

# The Ultimate Guide to Cooking for Kids with Food Allergies and Auto Immune Issues

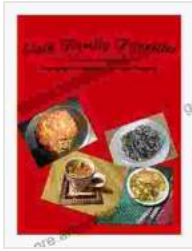
If your child has food allergies or auto immune issues, cooking for them can be a challenge. You need to be careful about what ingredients you use, and you need to make sure that the food is cooked safely. This guide will help you create delicious, safe meals that your child will love.

Food allergies are a common problem, affecting up to 8% of children. Food allergies occur when the body's immune system overreacts to a particular food. This can cause a variety of symptoms, including:

- Hives
- Swelling
- Itching
- Nausea
- Vomiting
- Diarrhea
- Difficulty breathing

Auto immune issues are also a common problem, affecting up to 5% of children. Auto immune issues occur when the body's immune system attacks its own tissues. This can cause a variety of symptoms, including:

**Elgin Family Favorites cookbook: A Collection of Recipes for kids with food allergies or auto-immune**



## issues by Kylie Wolfig

★★★★☆ 4 out of 5

Language : English  
File size : 788 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 53 pages  
Lending : Enabled



- Fatigue
- Joint pain
- Muscle pain
- Skin problems
- Digestive problems

Cooking for kids with food allergies and auto immune issues can be a challenge, but it is possible to create delicious, safe meals that your child will love. Here are some tips:

- **Read food labels carefully.** Make sure that you are aware of all of the ingredients in a food before you give it to your child.
- **Cook from scratch.** This is the best way to control the ingredients in your child's food.
- **Use fresh, whole ingredients.** These ingredients are less likely to contain allergens or other harmful substances.

- **Avoid processed foods.** Processed foods are often high in allergens and other harmful substances.
- **Be careful about cross-contamination.** Make sure that you do not use the same utensils or surfaces to prepare food for your child that you have used to prepare food for yourself or other family members who do not have food allergies or auto immune issues.

Here are some recipes for delicious, safe meals that your child will love:

### **Breakfast**

- **Oatmeal with berries and nuts**
- **Yogurt with fruit and granola**
- **Scrambled eggs with whole-wheat toast**
- **Smoothie made with fruits, vegetables, and yogurt**

### **Lunch**

- **Peanut-free and dairy-free sandwich on whole-wheat bread**
- **Salad with grilled chicken, vegetables, and fruit**
- **Soup made with fresh vegetables and broth**
- **Leftovers from dinner**

### **Dinner**

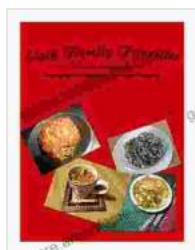
- **Grilled salmon with roasted vegetables**
- **Chicken stir-fry with brown rice**
- **Pasta with tomato sauce and vegetables**

- **Pizza with whole-wheat crust and dairy-free cheese**

## Snacks

- **Fruit and vegetables**
- **Yogurt**
- **Hard-boiled eggs**
- **Trail mix made with nuts, seeds, and dried fruit**

Cooking for kids with food allergies and auto immune issues can be a challenge, but it is possible to create delicious, safe meals that your child will love. By following the tips in this guide, you can help your child enjoy a healthy and happy life.



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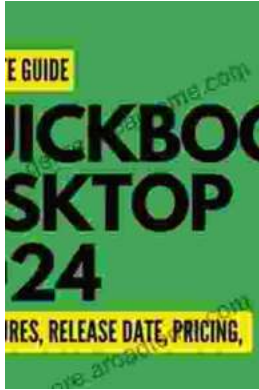
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