, casein-free diet – all of which are fairly new and controversial topics. The latest findings to date are discussed with recognition that firm findings have not yet been established.

Overall, this book contains very useful information for parents and caregivers who are looking for very direct and practical ways to live well with a food allergic child. Although some chapters are highly technical, the information that parents

could be looking for is found in this book