



# Food Allergy Survival Guide: Surviving and Thriving with Food Allergies and Sensitivities

*Vesanto Melina, Jo Stepaniak, Dina Aronson*

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This comprehensive resource, created by three leading authorities in dietetics, nutrition, and vegetarian cooking, offers a unique blend of scientific research, practical advice, and culinary expertise that will show you how to: know the difference between food allergy, food intolerance and food sensitivity; test for allergies; avoid the foods and ingredients that trigger reactions; maintain a healthy intestinal boundary; understand the latest food labeling regulations; and create menus that meet your nutritional requirements. Over 100 recipes by uncheese specialist Jo Stepaniak redefine the notion that allergy-free means flavor-free.

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