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# FROM **CONFUSION** TO **CONFIDENCE**

KFA's starter guide to parenting  
a child with a food allergy

[kidswithfoodallergies.org](http://kidswithfoodallergies.org)



*Special thanks to Nutricia North America for generously  
providing the funding for this publication.*

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## Mission

*Kids With Food Allergies, Inc. (KFA) is a national nonprofit organization dedicated to fostering optimal health, nutrition, and well-being of children with food allergies by providing education and a caring support community for their families and caregivers.*

# Kids With Food Allergies, Inc.



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**Dear Parent,**

*Overwhelmed. Lost. Alone.*

Many parents feel these emotions when their child is initially diagnosed with a food allergy, including me. That's why Kids With Food Allergies created this starter guide — to relieve your feelings of distress and isolation by giving you a compilation of articles, checklists and other resources that will help you normalize your life once your child has been diagnosed with a food allergy. This guide also serves as a refresher for parents who've been living with their child's diagnosis for a while.

Whether your child had a quick diagnosis following a severe reaction, or was finally diagnosed after months of unexplainable tummy problems, rashes or formula switches, the adjustment to a food allergy lifestyle can be difficult. This guide isn't designed to answer every possible question about food allergies. Rather, it lays the foundation for accurate information, helpful tips and useful strategies as you begin your food allergy journey.

For those of you who value mutual support from parents like yourself, I encourage you to reach out to others who can help you, whether it's to share your story with someone who really understands, or to ask for help with food ideas, recipes, ingredient substitutes or label reading. You will realize you're not alone — you might even find more places to grocery shop or new recipes to try out. KFA provides a ready-made community, and offers ways for you to connect with other parents of food-allergic children, share information, and obtain food and cooking help by joining as a Family Membership subscriber. As a nationwide nonprofit organization offering online support groups, education, food and cooking advice, and more, we offer you a lifeline of support — 24/7.

KFA's informed and motivated members, dedicated volunteers, parents, staff and medical advisory team work together to help create better lives for children with food allergies and their families. As you embark on your food allergy journey, I hope you find this guide helpful. I wish I had something like this when my son was first diagnosed in 1990, a time of insufficient available information. Those of us who've learned the hard way — many of whom helped put together this guide — will hopefully make your transition easier. We know you want to keep your child safe, well-nourished, happy and healthy — we do too.

*Kind regards,*



**Lynda Mitchell**

*President, Kids With Food Allergies, Inc.*

## Understanding Food Allergies and Anaphylaxis

Today, one in 17 children — 3 to 4 million kids — has a food allergy. A diagnosis of food allergy means you, your family and your child must become familiar with the signs, symptoms and facts surrounding food allergies, and learn how to successfully live with them.

One of the first steps to keep your food-allergic child thriving is to become well-informed on the topic of food allergies. Did you know just eight foods—referred to as the “top eight” — account for 90 percent of all food allergies?

Practice total avoidance of the food to which your child is allergic and do your best to ensure your child’s environment is safe by:

- Learning to read labels;
- Carefully selecting foods at the grocery store, and preparing safe meals; and
- Initiating other changes in your daily life to make sure your child stays safe not only at home but at daycare, school, restaurants, while traveling and in other social situations.

Another important part of adjusting to a food allergy diagnosis is making sure your child learns about his food allergy along with you. Empower your child by teaching him to play a developmentally-appropriate role in his self care.

Learning how to be prepared to treat an allergic reaction is critical during this adjustment process as well. Be equipped with an emergency plan and appropriate medications at all times.

### Top 8 Food Allergies:

*Cow’s milk*

*Eggs*

*Peanuts*

*Wheat*

*Soy*

*Fish*

*Crustacean shellfish*

*Tree nuts*

## The Cause

So, what exactly triggers food allergies in children? Food allergy is an abnormal immune system response to food protein.

The first time a child with food allergies is exposed to the offending food protein, his body is tricked into thinking the protein is harmful. The child's immune system responds by creating disease-fighting antibodies called immunoglobulin E (or IgE). This response is an attempt to drive out the protein from the body.

Every time the child eats the same food after that, the antibodies immediately recognize it and release histamine and other chemicals into the bloodstream, which produces an allergic reaction.

## Symptoms of an Allergic Reaction

If your child's food-allergic friend develops an itchy rash in reaction to consuming cow's milk, don't assume a reaction in your child will present itself the same way, even if they are allergic to the same food. No two food-allergic children are alike and neither are their allergic reactions.

Some children will break out in hives, develop a runny nose or experience abdominal pain, while others will develop a reaction called *anaphylaxis* — a severe and sometimes life-threatening allergic reaction that can involve multiple body organs. Not all food-allergic children will experience the same symptoms, which may appear within a few minutes to several hours after eating the offending food. Symptoms might even vary from one allergic reaction to the next. Most reactions tend to last under a day and have an effect on skin, the gastrointestinal (digestive) system, the respiratory (lung function and breathing) system and/or the cardiovascular (heart function and blood pressure) system.

In some instances, reactions are delayed for several days. Examples of delayed reactions include *eczema*, an itchy rash, or conditions like *eosinophilic disorders* that cause gastrointestinal symptoms. These reactions may be caused by a mechanism that does not always involve IgE. We are still learning about how these work.

## Anaphylaxis

Typically involving several body systems, *anaphylaxis* is an allergic reaction that can be mild to severe and may be fatal. Children with asthma are at greater risk for anaphylaxis.

The first signs of an anaphylactic reaction may include a warm or flushed feeling, tingling in the mouth or a red and itchy rash or hives. Additional symptoms may include light-headedness, shortness of breath, severe sneezing, anxiety, stomach cramps, and vomiting and diarrhea. Airway constriction, drop in blood pressure, rapid pulse, dizziness or loss of consciousness can present in certain cases. A dangerous drop in blood pressure can result in *anaphylactic shock*.

Anaphylactic symptoms can occur from minutes to several hours after ingestion. Usually symptoms appear immediately after a child consumes the offending food and warrant urgent emergency treatment.

### ***Signs of Anaphylaxis<sup>1</sup>***

***Skin:*** Flushing; itching; hives; swelling; rash; itching of lips, tongue and palate; swelling of lips, tongue and back of throat (uvula); itching around eyes; redness and swelling of eyes; and tearing of eyes.

***Respiratory:*** Itching and tightness of the throat; difficulty swallowing; change in voice; hoarseness; dry cough; harsh high-pitched breathing (stridor); itching in the outer ear canals; shortness of breath; chest tightness; cough and wheezing; itching of the nose; runny nose; congestion; and sneezing.

***Gastrointestinal:*** Nausea; cramping abdominal pain; vomiting; and diarrhea.

***Cardiovascular:*** Decreased blood pressure; feeling faint; fainting; not acting normally; chest pain; and heart rhythm abnormalities.

***Other:*** Uterine cramping in women; and an aura of impending doom.

<sup>1</sup>Sampson, et al. (2005). Symposium on the Definition and Management of Anaphylaxis: Summary report. *Journal of Allergy and Clinical Immunology*, 115(3), 584-591.





## Inheritance

Not all food allergies are hereditary, but doctors believe food allergies are more common in children if there is a family history of allergies. Generally speaking, if either parent or a sibling has a personal history of allergies (seasonal allergies, eczema, food allergies or asthma), a child will have a greater chance of developing an allergic condition such as food allergies.

While some children have a genetic tendency to develop allergies, not all food-allergic children have food-allergic parents and not all children of food-allergic parents will develop food allergies. Whether they're inherited or not, it's safe to assume allergies can develop in any child, at any given age. Some children develop food allergies as an infant, while others don't exhibit signs of an allergic reaction until they are much older. Most reactions, though, typically occur with the first or the first few ingestions.

## Diagnosis

Have your child tested for food allergies when he displays symptoms of food allergy after eating. Children with food allergies should be referred to a board-certified allergist/immunologist, if available, for evaluation and a treatment plan.

Your child's physician will likely obtain a detailed history of your child's food reactions, but sometimes that isn't enough to diagnose an allergy. So, you may be asked to keep a food diary or journal of your child's diet—including all food consumed and any reactions that occur.

Other common tests that can diagnose food allergies are skin tests, blood tests and food challenges, where small amounts of food are carefully given to the child under supervision in a physician's office or hospital.

