May is Food Allergy Action Month!

Food Allergy Action Month is an extension of Food Allergy Awareness Week. This year Food Allergy Awareness Week will occur May 8-14, 2016. The focus of this annual campaign is to promote public awareness of the seriousness of food allergies, encourage respect for those living with this medical condition, and inform others about how to recognize and react in an emergency situation. Throughout the month of May, let’s raise awareness, educate others, and inspire action that can make a difference for the 15 million Americans living with food allergies.

1 in every 13 children in the United States has a food allergy.
What is a food allergy?

A food allergy occurs when the body’s immune system overreacts to a generally harmless food protein. When the immune system “attacks” this food protein, it causes symptoms that can range from mild to life threatening. Symptoms may not always occur with the first exposure to that food. In fact, a person can have multiple exposures to an allergenic food before ever experiencing any symptoms. Symptoms can also increase in severity with repeated exposure to the allergenic food.

What are the Symptoms?

Mild Symptoms
- Hives
- Rash
- Redness of the skin or around the eyes
- Itchy mouth or ears
- Nausea, vomiting, diarrhea, or stomach pain
- Nasal congestion or a runny nose
- Sneezing
- Odd taste in mouth

Severe Symptoms
- Swelling of the lips, tongue, or throat
- Trouble swallowing
- Shortness of breath or wheezing
- Turning blue
- Feeling faint, confused, or weak
- Loss of consciousness
- Chest pain
- A weak or “thread” pulse
- Feeling like something awful is about to happen

Fact: About 5% of children and 3-4% of adults have a food allergy.
These foods account for 90% of food allergies:

Top 8 Major Allergens

- Milk
- Eggs
- Peanuts
- Tree nuts
- Soy
- Wheat
- Fish
- Shellfish

Important:
- Any food can potentially cause an allergic reaction.
- More than 170 foods have been reported to cause food allergies!
How to Avoid an Allergic Reaction

There currently is no cure for food allergies. To prevent an allergic reaction, it is important for the person with the allergy to stay away from foods that cause symptoms. Contact with very small amounts of the allergen can cause serious problems!

Steps to avoid a reaction:

- Learn how to read food labels.
- Ask about ingredients in foods.
- Wash your hands with soap and water before touching foods.
- Prepare foods with clean utensils on clean surfaces.
- Educate others about food allergies.
- Teach your child how to manage their food allergy.
- Focus on safe foods that CAN be consumed.
Be Prepared for an Emergency

Anaphylaxis [pronounced “anna-fih-lack-sis”] is a serious allergic reaction that can cause death. This type of allergic reaction requires immediate action and medical attention!

Fact:
Each year, about 30,000 individuals require emergency room treatment and 150 individuals die because of an allergic reaction to food.

- **Know if** your friend or family member’s food allergy puts them at risk for anaphylaxis!
- **Learn to** recognize the **signs and symptoms** of anaphylaxis.
- **Know what** their **emergency care plan** is.
- **Learn how** to give epinephrine (a life-saving drug) if and when needed.

**Always call 911 in the case of an emergency!**
Reading Food Labels

Food Allergen Labeling and Consumer Protection Act (FALCP):
This law requires that food ingredients, containing one or more of the 8 major food allergens, be listed on the nutrition label using their “common” or “usual” name. Allergens can be listed in 1 of 2 ways:

1. The allergen may be listed in parentheses in the list of ingredients
2. The allergen may be listed in a section after or near the ingredients list following the word “Contains”.

For tree nuts, fish, and shellfish, the specific type of nut or fish must be listed on the label.

