

Recommended Resources for the Newly Diagnosed

Getting Started With Food Allergies: A Guide for the Newly Diagnosed. Packed with the basics, this guide includes how a reaction occurs and how to introduce food to an allergic baby. It also provides tips on grocery shopping, how to read food labels, and dining away from home.

Item # PSTART Price \$5

Commonly Asked Questions About Food Allergies.

What is the difference between an allergy and an intolerance? Will my child outgrow his food allergies? More than 30 common questions about food allergies are answered in this booklet.

Item # PCOM Price \$5

Just One Little Bite Can Hurt! Important Facts About Anaphylaxis. If you are new to food allergies, or have had a recent severe allergic reaction, this booklet is a must! It covers topics such as what is anaphylaxis, who is at risk, and what should be done if a reaction occurs. A great basic reference tool.

Item # PANA Price \$5

“What You Need To Know” Series. A series of booklets addressing each of the eight major allergens, with an additional booklet about parenting also available. When ordering, please ask for the booklet you would like by topic (Peanut, Milk, Egg, Parenting, etc.).

Item # PW__ Price \$5

Dining Out and Traveling With Food Allergy. This handy guide provides information about dining at restaurants, and offers strategies for menu selections, communicating your needs, and traveling by plane or car.

Item # TGUI Price \$7

Also, be sure to ask a FAAN customer service representative about our Alexander the Elephant book series, which helps children better understand food allergy.

One Bite Is All It Takes: Managing Food Allergies and Anaphylaxis DVD. FAAN’s popular video explains the basics of managing food allergy. It’s a great training tool for patients, parents, teachers, caregivers, and others. The video explains the medical and emotional aspects of living with food allergies in a positive, can-do tone.

Item # VBIT Price \$20

Item # DVDBIT Price \$20

To order these materials or others, call the FAAN office or visit our website at www.foodallergy.org.

Join FAAN Today!

Join FAAN today to receive *Food Allergy News* every other month. This 12-page newsletter is packed with food allergy research, practical tips, dietary advice, recipes, and news about advocacy efforts. The August/September issue includes a four-page insert on managing food allergies in school.

Your child can elect to receive *Food Allergy News for Kids*, a four-page newsletter that arrives every other month and features children with food allergy.

Members also receive funded mailings of “Special Allergy Alerts,” which contain urgent notices about mislabeled or recalled food or pharmaceutical products, as well as advance notice of ingredient changes.

- 1-year membership: \$30
- 2-year membership: \$55
- 3-year membership: \$78

CALL NOW!
Join FAAN today. (800) 929-4040

Additional INFORMATION

For more information about food allergies, contact:

The Food Allergy & Anaphylaxis Network
11781 Lee Jackson Hwy., Suite 160
Fairfax, VA 22033-3309
(800) 929-4040
www.foodallergy.org

Write to us or visit our website for a list of publications that may be of interest to you, including our *Food Allergy News Cookbook*, educational books, programs, and videos addressing topics such as school, child care, and peer education. FAAN also offers free Special Allergy Alerts via e-mail, which notify subscribers of product recalls. To sign up, visit www.foodallergy.org/alerts.html.

For a board-certified allergist, contact:

American Academy of Allergy, Asthma & Immunology
555 East Wells Street, Suite 1100
Milwaukee, WI 53202-3823
(800) 822-2762
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What You Should Know About Living With Food Allergy

Tips for the Newly Diagnosed



What You Should Know About Living With Food Allergy

If you are reading this, chances are you have been diagnosed with a food allergy. As you may know, to manage your food allergies successfully, your diet and lifestyle must change. While these changes may seem challenging and overwhelming at first, over time things will get easier.

This brochure highlights daily activities food allergy may impact. It will help you learn what to consider to avoid an allergic reaction.

Finally, keep in mind that you are not alone—an estimated 12 million Americans are living with food allergies. If you have any questions after you read this brochure, please call the Food Allergy & Anaphylaxis Network (FAAN) office, visit our website, or send us an e-mail at faan@foodallergy.org. We're here to help you.

