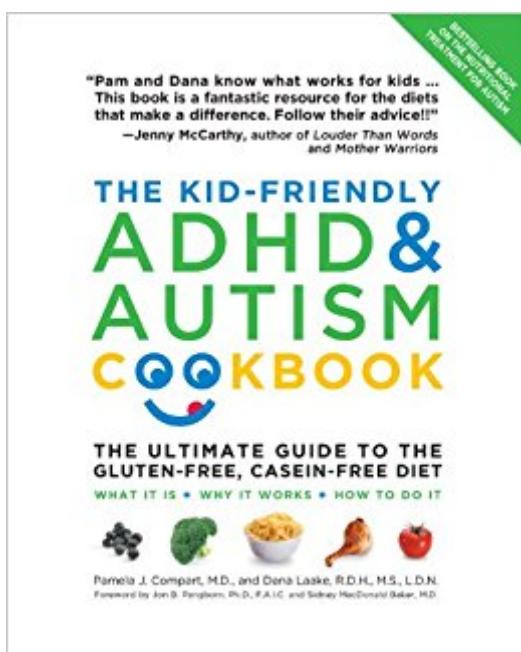


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# The Kid-Friendly ADHD & Autism Cookbook, Updated And Revised: The Ultimate Guide To The Gluten-Free, Casein-Free Diet



## Synopsis

"Pam and Dana know what works for kids" -- This book is a fantastic resource for the diets that make a difference. Follow their advice!!" --Jenny McCarthy, author of Louder Than Words and Mother Warriors The best "kid-friendly" recipes and guide to the gluten-free, milk-free diet for ADHD and autism just got better. In addition to updates on new research and findings, readers will find recommendations from the authors for packing school lunches and snacks, plus 100 brand new recipes! One of the challenges that parents face is coping with children who have picky appetites and crave the very foods that affect their behavior, focus, and development. The other challenge is finding ways to get their children to eat healthy foods and improve their nutritional status. The uniqueness of this book is that it not only provides gluten-free milk-free substitutes and recipes, it provides successful suggestions for feeding the picky eater. The authors share details about just how and why the diet works. The specialty ingredients are explained and extensive sources provided. There are also testimonials from the parents and from the children themselves.

## Book Information

Paperback: 352 pages

Publisher: Fair Winds Press; Reprint edition (April 1, 2012)

Language: English

ISBN-10: 1592334725

ISBN-13: 978-1592334728

Product Dimensions: 7.5 x 0.9 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 162 customer reviews

Best Sellers Rank: #32,512 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #26 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #42 in Books > Parenting & Relationships > Special Needs > Disabilities

## Customer Reviews

Pam and Dana know what works for kids ... This book is a fantastic resource for the diets that make a difference. Follow their advice! --Jenny McCarthy, New York Times Best Selling author of Louder than Words and Mother WarriorsCompart, Pamela J. & Dana Laake. The Kid-Friendly ADHD & Autism Cookbook: The Ultimate Guide to the Gluten-Free, Casein-Free Diet. Fair Winds:

Quayside. 2009. c.352p. illus. index. ISBN 978-1-59233-394-3. \$24.99. Kessick, Rosemary. Autism & Diet: What You Need To Know. Jessica Kingsley. 2009. c.96p. illus. bibliog. index. ISBN 978-1-84310-983-9. pap. \$14.95. Strickland, Elizabeth. Eating for Autism: The 10-Step Nutrition Plan To Help Treat Your Child's Autism, Asperger's, or ADHD. Da Capo. May 2009. c.256p. bibliog. index. ISBN 978-0-7382-1243-2. pap. \$17.95. HEALTH Autistic spectrum disorders continue to be a major topic in the news. This mysterious group of developmental disorders still has no known cause, but those who have them seem to have a high incidence of digestive problems. Dietary interventions often lead to improved functioning. These three books offer information about diets and recipes that appeal to children. Strickland, a registered dietitian specializing in ADHD and autism, offers the most detail, explaining the importance of good nutrition for development and discussing food allergies and the use of special diets, vitamins, and supplements. Compart, a developmental pediatrician and Laake, a registered dietitian, cover the gluten-free, casein-free diet and its use in treating both ADHD and autism. They explain what the diet is, why it works, and how to transition a child onto it. Kid-friendly recipes make up the book's core. There is also a resource list. Kessick, a British autism advocate who has an autistic son, presents the shortest book, which features a brief history of dietary intervention in treating autism and material on the implementation of a special diet at home and at school. Her lists of ingredients contain gluten, casein, and other potentially dangerous additives. Buy based on preferred focus. •Barbara M. Bibel, Oakland P.L. - Library Journal, May 1, 2009

Pamela Compart, M.D., is a developmental pediatrician and a functional medicine physician in Columbia, MD. She is the co-author of *The Kid-Friendly ADHD and Autism Cookbook* and *The ADHD and Autism Nutritional Supplement Handbook*, and is founder and director of HeartLight Healing Arts, Inc., an integrated health care center providing comprehensive traditional and complementary medicine services for children and adults. You can find her at <http://www.heartlighthealingarts.com>. Dana Laake, R.D.H., M.S., L.D.N., is a licensed nutritionist and co-author of *The Kid-Friendly ADHD and Autism Cookbook* and *The ADHD and Autism Nutritional Supplement Handbook*. Within her Maryland-based practice, Dana Laake Nutrition, she provides preventive and therapeutic medical nutrition services. An honors graduate from Temple University, she received her masters degree in nutrition from the University of Maryland. You can find her at <http://www.danalaake.com>.

This is a great book. It makes it much easier what to feed a child who has some of these issues. It

has great information about what nutrients are needed to support them, and what to avoid and why. And then tons of recipes I am looking forward to trying out, which will make my meal planning much easier. I recommend this book!

It can be very complicated to fix foods for those diagnosed with Autism. I have loaned this book to others to review before purchasing and have had to beg for it back. This population only like certain types of foods for them and often certain foods bother them in different ways. This can be an important book to have. Some people have a difficult time getting their little ones and sometimes the older ones to eat anything at all. I do refer this book to others.

This book is ok. You can find really good recipes. However, I was expecting more information about brand name products or web sites to use to get the products. For parents that are on the go and try at the same time to use a gluten free casein free diet

This is not only a cookbook with recipes but also a book that is informative. I have tried several of the recipes and have found that is not only kid-friendly but adult-friendly. My husband and I have really enjoyed a lot of the baked goods that I have made. I have come up with my own recipes from altering some of the recipes that are in this book. I recommend this cookbook to anyone looking to follow a GFCF diet.

Great book!

This book is so much more than a cookbook. It has helped me learn the science behind all the various factors that may be influencing my son's Autism. It was the first book I found that made it clear and easy to understand. I've even given it to friends so they could read it. I haven't tried many of the recipes yet but the ones I have were good. There are a lot and that is helpful. The only thing I wish it had was some photos to go with the recipes, I'm a visual person.

changing eating habits is making a difference...

This book made all the difference in my daughter's life! We followed the advice and got our daughter back - most people have no clue that she was once on the Autism spectrum. The advice at the beginning of the book was the best part of the book for me - recipes were yummy, but the advice on

how to start the diet was a lifesaver. Buying this book was one of the best purchases I have ever made - it's changed our family forever.

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Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73) Gluten Free: Gluten Free Cookbook For Moms (Gluten Free AWESOMENESS 1) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook

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