

Food Allergies Reading List

The following titles are a selection available in the Toronto Public Library catalogue.

- | [Title, author, annotation] | [Shelf location] |
|--|------------------------------|
| ☞ <i>Don't Kill the Birthday Girl/ Sandra Beasley. c2011</i> | 362.19697
BEA BEA |
| One of the first memoirs of someone who grew up with an extensive list of food allergies and had to navigate a world in which dangers lurk everywhere. | |
| ☞ <i>Sabrina's Law / National Film Board. c2008.</i> | 616.92975
SAB |
| In 2003, 13-year-old Sabrina Shannon died from complications brought about by anaphylactic shock. The film follows her family's efforts to establish groundbreaking legislation to protect anaphylactic children. Suitable for young teens to watch and discuss with their families. | |
| ☞ <i>The Total Food Allergy Health and Diet Guide/ Alexandra Anca. c2012.</i> | 616.975
ANC |
| Hot off the press, this book contains Canada's latest food labeling laws of August 2012 in addition to general allergy information and recipes excluding Canada's top allergens. | |
| ☞ <i>Let's Eat Out/ Kim Koeller. c2005.</i> | 616.97506
KOE |
| An international perspective on both dining out and travelling. Includes listings of food allergy associations and organizations by country. Useful language translations of key phrases. | |
| ☞ <i>Allergic Diseases in Children/ Hugo Van Bever. c2009.</i> | 618.9297
VAN |
| Provides very thorough coverage of all associated allergic diseases including food allergies, asthma, eczema and more. Discusses allergies in Asia versus the Western World. | |
| ☞ <i>How to Manage Your Child's Life-Threatening Food Allergies/ Linda Marienhoff Coss. c2004.</i> | 618.92975
COS |
| Contains practical tips for everyday life in every situation. A must read for every parent. | |
| ☞ <i>Allergy-Free and Easy Cooking/ Cybele Pascal. c2012.</i> | 641.5631
PAS |
| Food editor of Allergic Living Magazine, Pascal makes 30-minute meals without gluten, wheat, dairy, eggs, soy, peanuts, tree nuts, fish, shellfish, and sesame | |

- 🌀 *Enjoy Life's Cookies for Everyone/ Leslie Hammond. c2009.* 641.5631
HAM**
- "Certified by America's #1 Allergy Friendly Food Company" Enjoy Life, this book also addresses Canada's top allergens.
- 🌀 *Enjoy Life's Cupcakes and Sweet Treats for Everyone/ Betsy Laakso. c2009.* 641.56318
LAA**
- This dessert book excludes Canada's top allergens. It includes information on how to set up a healthy and safe kitchen.
- 🌀 *Welcoming Kitchen/ Kim Lutz. c2011.* 641.5636
LUT**
- Vegan recipes for the allergic and gluten-free diner.
- 🌀 *The Adventures of Medical Man/ Michael Evans. c2010.* J
610
EVA**
- Suitable for the older child/young teen. Explains kids' illnesses and injuries including nut allergy in a combination of story and graphic novel format.
- 🌀 *What Causes Allergies?/ Rae Simons. c2009.* J
616.97
SIM**
- Clear pictures and descriptions of body systems suitable for a school project or child interested in learning more about allergies.
- 🌀 *Mommy, Is This Safe to Eat?/ Christina Black c2006.* J
618.92975
BLA**
- Picture book with photos of real children. Simple story with straightforward rules for parents to share with young children with food allergies.
- 🌀 *The Peanut Pickle/ Jessica Ureel. c2004.* J PARENTS
PIC
URE**
- Illustrated story suitable for children. Also useful to share with classroom teachers as it covers many different situations which pose challenges for food allergic children.

Recommended Toronto Public Library databases for current articles:
www.torontopubliclibrary.ca

- 🌀 **Consumer Health Complete**
- 🌀 **Health & Wellness Resource Center**
- 🌀 **Health Reference Center Academic**
- 🌀 **Teen Health & Wellness**