



Feeding Your Allergic Child: Happy Food for Healthy Kids

By Elisa Meyer

St. Martin's Griffin. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.3in. x 5.5in. x 0.5in. Forty-eight million children in the United States suffer from food allergies. For their parents, mealtimes can be difficult to plan. . Now, with Feeding your Allergic Child, theres a solution to the dilemma of what to prepare for the food-sensitive child. Eliza Meyers creative, fun and delicious recipes will get your kids to eat, and keep them happy and healthy at the same time. These nutritious dishes will tempt even the most finicky child, wile avoiding the four ingredients kids are most frequently allergic to: corn, wheat, dairy and eggs. They can also be modified for other food allergies. Recipes include: Fruit shakes, Small coke, Squash soup, No-vinegar viniagrette, mock ceaser salad, fish theyll eat, stuff cabbage, vegetable kugel, rice salad, sweet potato chips, almond lace cookies, coconut-almond muffins, and dozens more. A complete section on how to tell if your child is allergic and tips on coping with the challenges of feeding an allergic child introduces the recipes. Free of the chemical additives and artificial flavorins of prepackaged and processed foods, the dishes in Feeding Your Allergic Child will make your kitchen table a...



[READ ONLINE](#)
[4.31 MB]

Reviews

Great electronic book and helpful one. Of course, it is play, still an interesting and amazing literature. I am just delighted to inform you that here is the finest ebook i have got go through in my own daily life and might be he finest pdf for actually.

-- **Lora Johns III**

A very wonderful book with lucid and perfect answers. It is probably the most incredible book i have study. Its been designed in an exceptionally simple way and is particularly just after i finished reading through this publication by which in fact transformed me, alter the way in my opinion.

-- **Macey Schneider**