



# The Allergy Substitution Handbook: Tolerable Substitutes for Food Intolerance

*Jack Platt*

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# The Allergy Substitution Handbook: Tolerable Substitutes for Food Intolerance

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**The Allergy Substitution Handbook: Tolerable Substitutes for Food Intolerance** Jack Platt  
Living With A Food Allergy? Making Good Food Doesn't Have To Be Difficult! Up to 15 million Americans have some type of food allergy, and allergies are on the rise. A food allergy can seem overwhelming and challenging, but with the right tools and support, can be managed to ensure a long, healthy life filled with good food!. Certain strategies can be implemented along with planning and preparation, when it comes to cooking an allergy free meal. The Allergy Substitution Handbook Is The Book For You How To Choose Your Substitutes Most substitutes can be found at regular grocery stores, but sometimes the product may need to be located at a specialty store. Often trial and error is involved in testing, finding, and using the best product for substitution. Positive Nutrition Experience Education, such as learning to correctly evaluate product labeling, can provide a sense of security that food ingested will not cause harm. many items that cause allergies can be substituted to allow the allergic person to enjoy fun, high-quality foods even with an allergy. Key Sections of the Book Substitutes For The Most Common Food Allergies & Intolerances Seemingly Innocuous Foods That Actually DO contain Ingredients You May Be Allergic To Symptoms That Indicate You Are Eating Something That Aggravates Your Allergy Tags: Allergies, Paleo, wheat allergy, dairy allergy, Allergy Free, Dairy Free, Gluten Free, diet, cookbook

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