

## Helpful Sites List

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- [MSPI Mama](#) - This is a blog with tons of recipes for people dealing mainly just with MSPI restricted diets.
- [TED Mamas](#) - This blog is great for nursing moms on the total elimination diet.
- [Tracking Down Food Allergies](#) - This page has tons of information on food allergies and intolerances.
- [Wholesome Baby Food](#) - This website has all kinds of baby food recipes.
- [MilkWorks](#) - I belong to a listserve that MilkWorks runs. It has all kinds of moms dealing with restricted diets. It is a great support system of people who have been there done that.
  
- [Food Essentials](#) - This site lists ingredients in any processed food item by allergen. Just type in a brand, product, or UPC.