

FOOD ALLERGY



Workbook



time to learn!

My Name: _____

I Am Allergic To: _____

My Favorite Foods: _____

My Food Allergy Diary

DATE	SUSPECTED FOOD	SYMPTOMS	WHEN	MEDICINES NEEDED
			My symptoms started: <input type="checkbox"/> Within 30 minutes <input type="checkbox"/> 30 min- 2 hours <input type="checkbox"/> More than 2 hours	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Steroids <input type="checkbox"/> Antihistamine <input type="checkbox"/> Albuterol Other:
			My symptoms started: <input type="checkbox"/> Within 30 minutes <input type="checkbox"/> 30 min- 2 hours <input type="checkbox"/> More than 2 hours	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Steroids <input type="checkbox"/> Antihistamine <input type="checkbox"/> Albuterol Other:
			My symptoms started: <input type="checkbox"/> Within 30 minutes <input type="checkbox"/> 30 min- 2 hours <input type="checkbox"/> More than 2 hours	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Steroids <input type="checkbox"/> Antihistamine <input type="checkbox"/> Albuterol Other:
			My symptoms started: <input type="checkbox"/> Within 30 minutes <input type="checkbox"/> 30 min- 2 hours <input type="checkbox"/> More than 2 hours	<input type="checkbox"/> Epinephrine <input type="checkbox"/> Steroids <input type="checkbox"/> Antihistamine <input type="checkbox"/> Albuterol Other:
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TESTING FOR FOOD ALLERGY

Your doctor may order the following tests to diagnose a food allergy.

As a general rule, if you **CAN** eat it without problems, you do **NOT** need testing for it!



History and Physical Exam

- This is the most important first step in diagnosing food allergy and will guide other testing
- Your doctor will ask detailed questions about your symptoms and concerns.



Blood Test

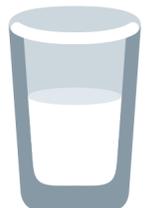
- Blood tests called allergen-specific serum IgE tests may be ordered for foods identified as possible allergens.
- Only testing for suspected foods is useful.

Skin Prick Test

- Using a piece of plastic, skin is gently scratched or pricked with a drop of liquid that contains the food allergen.
- Only testing for suspected foods is useful.

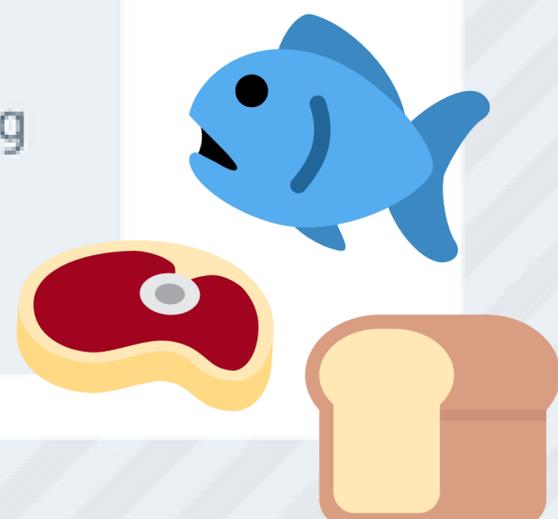
Oral Food Challenge

- Your doctor may recommend eating the food allergen very slowly in a safe, supervised clinical setting.



Food Elimination Diet

- Your doctor may recommend removing 1 or more foods from your diet to help identify allergies and other related disorders.



Food-Related Symptoms Can Be Confusing!



Here are some symptoms that may overlap and can be related to a different health issue.



Please see your doctor if you have ANY of these symptoms.