## Treatment

It is imperative to take measures to avoid anaphylaxis by steering clear of food that causes these symptoms. But that can prove challenging — even your greatest attempts to remove offending foods from your child’s diet may fall short. Your child might inadvertently reach for another child’s snack, come into contact with an “unsafe” food at the lunch table or take a cookie that’s mistakenly offered to him. Accidental exposures to food allergens happen despite the utmost care parents take to avoid them.

Allergic reactions can be unpredictable and subsequent allergic reactions can result in anaphylaxis even if prior reactions were minor. So you, your child and your child’s care providers must always be prepared to react immediately to treat anaphylaxis. Having emergency medicines available at all times and a written emergency care plan is the best way to be prepared to treat an allergic reaction.

If your child has been diagnosed with severe allergies, he has likely been prescribed injectable epinephrine, such as EpiPen® or Twinject.® This lifesaving medication must enter the bloodstream quickly, so your child should carry his auto-injector with him everywhere — at home, school, relatives’ and friends’ houses, restaurants, etc.

Whenever your child uses his EpiPen® or Twinject®, you **MUST** call for emergency response, such as dialing 911, to transport your child to an emergency room for monitoring and further treatment.

There are two important reasons for seeking emergency care: sometimes a single dose of epinephrine is not enough to stop an anaphylactic reaction. And, in some cases, a second flare up of symptoms (known as a *biphasic reaction*) develops which demands further treatment. As with any emergency, an allergic reaction requires prompt recognition and treatment.

*Consider having your child wear emergency medical identification in the event he has an allergic reaction outside of your care.*

## Natural History

With the exception of those who are allergic to peanuts, tree nuts, fish and shellfish, many children outgrow their food allergies. While there is currently no cure for food allergies, children and their families can live healthy and full lives by preventing accidental exposures and being prepared at all times to promptly treat an allergic reaction.

Avoiding unsafe foods will keep your child reaction-free and safe. Learn to read ingredient labels on all foods, health and beauty products, as well as over-the-counter and prescription drugs. Teach your children, in an age-appropriate way, to participate in allergen avoidance; when they are old enough, teach them to read food labels too.

### ***Food Allergy vs. Food Intolerance***

#### **In a food-allergic child:**

- *The immune system overreacts to a food that is typically harmless.*
- *It creates an allergic antibody (IgE) to try and get the food out of the body.*
- *IgE can develop even if the food has been consumed frequently in the past (though this is unusual).*
- *There are some immunologically-driven reactions to food, known as non-IgE mediated reactions, that are not related to IgE antibodies. Examples include those which occur in eosinophilic disorders or Food Protein-Induced Enterocolitis Syndrome (FPIES).*

#### **In a food-intolerant child:**

- *The immune system is not involved in the response.*
- *There is a problem digesting a specific food.*
- *The response is not as dangerous as an allergic reaction.*

## Coping with a New Diagnosis

Most parents don't expect their bundle of joy to be diagnosed with a bundle of food allergies. No matter if it's two months or two years after baby comes home, parents are shocked — and stressed — when finding out their child is allergic to certain foods.

Stress is common among parents raising children with food allergies. In fact, according to research conducted by Rebecca Knibb, Ph.D., senior lecturer in health psychology at the University of Derby, Derby, England, parents who are told their child has food allergies suffer greater anxiety than people who are told they have cancer<sup>1</sup>. In addition, in an international survey of 1,000 parents whose child was allergic to cow's milk, 70 percent felt guilty and distressed, while 82 percent said their child's allergy diagnosis caused sleep loss<sup>2</sup>.

By becoming educated about food allergies, developing an action plan with an allergist and utilizing a good support network, families can relieve stress and achieve a balanced lifestyle, claimed Constance Weil, Ph.D., medical psychologist in the Department of Child and Adolescent Psychiatry at Children's Memorial Hospital in Chicago, Ill.

But parents must learn to deal with their own fears and anxieties first before they can help ease those of their child.



<sup>1</sup>Parents' allergy stress revealed. BBC News. Mar. 20, 2005.

<sup>2</sup>Telephone Survey among 1,000 European Parents of Children Aged 0-3 Years and 505 healthcare professionals (HCPs), spread equally across the UK, France, Germany, Italy and Spain. KRC Research, November/December 2005.

## Stages of Grief

A parent's emotions regarding their food-allergic child can run the gamut and can even include feelings of grief, noted Dr. Weil.

"Whenever we learn that our child has a problem, and it is chronic and requires significant change or adaptation — not just for the child, but for the family — there is a period of grieving and adjustment," she said.

As identified by Elisabeth Kubler-Ross, M.D., psychiatrist and pioneer in death-and-dying research, the five stages of grief are: denial, anger, bargaining, depression and acceptance. Parents may go through any or all of these stages after their child's diagnosis of food allergies. As overwhelming as they may initially feel, parents and their food-allergic children will learn, in time, to accept the diagnosis.

For Harvey L. Leo, M.D., pediatric allergist and immunologist at Allergy and Immunology Associates of Ann Arbor, P.C., Ypsilanti, Mich., acceptance eventually made its way into his life after learning his daughter was allergic to peanuts and tree nuts.

"Though there is no single word that can explain my feelings or that of my wife," he said, "at this point, there is neither sadness nor anger about the issue since Miriam, now 4 years old, is doing so well."



## Education

In order to maintain a balanced lifestyle, it is essential parents learn all they can about food allergies so they can then teach their children in developmentally-appropriate stages.

“Parents need to educate themselves as much as possible regarding their child’s food allergies in order to participate in their child’s care, understand what steps need to be taken to keep their child safe, address their own feelings of anxiety from lack of knowledge, be a strong and appropriate advocate for their child and provide correct information to their child when it is developmentally appropriate,” Dr. Weil explained.

Because some parents who seek out information from professional medical literature might not fully understand what they are reading, Dr. Weil suggested they work with their allergist to interpret what they read and attain reputable sources of information.

Dr. Leo concurred. “When counseling families, I often help sift through the overwhelming amount of information with them and try to help them understand and comprehend the most practical and important research currently available,” he said.

While parent/child education is vital, other people who care for children with food allergies should be educated as well, such as family members, neighbors, friends’ parents and school staff. Parents need to have an emergency plan in place at home and at school, and make sure an emergency kit with life-saving medications goes everywhere their food-allergic child goes.



## Balance

Understandably, parents may become overprotective due to the life-threatening nature of food allergies. However, children can become anxious when parents display stressful behavior, noted Dr. Weil. Strive to find the balance between being overprotective and granting children complete independence.

Joining a food allergy support group to connect with others who understand, and who can share strategies for finding a balance, can also be of great help to some parents.

Achieving that balance is possible. Dr. Leo makes a point to tell families with food-allergic children that his daughter does everything children without food allergies do, with few restrictions.

“We travel a lot, eat out at restaurants and have snacks out, but we always know our limitations as parents,” he said. As life would have it, Miriam’s best friend happens to have food allergies as well. “The girls are just that — girls! The food allergies are not an issue in their friendship or time together.”

### ***Good Grief!***

*Parents of food-allergic children may go through the stages of grief after their child’s initial diagnosis. Remember, it’s normal if you experience any of the following:*

**Denial:** *Refusing to accept your child’s diagnosis is correct or that he actually has a food allergy.*

**Anger:** *Blaming yourself, God or others.*

**Bargaining:** *Hoping your child can lead somewhat of a normal life.*

**Depression:** *Feeling sorry for yourself or your child.*

**Acceptance:** *Learning to accept and understand the diagnosis and being eager to work toward a healthy future.*

## Checklist for Managing a Food Allergy Lifestyle

### ***Make Sure Food is Free of Allergens Your Child Needs to Avoid***

- ✓ Totally avoid all foods containing allergens — even traces of those allergens — to prevent allergic reactions.
- ✓ Educate yourself about food allergy management and then educate your family, your child, friends, school and community about food allergies.
- ✓ Focus on what your child can have, not what he cannot.
- ✓ Read labels every time, and become familiar with the names for hidden ingredients in foods your child needs to avoid.
- ✓ Prepare and choose foods that are not cross contaminated with allergens your child needs to avoid.
- ✓ Don't ever assume that a food item is allergen-free without reading the label or verifying its safety with whoever prepared it.

