



PATIENT EDUCATION HANDOUTS

FOOD ALLERGIES- RESOURCES AND HELPFUL TIPS

Food allergies can present you with difficult and confusing decisions regarding what to eat, what not to eat, and where to get information. The following handout gives you resources and helpful hints to make these decisions easier.

RESOURCES

The Food Allergy Network
10400 Eaton Place
Suite 107
Fairfax, VA 22030-5647
(800) 929-4040

Arrowhead Mills, Inc.
P.O. Box 2059
Hereford, Texas 79045
(806) 364-0730

The Gluten-Free Pantry
P.O. Box 881
Glastonbury, Conn. 06033
(203) 633-3826

Ener-G Foods
P.O. Box 84487
Seattle, WA 98124-5787
(800) 331-5222

King Arthur Flour
P.O. Box 876
Norwich, VT 05055
(800) 827-6836

COOKBOOKS

The Allergy Self -Help Cookbook
Marjorie Hurt Jones, R.N.
Rodale Press

The Food Allergy News Cookbook
The Food Allergy Network
Chronimed Publishing

Wheat-Free Recipes and Menus
Carol Fenster, Ph.D.
Savory Palate, Inc.
8174 S. Holly, Suite 404
Littleton, CO 80122

The Gluten-Free Gourmet
Bette Hagman
Henry Holt and Company
115 W. 18th Street
New York, N.Y.

LABELS: WHAT TO AVOID FOR SPECIFIC FOOD ALLERGIES

MILK-FREE DIET

Artificial butter flavor, butter, butter fat, butter oil, buttermilk, casein, caseinates(ammonium, calcium, magnesium, potassium, sodium), curds, custard, hydrolysates(casein, milk protein, whey), lactalbumin, lactose, nougat, pudding, rennet casein, yogurt. Flavorings-caramel, bavarian cream, coconut cream, brown sugar, butter. Chocolate, luncheon meats, hot dogs, sausages. Margarine, simplese. A "D" on the front of a product label, next to one of the symbols for Kosher agencies(K or U inside a circle), indicates the presence of milk protein.

EGG-FREE DIET

Albumin, egg lecithin, egg substitutes, globulin, livetin, lysozyme, mayonnaise, meringue, ovalbumin, ovomucin, ovomucoid, ovovitellin, simplese, A shiny glaze or yellow baked goods usually indicate the presence of eggs.

WHEAT-FREE DIET

Bran, bread crumbs, bulgar, cereal extracts, couscous, cracker meal, durum, durum flour, enriched flour, farina, gluten, graham flour, high-gluten flour, high-protein flour, kamut, seitan, semolina, spelt, vital gluten. Label ingredients-gelatinized starch, hydrolyzed vegetable protein, modified food starch, modified starch, soy sauce, natural flavoring, starch, vegetable gum, vegetable starch.

PEANUT-FREE DIET

Beer nuts, cold pressed peanut oil(usually can eat peanut oil, but NOT cold pressed-check the label), ground nuts, mixed nuts, Nu-nuts flavored nuts. Dishes that often contain peanut protein-African, Chinese, Tai, Vietnamese, Indonesian dishes. baked goods(pastries etc.), candy, chili, chocolate, egg rolls, hydrolyzed plant protein, hydrolyzed vegetable protein, marzipan, nougat.

SOY-FREE DIET

Hydrolyzed soy protein, miso, shoyu sauce, tamari, tempen, textured vegetable protein(TVP), tofu. Ingredients with soy protein- hydrolyzed plant protein, hydrolyzed vegetable protein, natural flavoring, vegetable broth, vegetable gum, vegetable starch. Most soy allergic individuals CAN eat soy lecithin, and soy oil.

TREE NUT-FREE DIET

All common mixed type nuts, gianduja, hickory nuts, macadamia nuts, marzipan/almond paste, nougat, nut butters, nut meal, nut oil, nut paste, pine nuts.

These lists are meant to be a helpful reference, but are by no means complete. Refer to your medical provider for any questions regarding foods that you should avoid for specific allergies.

Source- Colorado Gazette, Rick Ansage Oct, 98

Reviewed 9 June 2008