Food gets stuck when I swallow



Belly cramps, bloating, gas, and diarrhea



Vomiting repeatedly after eating certain foods

Itchy mouth after eating fresh fruits, vegetables, or nuts



Itchy skin rash or mouth sores

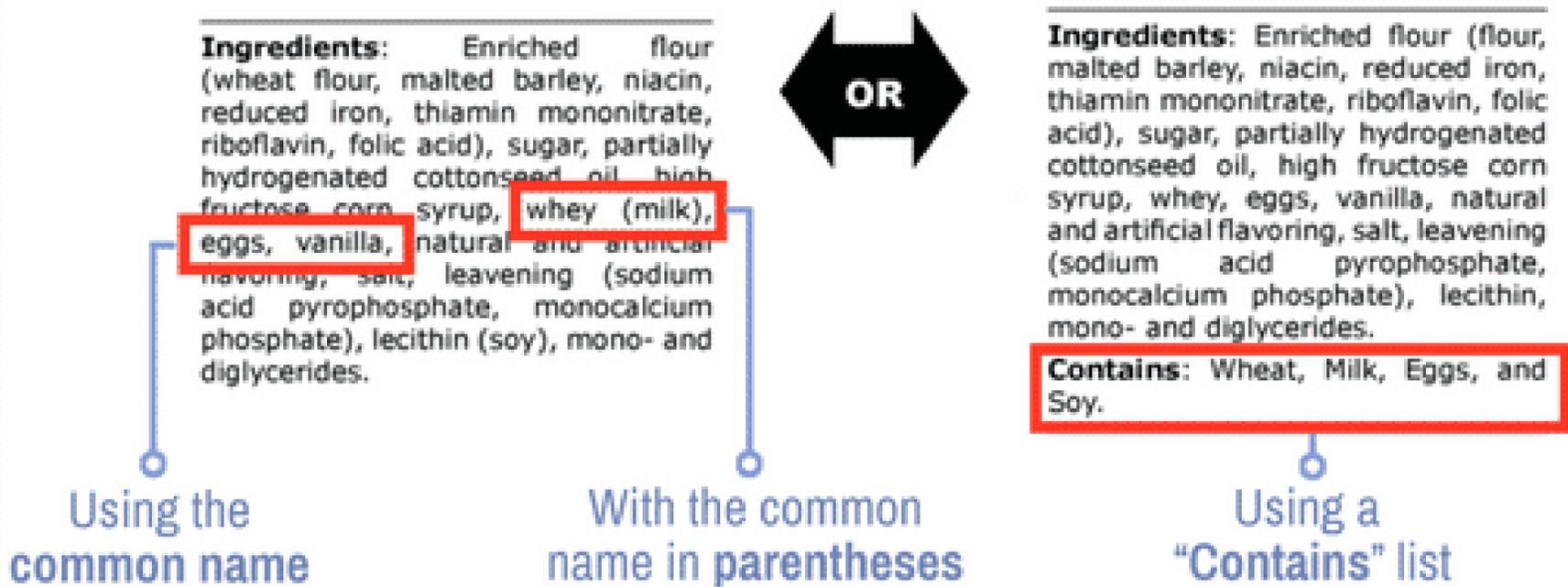
Poor weight gain or weight loss

Blood or mucus in your stool



Food Label Tips

ALLERGENS CAN BE LISTED IN ONE OF THREE WAYS



Pro Tip:

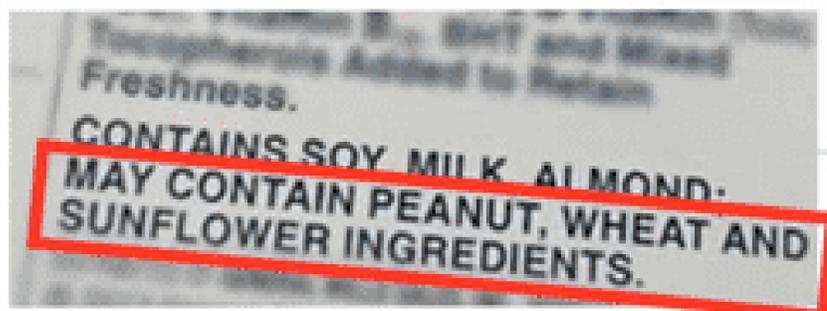
Read every label, every time.

Ingredients in packaged foods may change without warning.

WHAT ARE PRECAUTIONARY LABELS?

These labels include statements like:

- "May Contain..."
- "Processed in a facility with..."
- "Processed on equipment that also processes..."