### ***Take Charge of Your Child's Health Care***

- ✓ Find a board-certified allergist or pediatric allergist for diagnosis and management of your child's food allergies.
- ✓ Work with your child's doctors to develop a food allergy action plan to treat an allergic reaction.
- ✓ Work with your schools, daycares, preschools and other places that care for your child to develop a plan to reduce exposure to your child's allergens.
- ✓ Have emergency medicines available at all times.
- ✓ Consider having your child wear an emergency medical identification bracelet.
- ✓ Work closely with your doctors and don't hesitate to seek guidance from a registered dietitian to maintain your child's nutritionally-balanced diet — removing foods from a child's diet can result in nutritional deficiencies.
- ✓ Work with your pharmacist to help select medications and health products that do not include your child's allergens.

### ***Empower Your Child***

- ✓ Teach your child, in an age-appropriate way, how to be responsible for his food allergies. Involve him in meal preparation, grocery shopping and label reading. Teach him how to refuse food that a parent or responsible care giver hasn't approved in advance.
- ✓ Make sure your child understands why he can't eat the same things as his siblings/friends/family.



## Grocery Shopping and Label Reading

Purchasing food for a child who has food allergies is not a simple matter, especially if your child is allergic to multiple foods. Every item must be scrutinized to determine if it contains the allergens your child needs to avoid.

Although at first it can be overwhelming, grocery shopping for your food-allergic child will become much easier with practice. A lot of the hard work occurs early on: learning to determine whether or not a product is safe for your child, learning to read labels and finding a selection of foods that your child can and will eat. Once you get past these initial hurdles, grocery shopping will become second nature to you!

## Know What Your Child Should Avoid

Ask your child's allergist to provide you with a complete list of all the foods to which your child is allergic. Obtain lists of the various ways these items may show up on an ingredient label. Kids With Food Allergies provides allergen avoidance lists at the back of this guidebook to assist with decoding the myriad names for allergen-derived ingredients. Lists are available for milk, egg, soy, peanut, tree nuts and wheat. You can also download and print cards for "Hidden Names of Allergens" from [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org).

In the U.S., the Food Allergen Labeling and Consumer Protection Act (FALCPA) states that if a product's ingredients include any of the top eight allergens (milk, eggs, peanuts, tree nuts, wheat, soy, fish, crustacean shellfish), these potentially-allergenic ingredients must be listed in plain language in one of two ways: within the list of ingredients on the ingredient statement **or** in a "contains" section immediately following the ingredient statement. Always check for both as a "contains" statement is not always present.

This law also applies to allergens present in colors, flavors or spice blends. Be aware, however, that the presence of potential allergens other than the "top eight" (such as sesame) might not be clearly listed. For example, if your child is allergic to sesame, you may need to avoid "natural flavoring," since it may contain sesame. If in doubt, call the company and inquire about whether the natural flavoring contains any allergen your child needs to avoid. Don't rely on the "contains" statement alone; always read each ingredient.

## **Always Check the Ingredient Statement**

Knowing exactly what is in the food you feed your child is key to avoiding allergic reactions. Don't rely on visual inspections of food items to determine whether or not a particular item is safe for your child. You cannot always tell what is in a food by looking at it. Instead, learn how to read product labels, and then check the ingredient statement of every item you purchase — every time you purchase it. Keep in mind that ingredients can and do change without notice; the product that was safe last week may not be safe today, and there are some ingredient labeling loopholes that result in labels not displaying everything you need to know.

## **Different Versions of Products Can Have Different Ingredients**

"Low-fat" or "reduced-fat" versions of products contain different ingredients than "regular" versions. "Snack-size" versions of snack or candy items can contain different ingredients and/or be processed on different equipment than the full-size versions. Different types of containers of the same product (i.e., shelf-stable carton vs. can) may contain different ingredients. Ingredients for a product may also differ from one manufacturing plant to another, due to local supplier variations or equipment variations at different plants throughout the country. Once again, always check the ingredient statement of every item you serve to your child, every time you buy or receive it.

## **Understand the Risks of Cross Contamination**

For most children with severe food allergies, cross contamination is an important issue. Most food manufacturers use the same equipment to produce a variety of different products. Cross contamination occurs when small amounts of residue from one product are still on the machinery when the next product is produced. This results in trace amounts of ingredients from product #1 ending up in product #2 — even though these ingredients may not be listed on the ingredient statement of product #2.

## Look for “May Contain” Warnings

Many food manufacturers place warnings on the product box if the product “may contain traces of” an allergen, if it is “produced on machinery that also processes” allergens, or if it is “produced in a facility that processes” allergens. These potential cross contamination warning statements are usually placed near the ingredient statement. **Unfortunately, U.S. labeling laws do not require these “may contain” warnings.** When in doubt, contact the product’s manufacturer to inquire about the cross contamination risk.

## Watch Out for High-Risk Items

*The following foods have a very high risk of cross contamination:*

- Imported foods;
- Nuts;
- Chocolate candies;
- Foods from deli counters;
- Foods from salad bars;
- Items sold in bulk bins or barrels;
- Produce that is next to open bins of nuts;
- Bakery items;
- Fried foods, especially breaded, fried foods.

## Check Medications

Be sure to check the ingredients (especially the “**inactive** ingredients”) of prescription and over-the-counter medications, food supplements and vitamins. To find the ingredient statement of a prescription medication, ask your pharmacist for a copy of the medication’s package insert. Consider having prescriptions filled at the same pharmacy every time so the pharmacists at that location are familiar with your child’s allergies and can help you screen appropriate drug items. Don’t assume all medications are safe for your child — or that the doctor who wrote the prescription was aware of all of the medication’s **inactive** ingredients. Also, you will need to familiarize yourself with the complete list of derivative names for each allergen your child is avoiding as the FALCPA labeling law does not apply to medications.

## Check Ingredients of Non-Food Items, Too

In addition to checking the ingredient labels of all food you purchase, you must also check the ingredients of lip balms, cosmetics, soaps, skin care lotions, shampoos, ointments and so forth. All of these items (including those labeled “hypoallergenic”) frequently contain food ingredients. You should also check the ingredients of the household cleaning products you use, especially if citrus is a problem for your child. Once again, you will need to familiarize yourself with the complete list of derivative names for each allergen your child is avoiding as the FALCPA labeling law does not apply to non-food items, such as personal care products.

## Take a Good Look at Your Pet’s Food

Many pet foods contain ingredients to which your child may be allergic. Examples include peanuts and whey (a milk derivative) in bird seed, egg in puppy food and peanut butter inside your dog’s chew toy. Children can come into contact with a pet’s food either from contact with the pet, being licked by the pet or handling the food itself. Familiarize yourself with the complete list of derivative names for each allergen you are avoiding as the FALCPA labeling law does not apply to pet foods either.

## Take Advantage of the Teaching Moments

When your child is first diagnosed with food allergies, it is best to make the first few trips to the market without the kids, if possible. You’ll need to allow plenty of extra time to read labels, look into products you hadn’t noticed before, etc. Once your child is older, you can use your trips to the grocery store to teach your child about food allergy management. Point out the obvious allergens so that your child can learn to recognize them. You can’t expect a child to avoid peanuts, for example, if he doesn’t know what a peanut looks like! Once your child acquires basic reading skills, he can begin to learn how to read labels to make responsible and safe food choices too.

## Is Your Food-Allergic Child's Diet Nutritionally Balanced?

When you have to eliminate foods from your child's diet, important nutrients for growth and development can be neglected. While a child with a balanced diet may have adequate nutritional stores to last through a period of testing and a short-term (2-week) elimination diet, a child with a long-term restricted diet must find safe sources of nutrients to ensure a nutritionally-balanced diet.

### Milk Allergy

One of the most common allergy-causing foods in children — and the leading cause of allergic reactions in very young children — is milk<sup>1</sup>. During peak growth periods especially, milk provides a good source of many nutrients essential for bone mineralization and growth. These nutrients include: protein, calcium, vitamin D, vitamin A, vitamin B12, riboflavin and phosphorus.

In order for your milk-allergic child to obtain these nutrients, you must carefully choose food substitutes. Meats, poultry, eggs, fish, nuts and legumes can easily provide needed protein. However, in order to obtain enough calcium, your child may need to consume lots of non-dairy food sources of the nutrient — more than a young child is capable of eating. Many of these non-dairy sources are not foods that are favorites of most children. For example, one cup of leafy greens contains as much calcium as 4 ounces of milk. A child who needs 500 milligrams of calcium daily would need to eat as much as 4 cups of leafy greens to meet the requirement. Would your child eat all of these leafy greens? Probably not. Read labels to carefully seek out a variety of calcium-fortified foods.