FALCP applies to:
• Packaged FDA regulated foods
FALCP does not apply to:
• USDA regulated foods (meat, poultry, and some egg products)
• Cosmetics and personal care items
• Alcohol, beer, or tobacco products
• Pet foods

Always read food labels carefully before purchasing or consuming any food item!!
More About Food Labels

Unexpected sources of allergens may be found in these foods and ingredients:

<table>
<thead>
<tr>
<th>Milk</th>
<th>Eggs</th>
<th>Peanuts</th>
<th>Tree nuts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter, buttermilk, cheese, pudding, cream, margarine, chocolate, ghee, yogurt, luncheon meats, hot dogs, sausages, casein, whey, nougat, nisin,</td>
<td>Baked goods, pasta, breaded items, specialty coffee, fried rice, meat loaf, ice cream, marshmallows, egg nog, surimi, vitel-line, lecithin, marzipan, globulin</td>
<td>Peanut butter, peanut protein hydrolysate, artificial nuts, beer nuts, cold pressed peanut oil, baked goods, candy, mole sauce, Asian, African, or Mexican dishes</td>
<td>Artificial nuts, Brazil nut, almond, chestnut, cashew, hickory nut, macadamia nut, pistachio, pecan, praline, shea nut, walnut, nut extract, pesto, walnut hull, nut meal</td>
</tr>
<tr>
<td>Soy</td>
<td>Wheat</td>
<td>Fish</td>
<td>Shellfish</td>
</tr>
<tr>
<td>Edamame, miso, natto, soybean, soya, soy protein, shoyu, soy sauce, tamari, tempeh, textured vegetable protein, vegetable gum/starch, tofu</td>
<td>Bread crumbs, bulgur, couscous, durum, einkorn, emmer, farina, hydrolyzed wheat protein, pasta, seitan, semolina, spelt, vital wheat gluten, oats, triticale, wheat bran</td>
<td>Barbecue sauce, roe, bouillabaisse, Caesar salad, caviar, deep fried items, gelatin, fish stock, fish meal, nuoc mam, salad dressing, surimi, Worcestershire sauce</td>
<td>Barnacle, crab, krill, crawfish, lobster, prawns, shrimp, clam, mussels, octopus, oysters, scallops, sea cucumber, snails, squid, bouillabaisse, fish stock, surimi</td>
</tr>
</tbody>
</table>

**Note: Allergens are not always present in some of these foods. Remember to always read labels and ask questions about unfamiliar ingredients.**
Can Food Allergies Be Prevented?

Facts about food allergy prevention and feeding your baby:

Recommendations to prevent food allergies have changed over the past few years.

Current recommendations for preventing food allergies:

Should breastfeeding moms avoid certain foods?
The National Institute of Allergy and Infectious Disease recommends that women do not restrict their diet while pregnant or breastfeeding as a way to prevent their baby from getting a food allergy.

Risks of avoiding nutritious foods:
- Premature birth
- Low birth weight
- Poor nutrition status for baby and mom

Restricting commonly allergenic foods while pregnant or breastfeeding has not been shown to reduce the risk of children developing food allergies.

Children who have a sibling or parent with a food allergy are at high risk for developing a food allergy themselves.

Is a special infant formula needed?
Breastfeeding is always best for babies; however, this is not always possible. In the situation where formula feeding is necessary, caregivers of children at high risk for developing milk or soy allergies may consider using a ‘hydrolyzed formula’.

Always talk to your pediatrician before making changes to your baby’s formula.
Introducing your baby to solid foods

- Solid food can be introduced to babies between 4 to 6 months old.
- Babies should be offered a variety of foods, including potentially allergenic foods.
- Delaying the introduction of solid foods beyond 4 to 6 months of age does not prevent food allergies.
- **Introducing your baby to allergenic foods early may protect against developing food allergies.**

Recommendations:

- Choose age-appropriate foods, that will not be a choking hazard.
- Add one new food at a time.
- Offer each new food for 3 to 5 consecutive days before introducing another new food.
- Commonly allergenic foods should be introduced at home.
- Start with small portions. If no reaction occurs, gradually increase the amount given over the next few days. If a reaction does occur, contact your child’s doctor immediately, or call 911 in the case of a life-threatening reaction.
- Well tolerated foods should be offered regularly.

Can Food Allergies Be Prevented? (Continued)
Support your friend or family member with a food allergy by preparing your favorite recipes with allergen-friendly ingredients.