Manufacturers do **NOT** have to include these statements **NOR** do they have to include "traces" of allergens that have come about through processing

Allergists normally tell patients to **AVOID** these products to prevent eating unintentional traces of an allergen due to cross contamination

Food Label Tips

SOY

These ingredients indicate the presence of **soy**:



- Edamame
- Hydrolyzed soy protein
- Miso (fermented soy)
- Natto
- Shoyu
- Soy fiber, flour, grits, nuts, powder
- Soy butter, cheese, ice cream, milk, yogurt
- Soy sauce
- Tamari
- Tempeh
- Soy protein isolate
- Textured soy flour (TSF), soy protein (TSP), vegetable protein (TVP)
- Tofu (silken, firm, dried)

SOY NOTES

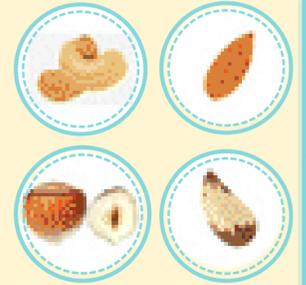
Many popular **energy bars** and **cereals** contain soy powder for added protein.

Soy is often found in **processed deli meats** in the form of hydrolyzed soy protein, a flavor enhancer.

Many **meat alternative products** are made from soy protein.

TREE NUTS

The term "**tree nut**" includes all of the following nuts:



- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Filberts/hazelnuts
- Macadamia nuts
- Pine nuts
- Pinoli, pignoli, pinon
- Beechnut
- Butternut
- Ginko nut
- Lichee nut
- Pistachio
- Pecans
- Walnut

TREE NUT NOTES

Avoid locations where **cross-contamination from nuts** may occur (i.e. bulk bins in grocery stores, ice cream shops, and buffets/salad bars).

Pesto sauce typically contains pine nuts and should be avoided by anyone with a tree nut allergy.

Look for products made in a **nut-free facility** for the highest assurance of safety

FISH

"Fish" encompasses all **finned fish** including (not limited to):



- Anchovies
- Bass
- Catfish
- Flounder
- Grouper
- Haddock
- Halibut
- Swordfish
- Tilapia
- Trout
- Herring
- Mahi Mahi
- Perch
- Pike
- Pollock
- Salmon
- Scrod
- Sole
- Snapper

FISH NOTES

Some **Asian cuisines**, including Thai, Vietnamese and Filipino, use **fish sauce** as a flavoring ingredient. Avoid these restaurants due to risk of cross-contamination.

Imitation crab (surimi) is made from white fish.

Worcestershire sauce and Caesar salad/dressing typically include anchovies.

SHELLFISH

These ingredients indicate the presence of **shellfish**:



Mollusks

- Abalone
- Clam
- Cockle
- Mussel
- Octopus
- Oyster
- Scallop
- Snail, escargot
- Squid, calamari

Crustaceans

- Crab
- Crawfish, Crayfish, ecrevisse
- Lobster, langoustem langoustine, scamp, coral, tammaley
- Shrimp, prawns, crevettes

SHELLFISH NOTES

The term shellfish can be used to refer to both types of shellfish: **crustacean shellfish** and **molluscan shellfish**.

Crustacean shellfish must be on food labels. However, be sure to check the ingredient list for molluscan shellfish, as they are not considered a major allergen.

How to Read a Food Label

WHEAT

These ingredients indicate the presence of **wheat**:



- Bulgur
- Cereal Extract
- Couscous
- Durum flour & wheat
- Einkorn
- Emmer
- Farina
- Flour
- Kamut
- Semolina
- Spelt
- Sprouted Wheat
- Triticale
- Vital Wheat Gluten
- Wheat (brand, germ, gluten, grass, malt, starch)

Foods that may contain wheat

- Candies
- Chocolates
- Baked goods
- Ice cream
- Crackers
- Grays
- Processed meats
- Hot dogs
- Pretzels
- Thicker soups
- Soy sauces
- Pasta
- Bread crumbs
- Matzo
- Noodles
- Caramel color

MILK

These ingredients indicate the presence of **milk**:



- Milk, milk solids, non-fat milk solids, milk powder
- Cream, sour cream, whipped cream
- Lactose, lactalbumin, hydrolysates
- Cheese, cream cheese, cottage cheese
- Whey
- Buttermilk
- Casein, caseinate
- Sodium caseinate
- Rennet casein

Foods that may contain milk

- Candies
- Cookies
- Baked goods
- Butter
- Artificial butter
- Ice cream
- Cheese
- Yogurts
- Processed meats
- Canned meats
- Ghee
- Custard
- Curds

MILK NOTES

There are a lot of great **non-dairy milk** alternatives including soy, rice and almond milks

PEANUT

These ingredients indicate the presence of **peanuts**:



- Arachide
- Arachis oil
- Beer nuts
- Goober nuts/peas
- Ground nuts
- Valencias
- Peanut butter
- Peanut flour
- Peanut oil
- Kernels
- Nut meats

Foods that may contain peanut:

- Candies
- Chocolates
- Baked Goods
- Ice Cream
- Trail Mixes
- Glazes/Marinades
- Chili/Hot sauces
- Gravy

PEANUT NOTES

Look for products made in a dedicated nut-free facility.