In some cases, you may need to give your child supplements. If he is at an age when a specialized milk-free formula is a large part of his daily diet, supplementation may not be necessary. You may be able to use milk alternatives as an acceptable substitute if your child is over one year old. Soy milk, fortified rice milk, grain and nut milks (such as oat milk and almond milk) can be substituted, if tolerated, but need to be fortified with additional nutrients. It is important, however, to review the nutrition information on the package to check the amount of protein, which should be 8 grams per 8 ounce serving. Calcium fortified juices will provide additional calcium but are not a good source of other nutrients.

<sup>1</sup>Boyano-Martinez, et al. (2009). Accidental allergic reactions in children allergic to cow's milk proteins. *Journal of Allergy and Clinical Immunology*, 883-8.

## Egg Allergy

Egg-allergic children must avoid whole egg in all forms. Even though the egg white is the part of the egg responsible for allergic reactions, it is impossible to separate the white from the yolk without the yolk containing egg white protein.

Eggs provide a source of quality protein as well as iron, biotin, folacin, pantothenic acid, riboflavin, selenium, and vitamins A, D, E and B12. Your child will still easily get an adequate amount of protein when egg must be eliminated if he is not allergic to other protein sources, such as: milk, meat, poultry, fish, nuts and legumes. Selenium and vitamin B12 can also be obtained from meat. Folacin can be found in legumes, fruits and leafy greens. If your child consumes a variety of other foods, an egg-free diet should not place your child at nutritional risk.

When your child avoids foods containing egg, including baked goods, he may lose essential nutrients from his diet. For example, most baked goods are made with enriched and fortified flour, which contains B vitamins and iron. If your child normally consumed a variety of baked goods prior to diagnosis, and must now avoid those containing egg, he will need to obtain calories, B vitamins, iron and additional nutrients from other egg-free sources.

## Peanut and Tree Nut Allergy

Peanuts and tree nuts are a good source of protein in a child's diet. However, if your child needs to avoid nuts of any type, he should not be at nutritional risk since there are many other sources of protein as previously mentioned. Although peanuts also provide a source of niacin, magnesium, vitamins E and B6, manganese, pantothenic acid, chromium, folacin, copper and biotin, your child can obtain these vitamins and nutrients by consuming a variety of foods from other food groups.

## Soy Allergy

Soybeans provide one of the highest quality proteins in a child's diet. They also contain thiamin, riboflavin, iron, phosphorus, magnesium, calcium, zinc and vitamin B6. Unless your child consumes specific soy foods, the small amounts of soy in processed foods do not supply a significant amount of these nutrients. If you emphasize eating a variety of fruits, vegetables, enriched and fortified grains, and tolerated sources of protein, restricting soy in your child's diet will not pose any nutritional risk.

## Wheat Allergy

Wheat is a grain that has been reported to trigger allergy symptoms. While grains, such as corn, rice, barley, buckwheat and oats, to name a few, are not common triggers, they need to be chosen with care as substitutes for wheat due to the possibility of cross contamination. Be sure to choose alternate grains from a reputable source.

Grains contain protein, and when fortified, a good variety of vitamins and minerals, including B vitamins and iron. You can substitute flours from alternate grains in recipes to provide the same nutrients as wheat; however, only the proper amounts of substituted flour will yield an appealing product — so follow your recipes carefully!

The milling process for grains can also remove important nutrients, so make sure you choose fortified and enriched grains. A serving or two of an enriched and fortified grain at each meal will contribute to meeting important nutritional needs for B vitamins, folacin and iron.

## Fish Allergy

Fish, another good source of protein, contains the nutrients niacin, vitamins B6, B12, A and E, as well as phosphorus, selenium, magnesium, iron and zinc. If your child must avoid fish, you can find the same nutrients in other protein sources such as meats, grains and legumes.

## Dietary Concerns for Restricted Diets

When a child's diet is restricted, adequate calories, protein, carbohydrates and fat are just as much of a concern as vitamins and minerals. If your child isn't receiving adequate calories, sources of calories may need altering, such as adding more healthy fat to meet caloric needs. Toddlers and older food-allergic children who are picky eaters may not be able to obtain the necessary calories, protein, carbohydrates, fat and other nutrients from the food they eat.

While eliminating one food from your child's diet may prove to be a fairly easy task, removing two or more foods may be challenging and requires careful meal planning to ensure a nutritionally-adequate diet. A child who is allergic to more than one food (e.g., milk, wheat and egg) may need individual, multi-vitamin mineral supplements or a liquid nutritional supplement beverage in order to meet nutritional needs. Infants and children who don't get enough nutrients may need to consume specialized hypoallergenic or special foods for children with severe food allergies to make their diet nutritionally adequate.

If your child is young, he may need to eat small amounts of nutritious foods frequently to maintain an adequate intake of nutrients throughout the day. What you don't offer at one meal (i.e., protein) you should provide at another meal or snack. Remember that children need child-size portions, but the same nutrients as adults — just in different amounts.

Wondering if your child needs vitamins? There are many variables to consider when determining the need for any type of supplement for a food-allergic child. These variables include: age, growth stage, activity level, medications and other health problems.

If you aren't sure your child's nutritional needs are being met, or if your child needs a supplement, ask your allergist for a referral to a registered dietitian (RD) who specializes in food allergy. A registered dietitian can be helpful in creating a meal plan for your child or the whole family that will eliminate food allergens and help meet nutritional needs.



ALLERGEN	NUTRIENTS	SUBSTITUTE	CAUTION
Milk	Protein, Calcium, Vitamin D, Vitamin A, Riboflavin, Phosphorus, Potassium, Pantothenic Acid	<ul style="list-style-type: none"> <li>- Leafy greens, calcium fortified juices, calcium fortified cereals and breads for calcium</li> <li>- Meats, poultry, and whole grains for Phosphorus and Riboflavin</li> <li>- Eggs for B12</li> <li>- Exposure to sunlight for Vitamin D</li> </ul>	Soy or rice milk can be substituted for children who are consuming a variety of other foods but it <b>MUST</b> be calcium fortified or contain 30 percent calcium.
Egg	Protein, Biotin, Folate, Pantothenic Acid, Riboflavin, Selenium, Vitamin B 12, Vitamin D, Iron	<ul style="list-style-type: none"> <li>- Meats, poultry, fish, and dairy for Protein, Riboflavin, Selenium, Vitamin B12, and Pantothenic Acid</li> <li>- Leafy greens for Folate and Riboflavin</li> </ul>	Low cholesterol egg substitutes or egg substitutes used for a low fat diet <b>SHOULD NOT</b> be used as they are made from egg white.
Soy	Protein, Calcium, Iron, Folate, Magnesium, Phosphorus, Riboflavin, Thiamin, Vitamin B6, Zinc	<ul style="list-style-type: none"> <li>- Meats, poultry, fish, and dairy for Protein, and Riboflavin</li> <li>- Fortified and enriched grains for Thiamin, Vitamin B6, Iron, Folate, Magnesium, and Phosphorus</li> </ul>	Care should be taken with other foods in the legume family due to the risk of cross-reactivity.
Wheat	Carbohydrates, Iron, Folate, Magnesium, Niacin, Phosphorus, Potassium, Riboflavin, Thiamin, Selenium	<ul style="list-style-type: none"> <li>- Non wheat-fortified and enriched grains can provide the nutrients missed by avoiding wheat</li> </ul>	Alternate grains chosen should be carefully selected from a reputable source and enriched and fortified.
Peanuts, Tree Nuts	Protein, Vitamin E, Vitamin B6, Potassium, Phosphorus, Magnesium, Manganese, Niacin, Copper, Chromium, and Biotin	<ul style="list-style-type: none"> <li>- Meats, poultry, fish, and dairy for Protein</li> <li>- Whole grains, green vegetables, and several fruits for other nutrients</li> </ul>	Nuts can be a choking hazard in young children.
Fish, Shellfish	Protein, Vitamin B6, Vitamin B12, Vitamin E, Selenium, Phosphorus, Niacin	<ul style="list-style-type: none"> <li>- Meat, poultry, eggs, and dairy products for protein</li> <li>- Fortified grains</li> <li>- Assorted fruits and vegetables</li> </ul>	Seafood should be purchased from a reputable source and should be fresh. Older fish may contain higher amounts of histamine and trigger reactions that could mimic an allergic reaction.

