

Food Allergy Cookbooks, Recipes and Support Books

- Basic Rice Recipes For Those With Allergies. USA Rice Council, Houston, TX. (Available from: USA Rice Council, Dept A, P.O. Box 740123, Houston, TX. 77274).
- The American Dietetic Association, www.eatright.org.
- Cooking Allergy-Free Everyday. Available at Food Allergy Network ,see "Organizations".
- Cooking Free Cookbook by Carol Fenster, PH.D www.amazon.com.
- Greenberg, R and Nori, A, Freedom From Allergy Cookbook. Distributed by: Gordon Soules Book Publishers, Ltd, 2000.
- Yoder, ER, Allergy-Free Cooking: How to Survive the Elimination Diet and Eat Happily Ever After. Addison-Wesley Publishing Co., Inc., 1987.

- King, P, Taste and See, Allergy Relief Cooking. Kitchen Tested Recipes Containing No Meat, Dairy Products, Vinegar, Sugar, Wheat, Baking Powder, or Eggs and Little or No Salt or Fat, Family Health Publications, 1992.
- Marienhoff, L, What's To Eat?, The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook, Plumtree Press, 2000.
- Dumke, NM, Allergy Cooking With Ease: The No Wheat, Milk, Eggs, Com, Soy, Yeast, Sugar, Grain and Gluten Cookbook, Starburst Publishers, 2006.
- Special Diet Celebrations: No Wheat, Gluten, Dairy, or Eggs by Carol Fenster, PhD, 1999, www.SavoryPalate.com and available in health food stores, and bookstores.
- Special Diet Solutions: Healthy Cooking Without Wheat, Gluten, Dairy, Eggs, Yeast or Refined Sugar by Carol Fenster, Ph.D. Available in health food stores, bookstores or www.barnesandnoble.com; amazon.com 1997.

- Fenster, Carol, PhD, Gluten-Free 101: Easy, Basic Dishes without Wheat, www.SavoryPalate.com.
- Fenster, Carol, PhD, Gluten-Free Quick & Easy, Avery/Penguin Group, 2004.
- Fenster, Carol, PhD, Wheat-Free Recipes & Menus, Avery/Penguin Group, 2004.
- Hagman, B, The Gluten-Free Gourmet Cooks Fast and Healthy. 2000.
- Hagman, B, The Gluten-Free Gourmet: Living Well Without Wheat. Henry Holt and Company, Inc., 2000.
- Hagman, B, More From the Gluten-Free Gourmet: Delicious Dining Without Wheat. Henry Holt and Company, Inc., 2000.

- Main, J, The Lactose-Free Family Cookbook, 2000.
- Kidder, B, The Milk-Free Kitchen: Living Well Without Dairy Products. 1991.
- Zukin, J, Dairy-Free Cookbook. Prima Publishing, 1998.

Support Books

- Food Allergy by John M. James, MD, Wesley Burks, MD and Philippe Eigenmann 2012, Amazon.com
- AllergicChild.com. Allergy – friendly cook Cybele Pascal.
- Alexander Learns His Lesson available from The Food Allergy Anaphylaxis Network. See “Organizations”.
- Pocket Guide for Parents: Food Allergies & Children www.allergyfreetable.com.
- What You Need to Know Series Booklets available from The Food Allergy Anaphylaxis Network. See “Organizations”:
- Understanding and Managing Your Child’s Food Allergies By Scott Sicherer, MD 2006
www.amazon.com.
- How to Talk So Teens will Listen and Listen So Teens will Talk by Adele Faber and Elaine Mazlish See “Organizations”; The Food Allergy Anaphylaxis Network
- Food Allergies for Dummies by Joe Kraynak with Robert Wood ,MD 2007
- Food Allergy Field Guide: A Lifestyle Manual for Families. By Theresa Willingham,
www.SavoryPalate.com.
- Gluten-Free Friends: An Activity Book for Kids. By Nancy Patin Falini, MA, RD, LDN,
www.SavoryPalate.com.