Avoid products whose ingredients statement says, "**May contain traces of peanuts,**" and "**Manufactured in a facility that also processes peanuts,**" to be safe.

EGGS

These ingredients indicate the presence of **eggs**:



- Albumin
- Egg (protein, white, dried, powdered, yolk)
- Globulin
- Lecithin
- Livetin, lysozyme
- Meringue
- Ovalbumin
- Ovomuroid
- Ovomucin
- Vitellin, ovovitellin

Foods that may contain egg

- Baked goods
- Caesar dressing
- Cookies & cakes
- French toast
- Fried foods
- Pasta
- Puddings/custards
- Pretzels
- Ice cream
- Marshmallows
- Mayonnaise

EGG NOTES

Cooking without eggs: In recipes, try substituting the following for each egg required: whisk together 1 Tbsp flax meal with 3 Tbsp water for 2-3 minutes until frothy; add mixture to recipe per directions

How to Visit

NEW RESTAURANTS

The **SAFE** Way!



Use this guide to help you determine if
a restaurant can safely prepare
allergen-free meals!



Step 1: Pick a Restaurant and Read the Menu

Go on-line and search for a restaurant you are interested in trying.

Make a list of a few restaurants here!

Step 2: Call to Speak with the Manager

Here are some questions that can guide the conversation. The

best time to call is between 2:00 p.m. and 4:00 p.m.

- I have a life-threatening allergy to _____. Can we discuss if your restaurant can safely prepare foods without _____.
- Is your staff trained on food allergies? Can you safely prepare foods without _____?
- Do you have separate areas, cutting boards, and utensils to prepare foods for people with special diets? If the answer is yes, ask: What foods are prepared in this area?
- Do you already have specialty meals/products for people with food allergies? Does your menu indicate which allergens are present in each meal? Will I be able to look at ingredient labels?
- Will you be at the restaurant while I am there? If not, ask for the name of a manager or staff member who will be there and know the accommodations you discussed to ensure proper preparation to serve you safely.
- Ask yourself: Does this manager make you feel confident eating there?
- If YES: continue to Step 3.
- If NO: That's OK. **Don't get discouraged!** You may have to try a few a new restaurants.

Step 3: Now Pick the Time & Date to Make a Reservation

Restaurant:

Date:

Time:

Manager Name:

Notes:

Step 4: Preparing for Your Restaurant Trip

Before your leave home, make sure you have your epinephrine auto-injectors, antihistamines, action plan, and asthma inhalers

Carry your completed **Chef Card**

- This card describes the foods that must be avoided when preparing your meal at the restaurant.
- See your Health Passport for a template!

Step 5: At the Restaurant

- Look at server, then slowly, clearly, and plainly explain (in a voice that is a statement, not a question) that you have an allergy to _____.
- Order your food choices (you've already had time at home or while sitting at the table, to read the menu and make some choices). So, now ask server if your choice is free of your allergen food, just to be sure.
- When food is served, ask server if this plate is your order (the meal you picked), before you begin to eat.
- Thank staff for their help and enjoy!

Enjoy!!!

CHEF CARD

Creating a CHEF CARD allows you to **communicate** your food allergies to a chef or manager at a restaurant.



Your CHEF CARD allows restaurants to **avoid your allergens & better serve you.**



Fun Activity: Using a notecard, try designing your own Chef Card like the one below!

CHEF CARD

I HAVE SEVERE FOOD ALLERGIES
and must avoid all foods containing:

MY FOOD MUST NOT MAKE CONTACT WITH ANY OF MY ALLERGENS. UTENSILS AND PREP AREAS MUST BE CLEANED BEFOREHAND TO AVOID CROSS-CONTACT.

THANKYOU

Pro Tip: Fill out the Chef Card on this page & take a picture so that it's easily accessible on your phone!

A FAMILY'S GUIDE OF

Stress and Anxiety Coping Tips

Helping you and your child reduce food allergy related stress and anxiety in the busy modern world.

