

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

Nutrition Guide to Food Allergies. The nutritional value of key foods and alternative sources of those nutrients, how to read labels, and more can be found in this booklet.

Item # PNUIT Price \$5

Food Allergy and Atopic Dermatitis. This booklet is filled with easy-to-read questions and answers about atopic dermatitis (eczema). Learn what you can do to help heal the skin and prevent future outbreaks.

Item # PATO Price \$5

It Only Takes One Bite: Food Allergy and Anaphylaxis Video. 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 Web site 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 will receive *Food Allergy News for Kids*, a four-page newsletter that arrives every other month and features children with food allergy.

Members are mailed "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 Web site 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, peer education, traveling, and dining out. 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

www.aaaai.org

American College of Allergy, Asthma & Immunology

85 West Algonquin Road, Suite 550

Arlington Heights, IL 60005

(800) 842-7777

www.acaai.org

Funded by a grant from:

ACAAI American College of Allergy, Asthma & Immunology



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 successfully manage your food allergies, 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 11 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 or send us an e-mail. We're here to help you.

There is no cure for food allergies. Just one little bite of allergy-causing food can cause 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 key to maintaining control over a 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. Some manufacturers currently use scientific terms to indicate an allergy-causing ingredient. For instance, “albumin” and “lysozyme” are egg-containing ingredients; “casein” and “whey” indicate milk. Additionally, natural and artificial flavors and spices may contain common food allergens.

The Food Allergen Labeling and Consumer Protection Act requires manufacturers to use simple language (i.e., “egg” and “milk”) and to list allergens if they are present in colors, flavors, or spices in products manufactured on or after January 1, 2006. It will take more than one year for all products to have simple language on their labels. Until then, you must learn the scientific names for the food to which you are allergic and call manufacturers to ask about unfamiliar ingredients.

Read the labels on cosmetics and bath products (soaps, lotions, 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 or utensils should be cleaned with hot, soapy water before being used to prepare allergy-free food.

Dining away from home. Hidden ingredients 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 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 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 www.foodallergy.org/downloads.html.

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.

Food Allergy Basics

- Approximately 11 million Americans suffer from food allergy, with 6.5 million allergic to seafood and 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, peanuts, tree nuts, wheat, soy, fish, and shellfish.
- Food allergy is the leading cause of anaphylaxis (a severe, potentially fatal allergic reaction) outside the hospital setting, causing about 30,000 emergency room visits per year.
- Approximately 150 to 200 people die annually from anaphylaxis to food, including children and young adults.
- Approximately 2 million school-aged children have food allergy.
- One in every 20 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.