

MADONNA ON MOTHERHOOD

Child

THE EXPERT ISSUE!

50+

WAYS TO:

- Discipline With Love
- Teach Your Child to Cook
- Decorate With Style
- Successfully Treat ADHD

FAVORITE
OLD-TIME
AMUSEMENT
PARKS

SIMPLE SUMMER
RECIPES

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ALLERGY ANSWERS

If your son or daughter is among the 3 million kids with food allergies, help is on the way: Several companies have just rolled out new and delicious allergy-free foods.

■ **Cherrybrook Kitchen baking mixes** This company's six cake, cookie, and frosting mixes are produced without eggs, dairy products, or nuts. They're also among the few baking mixes that are free of artery-clogging trans fats.

■ **Ian's Allergen Free Recipe Chicken Nuggets and Lightly Breaded Fish Sticks** Minced chicken breasts or pollock fillets are wrapped in a cornmeal coating and cooked in canola oil. Neither frozen entree contains wheat, dairy, eggs, soy, or nuts.

■ **Nairn's Organic Oatcake Crackers** It's hard to find whole grain crackers that are wheat-free, but these thick, chewy oatmeal biscuits made at a nut-free bakery fit the bill.

■ **Organic Valley lactose-free flavored low-fat milks** These vanilla- and strawberry-flavored milks packaged in 11-ounce bottles are made for kids who suffer from lactose intolerance.



Find out where to buy these taste-tempting products at www.child.com/web.

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AUGUST 2005
U.S.A. \$3.50
FOREIGN \$4.50



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