Talking about food allergies with your child



Keep It SIMPLE

- Use **language** that is right for your child's age.
- Talk about the "**unsafe foods**" that make them very sick.
- **Show them** what the "unsafe foods" are and common snacks that may include them. When at the grocery store, point out gallons of milk or cartons of eggs to show your child what they commonly look like.
- Teach them the importance of only eating foods that are given to them by their parents or trusted adults aware of the food allergy.

Stick To The FACTS

- Describe **accurate information** about allergic reactions and allergens.
- **Be honest** when you answer questions, but don't magnify or "over-share" things you read on social media.
- **Be calm** and use a positive tone, even if you may feel anxious or fearful about allergic reactions. As your child's role model, they will follow your lead.
- Emphasize that they are **NOT alone!** There are other kids, just like them, who have food allergies. In fact, 1 in 13 kids in the U.S. are just like them!
- Most importantly, they should know how to find an adult that can help them if they feel sick.
- Showing them where their emergency action plan and their medication that needs to be taken during an allergic reaction (epinephrine) can help them prepare if the event were to occur

Helpful Videos



<https://youtu.be/Fne6rMAOT9c>

<https://youtu.be/HjU5d1gE3E8>

<https://youtu.be/sXMuOW3FEv8>

Communicating Food Allergies Workbook

For Parents:

How will you explain to your child what food allergies are?

For Parent and Child:

What did you learn from the videos?

What coping skills did you learn?

What are some ways to talk about cross contamination?

3 PLANS

FOR MANAGING
FOOD ALLERGIES

1. Managing an allergic reaction

How will I teach my child to know when s/he is having an allergic reaction?



- Learn about food allergies and reactions by referring to your child's Health Passport
- Teach your child where the information is located so that they can show other caregivers and friends important reaction information

2. Let the past teach you to be prepared for the future!

- Calmly review **details of past reactions** (what food was eaten, which parts of the body reacted, etc.). Then remind your child of what actions everyone took and what helped! You may find it helpful to discuss what you wish had happened differently, too.
- Ask your allergist to **discuss this with your child**. It's normal to need to hear this more than once! List specific questions you are interested in learning more about in your workbook. Make sure to jot down answers to these questions, as well!

3. What are some simple and important steps to keep my child safe?



- Everyone should know **where the epinephrine** is kept at home and at school.
- Create an "**Allergy Kit**": Have your child use a designated bag or fanny pack to carry epinephrine, antihistamines (such as Benadryl), and their albuterol inhaler.



DOSE 1



DOSE 2



DOSE 1



DOSE 2



Managing Food Allergies Workbook

Parent's checklist:

- Review common signs of an allergic reaction
- Teach your child where important reaction information is located in passport
- Review where epinephrine is kept at home and at school

For Parent and Child: Review Details of Past Reactions

What food was eaten? _____

What were your symptoms? _____

What actions were taken? _____

What worked? _____

What did not work? _____

What new actions will you take? _____

Pro Tip: Make sure to share these details with your allergist at your child's next appointment.

Create a list of questions you would like to ask the allergist. Make sure to jot down their answers, too!

Breathing Skills

Teach your child to use these helpful breathing skills to handle **food allergy feelings and worries**



What is **Belly Breathing**?

There are many forms of “belly breathing” that help **regulate breathing** and **decrease feelings of worry**.

1. **Breathe in** through nose and out through mouth.
2. **Place hand on tummy**. Notice the cool air in and the warm air out as your belly moves, keeping shoulders still.
3. **Think**, “relaxing now” on inhale and “I am calming” on exhale.



What is **Lazy 8 Breathing**?

- Imagine the **number eight on its side** and **trace it as you breath in and out**.
- Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you **breathe in**.
- When you get to the middle of the 8 again, **breathe out** while you trace the right part of the 8 with your finger.



What is **Finger-Counting Breathing**?

Finger-Counting Breathing can be used anywhere to **calm a child** who is upset or having a meltdown.

1. Create gentle fists with your hands, and with each breath, uncurl a finger from your palm. For example, on your first breath out, open your left thumb from your fist.
2. Pause and enjoy a breath in.
3. On your next breath out, uncurl your left pointer finger.
4. Pause and enjoy an breath in, again.
5. Continue until you have both fists uncurled, and see all 10 fingers.





