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The Health Professional's Guide to Food Allergies and Intolerances

by Janice Vickerstaff Joneja, PhD, RD

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About the Author

Janice Vickerstaff Joneja, PhD, RD, holds a doctoral degree in Medical Microbiology and Immunology and is a registered dietitian in the College of Dietitians of British Columbia, Canada. She is a researcher, educator, author, and clinician in the field of oral microbiology and immunology. Her area of specialization is food allergies and food intolerance. She is the author of several other publications, including *Dealing with Food Allergies*; *Dietary Management of Food Allergies and Intolerances*; *Digestion, Diet and Disease*; *Managing Food Allergies and Intolerances*; *Understanding Allergy, Sensitivity and Immunity*; and *Dealing with Food Allergies in Babies and Children*.

Introduction

"Adverse reactions to food are arguably some of the most confusing and misunderstood conditions in medical practice."

If you have ever tried to plan medical nutrition therapy for a child with multiple food hypersensitivities, you will agree that the quote from Dr Joneja is true.

This latest publication by Dr Joneja and the Academy of Nutrition and Dietetics is an excellent tool to assist the nutrition profession in bringing light to this challenging area of practice.

The text is divided into "Parts," which makes locating the desired information quick and easy.

Part I: Food Allergies and Intolerances: Scientific Background

The information provided in the first part of the publication includes easy-to-understand information of the basics regarding the physiology associated with food allergies, immune response, nonimmune-associated food reactions, and food intolerances. It is a good review for the experienced nutrition professional and an excellent introduction for those new to practice.

Part II: Determining the Offending Food: Diagnosis

The diagnosis of food allergies and intolerance poses a challenge even for the most experienced health care provider. Part II discusses the symptoms associated with food allergies, food hypersensitivity and intolerance, how these are diagnosed, and an over view of medical nutrition therapy for treatment of food allergy. This section is concise and helpful in understanding how to differentiate between food allergies and food intolerances.

Parts III and IV: Management of Adverse Reactions to Specific Foods and Food Components and Conditions Associated With Specific Food Components

This section gives allergen-specific information on the most common allergens as

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well as food additives and intolerances to specific food components. Each individual section pertaining to an allergen provides valuable information on at-risk nutrients associated with the specific food allergens, and on how to plan medical nutrition therapy to ensure that nutrient needs are met while eliminating the trigger food.

Part V: Selected Conditions Often Associated With Adverse Reactions to Foods

Adverse reactions to food are a common complaint of clients who seek care from health care providers. In this section, the author discusses allergic conditions such as asthma, eczema, urticaria/hives, and angioedema and their association with diet. It also provides information on migraines and diet, as well as eosinophilic gastrointestinal conditions, food protein-induced enteropathy, and gluten-sensitive enteropathy/celiac disease. This information is valuable in

providing the knowledge the nutrition professional might need to help the client answer concerns related to those complaints.

Parts VI and VII: Pediatric Food Allergies

Infants and children younger than 6 years are the population most affected by food allergies. In Parts VI and VII of this publication, the reader will find a thorough review of food allergies in young children. The chapters in these sections include information specific to pediatric food allergies and other conditions, such as hyperactivity and autism. For the pediatric health care provider, children and their families often look to the nutrition profession for answers to these issues. This publication cites recent research in these areas that can help the professional provide evidenced-based practice information to manage these concerns.

For details as to what is included; the table of contents may be accessed through the Academy of Nutrition and

Dietetics store at EatRight.org or book-sellers such as Amazon.com.

In My Opinion

This publication contains information for all ages on the topic of food allergies and intolerances. For the pediatric nutrition professional the best feature is that each chapter also includes information for children.

Throughout this text, there is valuable information on caring for children with food allergies and food intolerances, as well as an entire section specifically addressing food allergies in the pediatric population, making this text an essential resource for any dietitian caring for children.

This book is a very good overall read as well as a great resource for practicing registered dietitians and textbook for students. If you are looking for a resource on pediatric food allergies and intolerances, I highly recommend *The Health Professional's Guide to Food Allergies and Intolerances*.