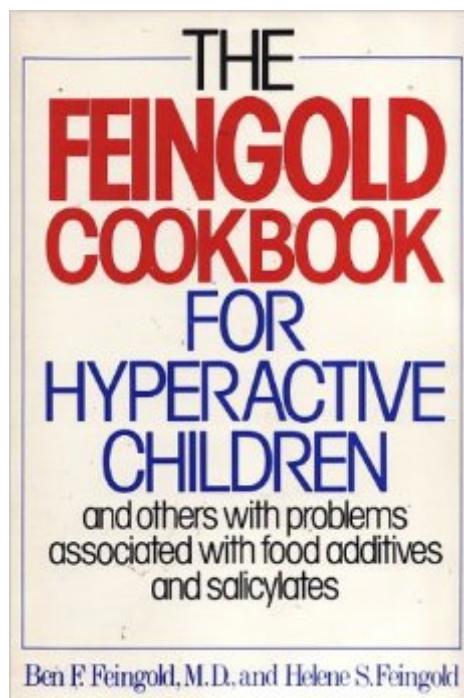


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# The Feingold Cookbook For Hyperactive Children



## **Synopsis**

Explains the problems of dietary management, brings the scientific evidence up-to-date and provides a list of forbidden foods. Includes recipes and menus for additive and salicylate-free meals for the entire family.

## **Book Information**

Paperback: 327 pages

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Average Customer Review: 3.8 out of 5 stars 31 customer reviews

Best Sellers Rank: #543,150 in Books (See Top 100 in Books) #16 in Books > Health, Fitness & Dieting > Children's Health > Allergies #95 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #126 in Books > Health, Fitness & Dieting > Children's Health > Learning Disorders

## **Customer Reviews**

Explains the problems of dietary management, brings the scientific evidence up-to-date and provides a list of forbidden foods. Includes recipes and menus for additive and salicylate-free meals for the entire family.

I understand this book is nearly 40 years old, but for the definitive expert on salicylates it's completely inaccurate. The majority of these recipes contain foods very high in salicylates. Be warned if you have allergy like I do. Eating most of these recipes will make you sick.

This is a great book. It helped a lot with figuring out what to eat and what to eliminate. Plus it gave recipes.

I cook almost all my family's meals from scratch and we can't eat a lot of processed food, so I found a lot of the recipes were familiar to me already. It's a good starting point for someone who wants to jump into cooking their family's meals from scratch. The copy I received was well-worn, so I thought

the price was definitely too much for a used book.

It's great to have Feingold friendly recipes but unfortunately the book is old and therefore has unacceptable ingredients in some of them--such as Crisco.

very helpful and a lot of info.

Very informative

If you are going to go on the Feingold diet, I would absolutely recommend this book. There are so many foods you avoid to make this diet work - this book has recipes that will help you get started. After you have gotten comfortable with what's okay and what's not, then you can branch out and use other recipe books or find recipes in other places that will work, but this book helps in those first difficult weeks on Feingold. And ultimately, if salicylates is a problem for you or your child, then having a resource full of things that you CAN eat is invaluable.

I have been wanting this book for a long time. It's great.

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