There is no cure for food allergies. Just one little bite of allergy-causing food can induce a reaction. Strict avoidance of the allergy-causing food is the only way to prevent a reaction.

Living With Food Allergy

Planning in advance how to handle certain situations, reading labels vigilantly, and following avoidance strategies are keys to maintaining control of food allergy. The next two panels highlight some areas that you will need to think about, and plan for, to avoid a reaction.

Grocery Shopping. Grocery shopping will take extra time because each food ingredient statement must be carefully read. The Food and Drug Administration (FDA) regulations require that protein-containing ingredients derived from the top eight allergens (milk, egg, wheat, peanut, soy, tree nut, fish, and shellfish) be identified by their common or usual name.

When scientific ingredient names are used, the law requires manufacturers to list the common term in parentheses next to the scientific term, i.e., “casein (milk)” **or** to provide a “Contains” statement directly after or adjacent to the ingredient list for each major allergen in the product.

The law makes an exception for highly refined oils derived from allergens, such as soybean oil or peanut oil. Highly refined oils are not labeled as allergens.

Allergy warnings such as “May contain...” or “Manufactured in a facility...” are voluntarily used by some food manufacturers. There are no regulations for when these statements are to be used. However, the intent of the messages is to alert you to a risk. Avoid products with these warnings.

Read the labels on cosmetics and bath products (soap, lotion, etc.) too, since these items may contain common allergens such as milk, egg, or wheat.

Cooking. Care must be taken in the kitchen to avoid contact with allergy-causing ingredients. This can occur in a number of ways, such as splatter from allergy-containing foods to allergy-free foods or “cross-contact” (when one food comes in contact with another food, causing their proteins to mix; as a result, each food then contains small amounts of the other food).

Cross-contact could happen when a knife that is used to spread peanut butter, and only wiped

clean, is used to spread jelly. In this example, individuals with a peanut allergy may have an allergic reaction when they eat the jelly. All equipment and utensils should be cleaned with hot, soapy water before being used to prepare allergen-free food.

Dining away from home. Hidden ingredients in sauces and desserts, and cross-contact are common causes of reactions in restaurants, according to a study of peanut and tree nut allergic reactions in restaurants.

If you choose to dine away from home, be vigilant about verifying ingredients and preparation methods. Speak to the restaurant manager about menu items. Use a “chef card” listing the ingredients you must avoid to inform kitchen staff of your food allergy. For a free chef card template, visit our website at www.foodallergy.org/downloads.html.

Schools, child care, and camps. If your child has a food allergy, it is important to work with school and camp staff and child care providers to plan for how the food allergy will be managed and how an allergic reaction will be recognized and treated.

Carrying medicine. Allergic reactions are never planned. If your doctor has prescribed medication such as epinephrine (EpiPen[®] or Twinject[®]), carry

Convincing others that food allergy is real is often the most challenging part of living with a food allergy. If you or your child has a food allergy, share this brochure with family and friends so that they can better understand the precautions you must take.

it with you at all times. Ask your doctor for a written plan that outlines when and how to use your medicine. For a free Food Allergy Action Plan (FAAP), visit our website at www.foodallergy.org/downloads.html.

Food Allergy Basics

- Approximately 12 million Americans suffer from food allergy, with 6.9 million allergic to seafood and 3.3 million allergic to peanuts or tree nuts (almonds, walnuts, pecans, etc.)
- Eight foods account for 90% of all food-allergic reactions in the United States. They are milk, eggs, wheat, peanuts, tree nuts, soy, fish, and shellfish
- Food allergy is the leading cause of anaphylaxis (a serious allergic reaction that is rapid in onset and may cause death) outside the hospital setting, causing about 50,000 emergency room visits per year
- Approximately 150 people die annually from anaphylaxis to food, including children and young adults
- Approximately 3 million school-aged children have food allergy
- One in every 17 children under 3 years old has food allergy
- Teens and young adults with peanut or tree nut allergy and asthma appear to be at increased risk for severe or fatal allergic reactions

Note: Statistics are based on U.S. data only.