

Joneja, Janice Vickerstaff. **Dealing with Food Allergies in Babies and Children.**
Bull, dist. by Independent Pubs. Group. Oct. 2007. c.448p. index. ISBN 978-1-933503-05-9. pap. \$22.95. HEALTH

Food allergies are most common in infants and young **children**; nearly all outgrow them by the time they are five years old. In the meantime, however, parents will need coping strategies, and medical microbiologist Joneja (*Dealing with Food Allergies*) offers just that. She explains allergies, which involve immune responses and food intolerances caused by physiological mechanisms like enzyme deficiencies. She then discusses the symptoms, diagnosis, and prevention of food allergies and provides details about the top ten allergens: milk, eggs, wheat, corn, peanuts, soy, tree nuts, seeds, shellfish, and fish. Parents will also learn how to use challenge and elimination trials, keep food diaries and records, and design maintenance diets for **children** with specific allergies. Appendixes offer information about pregnancy diets, gluten- and casein-free diets, sulfite sensitivity, and vitamin B12.

Highly recommended for public and consumer health libraries

.—**Barbara M. Bibel, Oakland P.L.**