## What to Feed Your Allergic Infant

Breast milk provides optimal nutrition for an infant. Even infants with food allergies can benefit from breast milk with maternal dietary restrictions. If breastfeeding isn't an option, what formula should you introduce to your allergic infant? Here is a list of different types of formula available to you.

### **Cow's milk-based formulas (e.g., Similac® Advance® or Enfamil® Lipil®)**

These formulas offer complete nutrition, but contain intact cow's milk protein that your allergic infant may not tolerate. Symptoms of intolerance can vary, but may include colic, reflux or more severe spitting up. Symptoms of allergy may include bloody, mucousy stools; eczema; rash; hives or, in severe cases, anaphylaxis.

### **Soy formulas (e.g., Isomil® , Prosobee® or Nestlé Good Start Soy®)**

Soy formulas are no less allergenic than cow's milk-based formulas. Eight to 14 percent of infants with cow's milk allergy will react to soy. In infants who react in the form of proctocolitis or enterocolitis, 25 to 60 percent will react to soy formulas. For this reason, soy formulas are not recommended in the treatment of cow's milk allergy.

### **Partially-hydrolyzed formulas (e.g., Carnation Good Start®)**

These formulas take a cow's milk protein, such as whey, and break it into large pieces. Unfortunately, most cow's milk-allergic babies will react to these large pieces of protein. Therefore, these formulas are not indicated for use in cow's milk-allergic infants. Partially-hydrolyzed formulas may, however, be useful in the prevention of atopic dermatitis (eczema) in high-risk infants who do not already have cow's milk allergy.

### **Extensively-hydrolyzed formulas (e.g., Alimentum® or Nutramigen®)**

Extensively-hydrolyzed formulas are considered hypoallergenic and offer complete nutrition for infants who have an inability to digest, or who are intolerant/allergic to intact cow's milk protein. These formulas take casein (a cow's milk protein) and break it into pieces so that 90 percent of cow's milk-allergic babies will not recognize the piece of protein as a cow's milk protein. These formulas are also useful in some cases of malabsorption.

### **Amino Acid-based formulas (e.g., Neocate® or EleCare®)**

These formulas, also known as "elemental" formulas, offer complete nutrition for infants who have extreme protein hypersensitivity and are unable to tolerate extensively-hydrolyzed formulas.



*If your infant displays symptoms of an allergy or intolerance, discuss which formula is best for your individual situation with your child's physician.*

## Where to Find Safe Foods

1. Focus initially on plain foods with simple ingredients.
2. Focus primarily on what your child **can** have, and not what he can't have.
3. Learn to make safe foods by acquiring new recipes that use safe ingredients.
4. Learn the names of all food derivatives, also known as "hidden allergens," for the foods you need to avoid.
5. Learn to read labels, and read them **every** time you purchase a product.
6. Don't be shy about contacting manufacturers to ask questions about a product's safety for the allergies you are managing.
7. Take your time in the grocery store to peruse products you may not have used in the past to see if they have ingredients that are safe for your child.
8. Try visiting more than one grocery store—look in specialty food stores, natural food markets, different chain grocery stores, food coops, ethnic stores and online food stores for safe alternatives.
9. Join a local support group.  
(Tip: search [www.kidswithfoodallergies.org/groups.php](http://www.kidswithfoodallergies.org/groups.php))
10. Join an online support group.  
(Tip: sign up: [www.kidswithfoodallergies.org/community.html](http://www.kidswithfoodallergies.org/community.html)).
11. Sign up for a food allergy newsletter.  
(Tip: sign up: [www.kidswithfoodallergies.org/newsletter\\_sign-up.html](http://www.kidswithfoodallergies.org/newsletter_sign-up.html))
12. Become familiar with businesses that sell allergy-friendly foods.  
(Tip: search [www.kidswithfoodallergies.org/marketplace.html](http://www.kidswithfoodallergies.org/marketplace.html))

## Book Suggestions

More books and details about the books listed below, as well as ordering information, can be found at [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)

- ***Food Allergies for Dummies***, By Robert A. Wood, M.D. and Joe Kraynak
- ***How to Manage Your Child's Life-Threatening Food Allergies: Practical Tips for Everyday Life***, By Linda Marienhoff Coss
- ***Understanding and Managing Your Child's Food Allergies***, By Scott Sicherer, M.D.

## Cookbooks

**Please note:** some of these cookbooks use oat flour. Many oat flours in the U.S. are contaminated with wheat. Be sure to find and use wheat- and gluten-free oat flour if you are avoiding wheat and/or gluten. Also, some recipes in these cookbooks use coconut products. The U.S. Food and Drug Administration (FDA) now considers coconut a tree nut. Please check with your child's doctor regarding the use of coconut if he is managing a tree nut allergy.

- ***8 Degrees of Ingredients***, By Melissa Priem — 250 classic recipes free of the top eight allergens and gluten.
- ***Bakin' Without Eggs***, By Rosemarie Emro — 100 crowd-pleasing desserts and other treats that contain no eggs.
- ***Dairy-Free, Egg-Free, Kid Pleasing Recipes & Tips***, By Theresa Kingma — Family recipes using everyday ingredients.
- ***Food Allergy News Cookbook***, By Anne Muñoz-Furlong, ed. — 300 recipes, plus shopping tips and cooking tips.
- ***Sophie-Safe Cooking***, By Emily Hendrix — 100 easy family-friendly recipes free of the eight common allergens.
- ***What's to Eat?*** By Linda Marienhoff Coss — The milk-free, egg-free, nut-free cookbook for the inexperienced cook.
- ***The Whole Foods Allergy Cookbook***, By Cybele Pascal — 200 gourmet and homestyle recipes for the food-allergic family.

Additional cookbooks and allergy books for adults and children are available from the Food Allergy and Anaphylaxis Network.

**Tip:** For about the cost of a cookbook, a KFA Family Membership includes access to more than 1,000 recipes in our Safe Eats recipe collection, searchable by category and allergens you need to avoid. *See page 41 for more information.*

## **National Nonprofit Organizations Offering Food Allergy Information**

***Allergy and Asthma Foundation of America***  
[www.aafa.org](http://www.aafa.org)

***Allergy and Asthma Network/Mothers of Asthmatics***  
[www.aanma.org](http://www.aanma.org)

***American Academy of Allergy, Asthma and Immunology***  
[www.aaaai.org](http://www.aaaai.org)

***American Academy of Pediatrics***  
[www.aap.org](http://www.aap.org)

***American College of Allergy, Asthma and Immunology***  
[www.acaai.org](http://www.acaai.org)

***American Latex Allergy Association***  
[www.latexallergyresources.org](http://www.latexallergyresources.org)

***American Partnership for Eosinophilic Disorders***  
[www.apfed.org](http://www.apfed.org)

***Food Allergy and Anaphylaxis Network***  
[www.foodallergy.org](http://www.foodallergy.org)

***Food Allergy Initiative***  
[www.foodallergyinitiative.org](http://www.foodallergyinitiative.org)

***Kids With Food Allergies***  
[www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)

***Medem Medical Library: Asthma and Other Allergic Diseases***  
[www.medem.com](http://www.medem.com)

***National Eczema Association***  
[www.nationaleczema.org](http://www.nationaleczema.org)

***Primary Immune Deficiency Foundation***  
[www.primaryimmune.org](http://www.primaryimmune.org)

## U.S. Government Consumer Resources Offering Food Allergy Information

**Healthfinder:** Your Guide to Reliable Healthcare Information  
[www.healthfinder.gov](http://www.healthfinder.gov)

**Medline Plus:** Food Allergy  
[www.nlm.nih.gov/medlineplus/foodallergy.html](http://www.nlm.nih.gov/medlineplus/foodallergy.html)

**U.S. Food & Drug Administration Center for Food Safety & Applied Nutrition**  
[www.cfsan.fda.gov](http://www.cfsan.fda.gov)

**U.S.D.A. Food and Nutrition Information Center Food Allergy Resource List**  
[www.nal.usda.gov/fnic/pubs/bibs/gen/allergy.pdf](http://www.nal.usda.gov/fnic/pubs/bibs/gen/allergy.pdf)



## Allergy Buyer's Guide

The following companies provide products that may be useful to children with food allergies. As with selecting any food product, read all ingredients and verify with the manufacturer any doubts you have about a product's safety for your child's unique allergy issues.

