

Food Allergy

A new diagnosis of a food allergy can be overpowering. The following information will help the transition. Remember:

- Food allergies affect the entire family.
- These changes will become easier over time.

At this time there is no cure for food allergies. The only treatment is to completely avoid the allergy-causing food. Over time your child may outgrow their allergy to some foods. However, some food allergens can remain for a lifetime. Education about foods is the best treatment tool.

Cross-Contamination

Allergens are material in the body that produces an allergic reaction. Allergens can accidentally get into foods. This is called cross-contamination.

- Ethnic foods
- Commercially-prepared baked goods
- Candy

Examples:

- A safe food is cooked in the same oil as an allergy-causing food.
- A safe food is cut using the same knife or on the same board as an allergy-causing food.
- A safe food is manufactured in the same plant as an allergy-causing food.
- For some people, the smell of the allergy-causing food can cause a problem.

One good food allergy rule is to wash your hand after meals. This is a good rule for day care, school, and home. Hand washing will remove any traces of allergens from your hands. This will prevent accidental reactions.

Reading a Food Label

It is important to read the Nutrition Facts food label. Look for ingredients containing the allergy-causing food. The law requires manufacturers to use simple language to identify the top 8 food allergens.

- Milk
- Soy
- Wheat
- Peanut
- Tree Nut
- Fish
- Shellfish
- Egg



This information will either be listed in the ingredients or after the ingredients as its own sentence.

Examples:

Within Ingredients

- Whey (milk)

As Its Own Statement

- May contain milk

Tips for Eating Out

If you are dining out try calling the restaurant before you arrive or upon arrival ask to talk to the chef or manager about preparation methods.



Recommended Resources



Books

- Food Allergies (The American Dietetic Association)
by Celide Barnes Koerner and Anne Muñoz-Furlong
- The Food Allergy News Cookbook: A Collection of Recipes from Food Allergy Network
by Anne Muñoz-Furlong
- The Kid-Friendly Food Allergy Cookbook
by Leslie Hammond and Lynne Marie Rominger
- The Peanut Allergy Answer Book
by Michael C. Young
- Understanding and Managing Your Child's Food Allergies
by Scott H. Sicherer, MD

Organizations

The Food Allergy Network
1-800-929-4040
www.foodallergy.org

The American Dietetic Association
1-800-877-1600
www.eatright.com

**International Food Information Council
Foundation**
1-202-296-6540
www.ific.org

**Allergy and Asthma Network/ Mothers of
Asthmatics, Inc.**
1-800-315-8056
www.aanma.org

**The American Academy of Allergy Asthma &
Immunology**
www.aaaai.org

**American College of Allergy Asthma
& Immunology**
www.acaai.org

The American Academy of Pediatrics
www.aap.org

Anaphylaxis Website
www.anaphylaxis.com

EpiPen Website
www.EpiPen.com

Food Manufacturers

Dietary Specialties
10 Leslie Court
Whippany, NJ. 07981
1-888-640-2800
www.dietspec.com

Ener-G Foods, Inc.
5960 1st Avenue South
P.O. Box 84487
Seattle, WA 98124-5787
1-800-331-5222
www.ener-g.com

Allergy Grocer
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1-800-891-0083
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