



Life Without Nuts: A Nut Allergy Sufferers Guide to Safe Eating

Jacqueline Pinto

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If you suffer from a nut allergy, it can seem that life is full of food that you cannot eat. This book shows allergy sufferers what they can eat, how to shop nut-free, and where to dine out. Among other things, this it contains a host of mouthwatering recipes, essential advice on which supermarkets and food manufacturers stock nut-free products, a list of helpful organizations to contact for support and advice, hints and tips for a stress-free, nut-free life, and advice on what to do if you discover that your child is allergic to nuts.

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