More details about these stores can also be found in the Allergy Buyer's Guide section of [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)

## Shopping

### **GROCERY STORES**

#### **Allergy Free Shop**

Allergy-free, gluten-free and organic foods, and more.

[www.allergyfreeshop.com](http://www.allergyfreeshop.com)

#### **Navan Foods**

A full service health food store offering allergen-free and gluten-free foods.

[www.navanfoods.com](http://www.navanfoods.com)

#### **Whole Foods Markets**

Natural and allergen-free foods.

[www.wholefoodsmarkets.com](http://www.wholefoodsmarkets.com)

### **ALLERGY-FRIENDLY**

### **FOOD BUSINESSES**

#### **Allergaroo**

Ready-made dishes in a microwaveable pouch.

[www.allergaroo.com](http://www.allergaroo.com)

#### **AllergyFree Foods**

Dry mixes, desserts, breakfast items and breaded chicken free of common allergens.

[www.allergyfreefoods.com](http://www.allergyfreefoods.com)

#### **AllerNeeds.com**

Large selection of nut-free and allergen-free foods and snacks.

[www.allerneeds.com](http://www.allerneeds.com)

#### **Carlson for Kids**

Supplements free of gluten and many common allergens.

[www.carlsonlabs.com](http://www.carlsonlabs.com)

#### **Cherrybrook Kitchen**

All-natural mixes contain no peanuts, dairy, eggs or nuts.

[www.cherrybrookkitchen.com](http://www.cherrybrookkitchen.com)

#### **Chocolate Emporium**

Gluten-free, dairy-free and nut-free confections.

[www.choclat.com](http://www.choclat.com)

#### **Cookies...FOR ME?**

Oversized gourmet cookies that are free of gluten, eggs, milk and nuts.

[www.cookiesforme.com](http://www.cookiesforme.com)

#### **Divvies**

Bakery cookies, gourmet popcorns, chocolate bars and cupcakes.

[www.divvies.com](http://www.divvies.com)

## Shopping (continued)

### **Enjoy Life Natural Brands**

Cookies, snack bars, granolas, trail mixes, bagels, chocolate chips and chocolate bars.

[www.enjoylifefoods.com](http://www.enjoylifefoods.com)

### **Food Allergy Bag, Inc. (FAB)**

Allergen-free foods, including breads, muffins, snacks, mixes and frozen foods.

[www.foodallergybag.com](http://www.foodallergybag.com)

### **FAB Snacks**

Peanut-, tree nut-, dairy-, wheat- and/or gluten-free snack foods.

[www.fabsnacks.com](http://www.fabsnacks.com)

### **Premium Chocolatiers**

Gourmet chocolates free of milk, gluten, eggs and nuts.

[www.premiumchocolatiers.com](http://www.premiumchocolatiers.com)

### **Surf Sweets**

Organic jelly beans and gummies free of the ten most common allergens.

[www.surfsweets.com](http://www.surfsweets.com)

### **Silk Soymilk**

Large selection of soymilk products

[www.silksoymilk.com](http://www.silksoymilk.com)

### **HomeFree (formerly Gak's Snacks)**

Allergy-friendly cookies and coffeecakes.

[www.homefreetreats.com](http://www.homefreetreats.com)

### **Ian's Natural Foods**

Frozen foods and snacks made especially for kids with food allergies.

[www.iansnaturalfoods.com](http://www.iansnaturalfoods.com)

### **Kitchen Basics**

Ready-to-use, Kitchen Basics real cooking stocks.

[www.kitchenbasics.net](http://www.kitchenbasics.net)

### **Lucy's**

Crunchy cookies made without wheat, peanuts, tree nuts, milk or eggs.

[www.drlucys.com](http://www.drlucys.com)

### **Namaste Foods**

Gluten- and allergen-free kid-friendly favorites.

[www.namastefoods.com](http://www.namastefoods.com)

### **Nonuttin' Foods Inc.**

Peanut-free granola bars and other snacks.

[www.nonuttin.com](http://www.nonuttin.com)

### **Pamela's Products**

Gluten-free foods and baking mixes, including cookies.

[www.pamelasproducts.com](http://www.pamelasproducts.com)

### **Peanut Free Planet**

More than 110 products that are both peanut- and tree nut-free.

[www.peanutfreeplanet.com](http://www.peanutfreeplanet.com)

### **Sunbutter**

Made from sunflower seeds and contains no peanuts or tree nuts.

[www.sunbutter.com](http://www.sunbutter.com)

### **Sweet Alexis**

Baked goods, including cookies and moist, delectable breads.

[www.sweetalexis.com](http://www.sweetalexis.com)

### **Vermont Nut Free Chocolates**

Gourmet nut- and peanut-free chocolates.

[www.vermontnutfree.com](http://www.vermontnutfree.com)



## Formulas and Special Medical Foods

**EleCare** — Nutritionally-complete, amino acid-based medical foods.  
[www.elecare.com](http://www.elecare.com)

**Neocate** — Nutritionally-complete, amino acid-based medical foods.  
[www.neocate.com](http://www.neocate.com)

## Allergy Identifiers

**Allergicchild.com** - “Peanut-free zone” and “nut-free zone” posters.  
[www.allergicchild.com](http://www.allergicchild.com)

**AllergyTranslation Inc.** - Customized do-it-yourself restaurant cards.  
[www.allergytranslation.com](http://www.allergytranslation.com)

**Label It or Lose It** - Personalized allergy labels custom printed with your child’s name.  
[www.labelitorloseit.com](http://www.labelitorloseit.com)

**MedicAlert** - Medical identification to protect your child in an emergency.  
[www.medicalert.com](http://www.medicalert.com)

**STATkids** - Products to identify and protect kids with food allergies and Celiac Disease.  
[www.statkids.com](http://www.statkids.com)

## Epinephrine Autoinjectors

**EpiPen** — [www.epipen.com](http://www.epipen.com)

**Twinject** — [www.twinject.com](http://www.twinject.com)

## Allergy Relief Products

**achoo! ALLERGY & AIR Products, Inc.** — Offering air purifiers, bedding and more. [www.achooallergy.com](http://www.achooallergy.com)

## Egg Allergy Avoidance List

July 2007

The following ingredients found on a label indicate the presence of egg protein. This is not necessarily a complete list, but can be used as a guide. All labels should be read carefully before consuming a product, even if it has been eaten safely in the past.

Albumin  
Apovitellin  
Cholesterol free egg substitute (e.g.  
Eggbeaters)  
Dried egg solids, dried egg  
Egg, egg white, egg yolk  
Egg wash  
Eggnog  
Fat substitutes  
Globulin  
Livetin  
Lysozyme  
Mayonnaise  
Meringue, meringue powder  
Ovalbumin  
Ovoglobulin  
Ovomucin  
Ovomucoid  
Ovotransferrin  
Ovovitelia  
Ovovitellin  
Powdered eggs  
Silici albuminate  
Simplese  
Trailblazer  
Vitellin  
Whole egg

### May contain egg:

Artificial flavoring  
Lecithin  
Natural flavoring  
Nougat

## Milk Allergy Avoidance List

April 2006

The following ingredients found on a label indicate the presence of milk protein. This is not necessarily a complete list, but can be used as a guide. All labels should be read carefully before consuming a product, even if it has been eaten safely in the past.

Butters: artificial butter, artificial butter flavor, butter, butter extract, butter fat, butter flavored oil, butter solids, dairy butter, natural butter, natural butter flavor, whipped butter

Casein & caseinates: ammonium caseinate, calcium caseinate, magnesium caseinate, potassium caseinate, sodium caseinate, hydrolyzed casein, iron caseinate, zinc caseinate

Cheese: cheese (all types), cheese flavor (artificial and natural), cheese food, cottage cheese, cream cheese, imitation cheese, vegetarian cheeses with casein

Cream, whipped cream

Curds

Custard

Dairy product solids

Galactose

Ghee

Half & Half

Hydrolysates: casein hydrolysate, milk protein hydrolysate, protein hydrolysate, whey hydrolysate, whey protein hydrolysate

Ice cream, ice milk, sherbet

Lactalbumin, lactalbumin phosphate

Lactate solids

Lactyc yeast

Lactitol monohydrate

Lactoglobulin

Lactose

Lactulose

*Continued on next page...*

Milk: Acidophilus milk, buttermilk, buttermilk blend, buttermilk solids, cultured milk, condensed milk, dried milk, dry milk solids (DMS), evaporated milk, fat-free milk, fully cream milk powder, goat's milk, Lactaid® milk, lactose-free milk, low-fat milk, malted milk, milk derivative, milk powder, milk protein, milk solids, milk solid pastes, non-fat dry milk, non-fat milk, non-fat milk solids, pasteurized milk, powdered milk, sheep's milk, skim milk, skim milk powder, sour milk, sour milk solids, sweet cream buttermilk powder, sweetened condensed milk, sweetened condensed skim milk, whole milk, 1% milk, 2% milk.

