
Over 15,000 Food Allergy Families Now Know What's to Eat

Lake Forest, California When Linda Coss first self-published *What's to Eat? The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook* seven years ago, she only ordered 150 copies. Not sure if anyone outside her circle of friends and family would be interested, she didn't want to be stuck with a garage full of unwanted books. As it turns out, Ms. Coss seriously underestimated demand. This week the 15,000th copy of the food allergy cookbook was sold. As an increasing number of children have been diagnosed with severe food allergy, *What's to Eat?* has become a classic in the world of food allergy cooking.

For those with very severe food allergies, eating only a tiny amount of a common food can be deadly. As there currently is no cure, strict avoidance of the offending foods is an absolute necessity.

"One of the biggest challenges faced by those who must eliminate multiple allergens from their diet is figuring out what to eat," explains Ms. Coss. "What people love about the *What's to Eat? Food Allergy Cookbook* is that the recipes look and taste 'normal' and delicious, are easy to make, and are all completely free of dairy, egg, and nut ingredients. I am absolutely thrilled that this book has helped over 15,000 families enjoy wonderful meals and not feel limited by their limited diet."

What's to Eat? is a comprehensive cookbook, with over 145 recipes for everything from soups and salads to main courses, side dishes, breakfast foods, and baked goods. In addition to *What's to Eat?*, Linda Coss has also self-published *How To Manage Your Child's Life-Threatening Food Allergies: Practical Tips For Everyday Life*. Both books are available at FoodAllergyBooks.com, Amazon.com, and other retailers nationwide.

Ms. Coss, the mother of a teenage boy with multiple life-threatening food allergies and the founder of a local food allergy support group, is currently putting the finishing touches on her second food allergy cookbook, appropriately named *What Else is to Eat?* This book is planned for publication in fall 2008.