# Contents

*Acknowledgments* vii  
*Preface* ix  
*Introduction* xi  

## Part I. Food Allergies and Intolerances: Scientific Background 1

- **Chapter 1**  Food Allergy: The Science  
- **Chapter 2**  The Allergenic Potential of Foods  
- **Chapter 3**  Food Int tolerances

## Part II. Determining the Offending Foods: Diagnosis 41

- **Chapter 4**  Symptoms of Food Allergy  
- **Chapter 5**  Diagnosis of Food Allergy  
- **Chapter 6**  Elimination Diets  
- **Chapter 7**  Challenge Protocols  
- **Chapter 8**  Maintenance Diets  
- **Chapter 9**  Labeling of Foods

## Part III. Management of Adverse Reactions to Specific Foods and Food Components 109

- **Chapter 10**  Milk Allergy  
- **Chapter 11**  Lactose Intolerance  
- **Chapter 12**  Egg Allergy  
- **Chapter 13**  Wheat Allergy  
- **Chapter 14**  Corn Allergy  
- **Chapter 15**  Peanut Allergy  
- **Chapter 16**  Allergy to Tree Nuts and Edible Seeds  
- **Chapter 17**  Soy Allergy  
- **Chapter 18**  Seafood Allergy
Chapter 19  Allergy to Multiple Foods: The Top Ten Allergens (Milk, Egg, Wheat, Corn, Peanuts, Soy, Tree Nuts, Seeds, Shellfish, and Fish)  196
Chapter 20  Yeast and Mold Allergy  200
Chapter 21  Sulfite Sensitivity  205
Chapter 22  Nickel Allergy  215
Chapter 23  Disaccharide Intolerance  223
Chapter 24  Fructose Intolerance  231
Chapter 25  Benzoate Intolerance  239
Chapter 26  Salicylate Intolerance  249
Chapter 27  Intolerance of Tartrazine and Other Food Colors  264
Chapter 28  Intolerance of Butylated Hydroxyanisole (BHA) and Butylated Hydroxytoluene (BHT)  272
Chapter 29  Nitrate and Nitrite Intolerance  275
Chapter 30  Monosodium Glutamate (MSG) Sensitivity  282

Part IV. Conditions Associated with Specific Food Components  289
Chapter 31  Histamine Sensitivity  291
Chapter 32  Tyramine Sensitivity  305
Chapter 33  Oral Allergy Syndrome  310
Chapter 34  Latex Allergy and Latex-Fruit Syndrome  317

Part V. Selected Conditions Often Associated with Adverse Reactions to Foods  325
Chapter 35  Eczema and Diet  327
Chapter 36  Urticaria, Angioedema, and Diet  333
Chapter 37  Asthma and Diet  342
Chapter 38  Migraine and Diet  347
Chapter 39  Eosinophilic Gastrointestinal Diseases  355
Chapter 40  Food Protein–Induced Enteropathies  363
Chapter 41  Celiac Disease (Gluten-Sensitive Enteropathy)  368

Part VI. Pediatric Food Allergy  375
Chapter 42  Food Allergy in Infancy and Early Childhood  377
Chapter 43  Prevention and Management of Food Allergy in Babies and Children  387
Chapter 44  Identifying a Child’s Allergenic Foods  408
Part VII. Emerging Areas of Research in Adverse Reactions to Foods 415

Chapter 45  Hyperactivity and Diet 417
Chapter 46  Autism and Diet 426
Chapter 47  Probiotics and Allergy 435

Glossary 451
Index 467

Also Available from the Academy of Nutrition and Dietetics

Visit the Academy’s online store (www.eatright.org/shop) to purchase a related package of downloadable client education materials, Food Allergies and Intolerances: Client Education Tools for Dietary Management, also by Janice Vickerstaff Joneja (available in 2013).