Milk fat, anhydrous milk fat

Nisin preparation

Nougat

Pudding

Quark

Recaldent

Rennet, rennet casein

Simplese (fat replacer)

Sour cream, sour cream solids, imitation sour cream

Whey: Acid whey, cured whey, delactosed whey, demineralized whey, hydrolyzed whey, powdered whey, reduced mineral whey, sweet dairy whey, whey, whey protein, whey protein concentrate, whey powder, whey solids  
Yogurt (regular or frozen), yogurt powder

### **May contain milk:**

Natural flavoring

Flavoring

Caramel flavoring

High protein flour

Lactic acid (usually not a problem)

Lactic acid starter culture

"Non-dairy" products may contain casein

Rice cheese

Soy cheese

**Milk derivatives that should be safe for most individuals with milk allergy, but check with your doctor before using:**

Lactoferrin

Tagatose (Naturlose)

# Peanut Allergy Avoidance List

June 2007

The following ingredients found on a label indicate the presence of peanut protein. This is not necessarily a complete list, but can be used as a guide. All labels should be read carefully before consuming a product, even if it has been eaten safely in the past.

Arachic oil  
Arachis  
Arachis hypogaea  
Artificial nuts  
Beer nuts  
Boiled peanuts  
Cold pressed, extruded, or expelled peanut oil  
Crushed nuts, crushed peanuts  
Dry roasted peanuts  
Earth nuts  
Goober peas  
Goobers  
Ground nuts, ground peanuts  
Hydrolyzed peanut protein  
Hypogaeic acid  
Mandelonas  
Mixed nuts  
Monkey nuts  
Nu nuts flavored nuts  
Nut pieces  
Nutmeat  
Peanuts, peanut butter, peanut butter chips, peanut butter morsels  
Peanut flour  
Peanut paste  
Peanuts sauce, peanut syrup  
Spanish peanuts  
Virginia peanuts

## May contain peanuts:

Artificial flavoring  
Baked goods  
Candy  
Chili  
Chocolate  
Crumb toppings  
Ethnic foods: African, Asian, Chinese, Indian, Indonesian, Thai, Vietnamese, Mexican  
Fried foods  
Flavoring  
Graham cracker crust  
Hydrolyzed plant protein  
Hydrolyzed vegetable protein  
Marzipan  
Mole sauce  
Natural flavoring  
Nougat

## Notes:

Lupine is a legume that cross-reacts with peanut at a high rate and should be avoided by peanut-allergic patients. It does not fall under the labeling requirements of FALCPA. Lupine is also known as lupinus albus and can be found in seed or flour form.

Allergy experts advise those allergic to peanuts to avoid all tree nuts.

## Soy Allergy Avoidance List

March 2007

The following ingredients found on a label indicate the presence of soy protein. This is not necessarily a complete list, but can be used as a guide. All labels should be read carefully before consuming a product, even if it has been eaten safely in the past.

Edamame (soybeans in pods)  
Hydrolyzed soy protein  
Kinnoko flour  
Kyodofu (freeze dried tofu)  
Miso  
Natto  
Okara (soy pulp)  
Shoyu sauce  
Soy albumin  
Soy bran  
Soy concentrate  
Soy fiber  
Soy flour  
Soy formula  
Soy grits  
Soy milk  
Soy miso  
Soy nuts  
Soy nut butter  
Soy protein, soy protein concentrate,  
soy protein isolate  
Soy sauce  
Soy sprouts  
Soya  
Soya Flour  
Soybeans  
Soybean granules  
Soybean curd

Soybean flour  
Soy lecithin\*  
Soybean paste  
Supro  
Tamari  
Tempeh  
Teriyaki sauce  
Textured soy flour (TSF)  
Textured soy protein (TSP)  
Textured vegetable protein (TVP)  
Tofu  
Yakidofu  
Yuba (bean curd)

### May contain soy:

Artificial flavoring  
Asian foods (e.g., Japanese,  
Chinese, Thai, etc.)  
Hydrolyzed plant protein  
Hydrolyzed vegetable protein (HVP)  
Natural flavoring  
Vegetable broth  
Vegetable gum  
Vegetable starch

### Derived from soy, but should be safe for most soy-allergic individuals:

Soy oil  
Vegetable oil derived from soy

\*Effective January 1, 2006, products covered by the FDA labeling laws that contain soy lecithin must be labeled, "contains soy."

## Tree Nut Allergy Avoidance List

July, 2007

The following ingredients found on a label indicate the presence of tree nuts. This is not necessarily a complete list, but can be used as a guide. All labels should be read carefully before consuming a product, even if it has been eaten safely in the past.

This list contains a quick reference to common tree nut names as well as a more detailed list of the botanical names and derivative names for tree nuts.

### Quick reference to common tree nut names:

Almond  
Beechnut  
Brazil nut  
Bush nut  
Butternut  
Cashew  
Chestnut  
Chinquapin  
Coconut  
Filbert  
Ginko nut  
Hazelnut  
Hickory nut  
Lichee nut  
Macadamia nut  
Nangai nut  
Pecan  
Pine nut  
Pistachio  
Shea nut  
Walnut

### Complete list of tree nut names, botanical names and derivative names for tree nuts:

Almond  
Almond paste  
Anacardium nuts  
Anacardium occidentale (Anacardiaceae)  
[botanical name, Cashew]  
Artificial nuts  
Beech nut  
Brazil nut  
Bertholletia excelsa (Lecythidaceae)  
[botanical name, Brazil nut]  
Bush nut  
Butternut  
Butyrospermum Parkii  
[botanical name, Shea nut]  
Canarium ovatum Engl. in A. DC. (Burseraceae)  
[botanical name, Pili nut]  
Caponata  
Carya illinoensis (Juglandaceae)  
[botanical name, Pecan]  
Carya spp. (Juglandaceae)  
[botanical name, Hickory nut]  
Cashew  
Castanea pumila (Fagaceae)  
[botanical name, Chinquapin]  
Castanea spp. (Fagaceae)  
[botanical name, Chestnut (Chinese, American, European, Seguin)]  
Chestnut (Chinese, American, European, Seguin)  
Chinquapin  
Coconut\*  
Cocos nucifera L.\* (Arecaceae (alt. Palmae)  
[botanical name, Coconut]  
Corylus spp. (Betulaceae)  
[botanical name, Filbert/hazelnut]

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Filbert  
 Fagus spp. (Fagaceae)  
 [botanical name, beech nut]  
 Gianduja  
 Ginko nut  
 Ginkgo biloba L. (Ginkgoaceae)  
 [botanical name, Ginko nut]  
 Hazelnut  
 Heartnut  
 Hickory nut  
 Indian nut  
 Juglans cinerea (Juglandaceae)  
 [botanical name, Butternut]  
 Juglans spp. (Juglandaceae)  
 [botanical name, Walnut, Butternut, Heartnut]  
 Karite (shea nut)  
 Lichee nut  
 Litchi chinensis Sonn. Sapindaceae  
 [botanical name, Lichee nut]  
 Lychee nut  
 Macadamia nut  
 Macadamia spp. (Proteaceae)  
 [botanical name, Macadamia nut/  
 Bush nut]  
 Madelonas  
 Marzipan  
 Mashuga nuts  
 Nangai nuts  
 Natural and artificial flavoring  
 Natural nut extract  
 (for example, almond extract)  
 Nougat  
 Nu-Nuts®  
 Nut butters (e.g., Almond butter,  
 Hazelnut butter, Brazil nut butter,  
 Macadamia nut butter, Pistachio nut  
 butter, Shea nut butter, Karite butter,  
 as well as other nut butters)  
 Nut meal  
 Nutella®  
 Nutmeat

Nut oil (e.g., Walnut oil as well as  
 other nut oils)  
 Nut paste  
 Nut pieces  
 Pecan  
 Pesto  
 Piñolia  
 Pili nut  
 Pine nut  
 Pine nut (Indian, piñon, pinyon,  
 pigndi, piñolia, pignon nuts)  
 Pinon nut  
 Piñon or Piñon nut  
 Pinus spp. (Pineaceae) [botanical  
 name, Pine nut/piñon nut]  
 Pistachio  
 Pistacia vera L. (Anacardiaceae) [bo-  
 tanical name, Pistachio]  
 Pralines  
 Prunus dulcis (Rosaceae) [botanical  
 name, almond]  
 Shea nut  
 Sheanut  
 Vitellaria paradoxa C.F. Gaertn.  
 (Sapotaceae) [botanical name,  
 Shea nut]  
 Walnut (English, Persian, Black,  
 Japanese, California)

### **May contain tree nuts:**

Natural and artificial flavoring  
 Mortadella

*\* The U.S. FDA classifies coconut as a tree nut. As your doctor if you need to avoid coconut if you manage a tree nut allergy.*



## Wheat Allergy Avoidance List

July 2007

The following ingredients found on a label indicate the presence of wheat protein. This is not necessarily a complete list, but can be used as a guide. All labels should be read carefully before consuming a product, even if it has been eaten safely in the past.