**Milk Substitutes**

<table>
<thead>
<tr>
<th>Milk-containing ingredient</th>
<th>Substitutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Soy milk, Almond milk, Rice milk, Hemp milk, Oat milk</td>
</tr>
<tr>
<td>Butter</td>
<td>Margarine (dairy-free)</td>
</tr>
<tr>
<td></td>
<td>*stick margarine works best for baking</td>
</tr>
<tr>
<td>Cheese</td>
<td>Dairy-free and soy-free cheeses are available</td>
</tr>
<tr>
<td></td>
<td>Nutritional yeast or tofu</td>
</tr>
<tr>
<td>Yogurt, sour cream, and</td>
<td>Soy-based, coconut-based, and pea-based products available</td>
</tr>
<tr>
<td>cream cheese</td>
<td></td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1 cup milk alternative + 1 Tbsp vingar</td>
</tr>
<tr>
<td>Cream</td>
<td>Soy-based, coconut-based, and almond-based creamers available</td>
</tr>
<tr>
<td></td>
<td>Full fat coconut milk is also a good alternative</td>
</tr>
</tbody>
</table>

**Wheat Substitutes**

Combinations of different flours often produce the best results. **Try one of these combinations...**

- 2 cups sweet rice flour + 2/3 cup potato flour + 1/3 cup tapioca flour
- OR
- 1 cup cornstarch + 2 cups rice flour + 2 cups soy flour + 3 cups potato starch flour
Egg Substitutions

Eggs have different functions in different products. They can be used to hold the product together (a “binder”), to help the product rise (a “leavening agent”), or both.

Choose the egg alternative that fits its function in the recipe...

<table>
<thead>
<tr>
<th>To replace egg used as a BINDER...</th>
<th>To replace egg used as a LEAVENING AGENT...</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ medium banana, mashed</td>
<td>Commercial egg-substitute</td>
</tr>
<tr>
<td></td>
<td>Follow product directions</td>
</tr>
<tr>
<td>¼ cup pureed fruit (applesauce)</td>
<td>1 ½ Tbsp. vegetable oil + 1 ½ Tbsp water + 1 tsp baking powder</td>
</tr>
<tr>
<td>¼ cup blended tofu</td>
<td>Equal one egg</td>
</tr>
<tr>
<td>¼ cup plain (or soy) yogurt</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp gelatin + 3 Tbsp lukewarm water</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp ground flax-seed + 3 Tbsp warm water (let sit for one minute)</td>
<td></td>
</tr>
<tr>
<td>Commercial egg-substitute</td>
<td></td>
</tr>
<tr>
<td>Xanthan Gum</td>
<td>1 tsp. per recipe</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Replacing Peanuts and Tree Nuts

- Instead of peanut butter...try sunflower seed, pumpkin, flax seed, or hemp seed butter
- For added crunch...try crushed pretzels
- With breads or granola....try seeds (pumpkin, flax, sunflower)
- On salads or as a quick snack....try roasted beans (chickpeas, soy beans)
Recipe Substitutions

Soy Substitutes

Soy sauce
* chickpea based miso
* olive brine
* balsamic vinegar + salt
Soybean paste
* Chickpea-rice miso
* Azuki bean-rice miso
Soy margarines
* Real butter (if you do not have a milk allergy)
* Kosher for Passover margarines (only available during select months, but freezes well)

For Soy-free Teriyaki Sauce try mixing...
Balsamic vinegar, orange juice, white or brown sugar, water, olive oil and pepper

Life’s too short to forego chocolate cake...

Rice Flour Chocolate Cake

Ingredients:
1 1/2 cups white rice flour
1/2 cup sugar
6 Tbsp cocoa (not Dutch Processed)
1 tsp baking soda
1/8 tsp salt
1 cup cold water or rice milk
1/4 cup canola oil
1 Tbsp white vinegar
2 tsp vanilla

Directions:
Combine dry ingredients. In a separate bowl, combine wet ingredients. Fold ingredients together until just combined. Bake at 350 °F in greased 8X8 inch pan for 25-30 minutes, or until toothpick comes out clean. Dust with powdered sugar or top with your favorite allergen-friendly icing.


