



# **The Kid-Friendly ADHD & Autism Cookbook, Updated and Revised: The Ultimate Guide to the Gluten-Free, Casein-Free Diet**

*Dana Laake, Pamela Compart*

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# The Kid-Friendly ADHD & Autism Cookbook, Updated and Revised: The Ultimate Guide to the Gluten-Free, Casein-Free Diet

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## **The Kid-Friendly ADHD & Autism Cookbook, Updated and Revised: The Ultimate Guide to the Gluten-Free, Casein-Free Diet** Dana Laake, Pamela Compart

"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.

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