All purpose flour

Bran

Bread (any type made with white flour, wheat flour), bread crumbs

Bread flour

Bromated flour

Bulgur

Cake flour

Cereal extract

Club wheat

(*Triticum compactum* Host.)

Common wheat

(*Triticum aestivum* L.)

Couscous

Crackers, cracker meal

Durum wheat (*Triticum durum* Desf.)

Durum flour

Einkorn (*Triticum monococcum* L. subsp. *monococcum*)

Emmer (*Triticum turgidum* L. subsp. *dicoccon* (Schränk) Thell.)

Enriched flour

Farina

Flour

Fu

Germ

Gluten

Graham flour



High gluten flour

High protein flour

Instant flour

Kamut (*Triticum polonicum* L.)

Malt, malt extract

Matzo, Matzoh, Matzah, Matza, matsa, matso

Matzo meal, Matzoh meal, Matzah

meal, Matza meal, matsa meal, matso meal, matsah meal or matsoh meal

Noodles

Pasta

Pastry flour

Phosphated flour

Plain flour

Seitan

Self-rising flour

Semolina (*Triticum durum* Desf.)

Soft wheat flour

Spelt (*Triticum spelta* L.)

Steel ground flour

Stone ground flour

Tabbouleh

Triticale ( x *Triticosecale* ssp. Wittm.)

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Triticum: *Triticum aestivum* L.,  
*Triticum durum* Desf., *Triticum*  
*compactum* Host., *Triticum spelta*  
L., *Triticum durum* Desf., *Triticum*  
*monococcum* L. subsp. *monococcum*,  
*Triticum turgidum* L. subsp. *dicoccon*  
(Schränk) Thell., *Triticum polonicum*  
L., and *x Triticosecale* ssp. Wittm.

Unbleached flour

Vital gluten

Wheat, wheat berries, wheat bran,  
wheat flour, wheat germ, wheat  
gluten, wheat grass, wheat malt,  
wheat starch, wheat sprouts

White flour

Whole wheat berries

whole wheat bread

whole wheat flour

### **May contain wheat:**

Artificial flavoring

Caramel color

Dextrin

Food starch\*

Gelatinized starch\*

Hydrolyzed vegetable protein (HVP)

Maltodextrin

Modified food starch\*

Monosodium glutamate

MSG

Natural flavoring

Oats (may be contaminated with  
wheat due to agricultural cultivation  
practices)

Shoyu

Soy Sauce

Surimi

Tamari

Teriyaki Sauce

Textured vegetable protein

Vegetable gum

Vegetable starch\*

\* Unless otherwise stated on the food  
label, the single word “starch” in an  
ingredient list means corn starch.

See: <http://www.fda.gov/ICECI/ComplianceManuals/CompliancePolicyGuidanceManual/ucm074605.htm>



## About Kids With Food Allergies (KFA)

### Welcome Home!

Whether you are dealing with a new diagnosis of food allergies or you've been managing food allergies for a while, we invite you to become a member and utilize some of our wonderful resources for practical, everyday allergic living. As a tax-exempt nonprofit organization with a medical advisory board, KFA is proud to offer educational resources, food/cooking assistance, a recipe database, and parent-to-parent peer support for families dealing with all types of food allergy and intolerance challenges.

## How KFA Can Help You

### Connect and Share

In our *Support Forums for Parents of Food Allergic Kids (POFAK)*, [www.kidswithfoodallergies.org/community.html](http://www.kidswithfoodallergies.org/community.html), you can welcome new friends, and share your stories and concerns with other members who also have children with food allergies. The Main Forum is the "heart and soul" of POFAK but there are also more than a dozen other forums to visit where you can connect with other parents about topics including infant care, school issues, breastfeeding a child with food allergies, and more. Looking for a local group? Search for a local support group in our *Support Group database*, ([www.kidswithfoodallergies.org/groups.php](http://www.kidswithfoodallergies.org/groups.php)).

### Get Help with Food and Cooking

Our *Safe Eats™ Allergy-Free Recipes*, [www.kidswithfoodallergies.org/recipes.html](http://www.kidswithfoodallergies.org/recipes.html), is a virtual recipe box chock full of 1,000 allergen-friendly recipes, searchable by "free of" categories. On our Food and Cooking Support Forums you can ask for cooking advice or recipe adaptations.

### Learn How to Live Better

Our *Food Allergy Resource Center*, [www.kidswithfoodallergies.org/resources.html](http://www.kidswithfoodallergies.org/resources.html), is full of articles, brochures, downloads, and other resources to help manage allergic living from starting school to managing holidays.

### Shop

Need some gear? Check out our *KFA Shop*, [www.kidswithfoodallergies.org/shopping.html](http://www.kidswithfoodallergies.org/shopping.html), where you'll find allergy awareness T-shirts, gifts, allergy books and cookbooks.

## Stay Up-to-Date with the Latest News about Food Allergies

Visit our home page, [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org), to sign up for *KFA e-news*, our free e-newsletter, and our news feed.

KFA is a growing community of parents, healthcare professionals and businesses joining together to help families create better lives today for children with food allergies. Our volunteer board of directors, medical advisors, community leaders and hosts work with much dedication to make KFA a safe place to help you in the day-to-day challenges as you raise your family. We welcome you 24 hours a day, seven days a week to ensure that wherever you are, you will always have a *World of Support* at KFA.

But don't just think of Kids with Food Allergies as a Web site. Think of KFA as a home—a place to visit, learn, create and share with people who really understand our food allergy lifestyle. As a member, you become part of our KFA family. As family, it's important for you to be aware of, and take advantage of, everything KFA has to offer. Thousands of visitors take advantage of our resources every month, and our KFA family has more than tripled in the past three years. In fact, KFA is looking to expand its “walls” to accommodate our growing family!

If you are not yet an Associate or Family Member of KFA, visit our Web site, [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org), to discover how KFA can help you find solutions for day-to-day challenges, and to connect with others who truly understand what it's like to raise a child with food allergies.

*Go to [www.kidswithfoodallergies.org/community.html](http://www.kidswithfoodallergies.org/community.html) to find out more about KFA membership benefits, and sponsorships for members in need of a family membership but unable to afford the cost.*

<b>Membership and Donation Form</b>					
<i>Register or donate online using our secure server,  <a href="http://www.kidswithfoodallergies.org">www.kidswithfoodallergies.org</a>, or fill out the form and mail to the  KFA Office at the address at the bottom of this page.</i>					
Name on Card					
Address					
City		State		Zip	
Email					
Preferred username for our support forums					
12-month Family Membership \$25			\$ _____		
Donation			\$ _____		
Total Amount Enclosed:			\$ _____		
For Payments by Credit Card					
Card Type	Visa	MC	AmEx		
Account #					
Signature					

**Please make checks payable to:**

*Kids With Food Allergies  
73 Old Dublin Pike, Ste. 10 #163  
Doylestown, PA 18901*

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KFA is a 501(c)(3) organization.

Tax ID #20-0330119

## Notes



Free of dairy, full of nutrition

*Special thanks to Nutricia North America for generously  
providing the funding for this publication.*



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Kids With Food Allergies is a 501(c)(3) tax-exempt national nonprofit organization whose mission is to foster optimal health, nutrition and well-being of children with food allergies by providing education and a caring support community for their families and caregivers.

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