



With comprehensive and easy-to-use food charts, sensible nutrition advice and lots of helpful lifestyle tips, this chapter contains all the information you'll need to get the most out of *Friendly Food*. Take the time to read it through—leading allergy experts explain the difference between food intolerance and allergy, what food chemicals are, how they affect us, and how best to adjust our daily life and diet in order to avoid them.

food allergies & intolerances
