



## **PRESS RELEASE...NEW LAUNCH OF** **Feed me allergy free**

**Feed me allergy free** is a new cookbook, written by Lucy Chahil, especially for babies and toddlers with multiple food allergies. Lucy has drawn on her own experiences with her son who has had multiple food allergies since birth.

The book contains over 30 recipes which are all free from dairy, wheat, eggs, soya and nuts. Included are finger foods, main meals, desserts, plus cakes and biscuits.

Lucy explains "When my son was first diagnosed, I really struggled to find any suitable recipes so I came up with my own!! I've compiled this recipe book with all my son's favourite recipes and hope others find it both inspiring and useful."

As all the recipes are designed for babies and toddlers, they are also free from salt and low in sugar. However, they are full of flavour and many are suitable for the whole family.

**Feed me allergy free** is not designed to offer medical or dietary advice. It aims to provide parents, and carers, with meal ideas and the inspiration to act on their own dietician's specific advice.

The book is only available via the website [www.feedmeallergyfree.co.uk](http://www.feedmeallergyfree.co.uk). The website also contains other useful information for parents, and carers, of babies and toddlers with food allergies.

### **Fact File:**

<b>Book Name:</b>	<b>Feed me allergy free</b>
<b>Author:</b>	Lucy Chahil
<b>Contact Tel:</b>	0795 293 1635 / 020 8582 2601
<b>Website:</b>	<a href="http://www.feedmeallergyfree.co.uk">www.feedmeallergyfree.co.uk</a>
<b>Type of Book:</b>	Recipe book for babies and toddlers with multiple food allergies