



# Food Allergies: The Ultimate Teen Guide (It Happened to Me)

*Jessica Reino*

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It has been estimated that between 5 and 10 percent of the world's population suffers from food allergies, and the consensus among medical professionals is that these numbers are still growing. Out of every classroom in America, there are at least two teens who have food allergies, and every three minutes someone is taken to the emergency room as a result of an allergic reaction. From school cafeterias to movie theaters to sporting arenas—not to mention restaurants—teens encounter countless allergens. Although parents and health professionals are on the alert for food allergies, teens themselves must take the steps needed to ensure their health and well-being. But most of the books about food allergies are aimed at adults and don't take into consideration the perils that face teens on a daily basis.

In *Food Allergies: The Ultimate Teen Guide*, Jessica Reino offers helpful and practical information that will aid teens in managing their sensitivities. The book looks at a variety of food allergies, from the most common—milk, peanuts, and gluten—to rarer ones that are no less a threat. The book also features input from food allergy experts and interviews with teenagers who share not only the difficulties they face but also the strategies they must employ to stay vigilant. Chapters in this book cover such topics as

- self-advocacy
- negotiating meals with family members
- the importance of reading labels
- the pitfalls of dining out
- eating well even with dietary restrictions

Over the last several decades, the world has seen an increase in food sensitivity. This book addresses the cause of allergies, delving into the catalysts that provoke physical reactions; but more importantly, it stresses what teens can do to prevent such incidents. With a chapter that contains a few allergy-friendly recipes, *Food Allergies: The Ultimate Teen Guide* is an invaluable resource for young adults, their friends, and their families.

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