Stocking Your Kitchen



- Learn how to **read food labels** and make sure all caregivers can, too. Refer to your child's Health Passport for detailed label reading information.
- **Separate safe and unsafe food.** Keep specific shelves and parts of the refrigerator free of allergens, store all foods in sealed containers, and LABEL things (either the problem foods or the safe ones—whichever is easier) – maybe even color code them with stickers!
- Some families have **separate utensils and dishes** for handling safe and unsafe foods. These may be color coded, too. Or, put a dot of nail polish on the underside of all safe kitchen items, simple for your child to find and know the dish is safe!

Cooking and Cleaning – Avoiding Cross-Contact

- All family members should **wash hands before and after eating.**
- Scrub counters tables, dishes, and cooking utensils thoroughly with **soap and water** after you prepare food and after you eat meals.



Extra Tips



- Do **not over-think** the "what ifs." Decide that if you're careful and stay prepared, everything is likely to work out for the best.
- Concentrate on what you **can have**, not on what you can't have! Discover **safe foods** and **cooking** with curiosity.
- Explore family activities that **don't focus on eating out and food.** Plan social outings between mealtimes and celebrate in ways that don't center on food.
- Ask a special friend to give some **extra attention to non-allergic siblings**, who may sometimes feel left out or restricted because someone in the family has a food allergy.

Safe Space Workbook

Parent's Checklist:

- Review how to read food labels using passport
- Review with other caregivers how to read food labels
- Separate safe and unsafe foods in the kitchen
- Label safe or unsafe foods (try using color coded stickers)
- Ensure using a safe sponge to prevent cross contamination when cleaning dishes

Parent and Child's Checklist:

- Teach your child how to read food labels
- Have your child practice identifying food allergens by using food labels found online
- Review where safe and unsafe food are located

Discover new recipes for safe foods by visiting:
www.allergicliving.com/advanced-search/

New recipes we want to try:



My Food Allergy

ACHIEVEMENTS

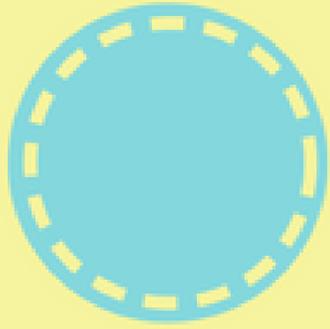
Once you complete a goal, place a sticker in the box to celebrate your food allergy achievements!

Each completed page brings you one step closer to being a food allergy superhero!

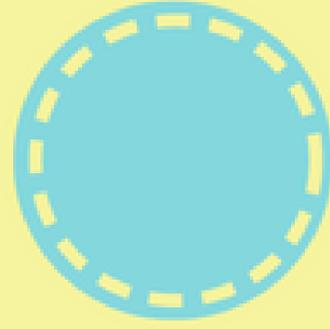


My Food Allergy

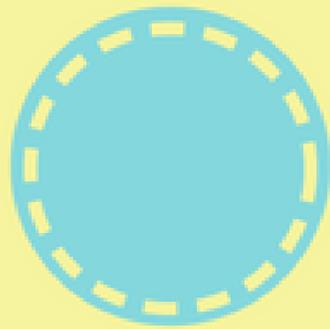
Doctor's Office Achievements



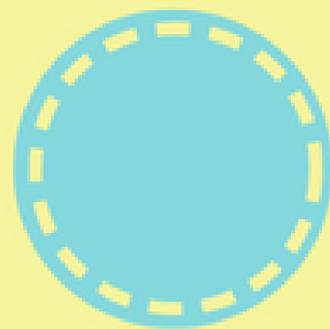
I practiced using
my **trainer**
epinephrine



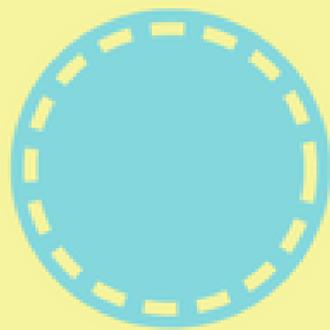
I completed a
blood test



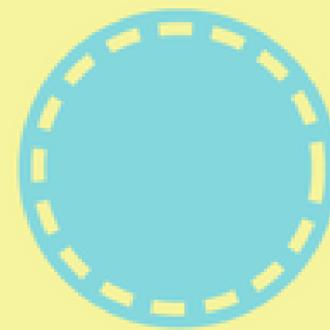
I completed a
skin prick test



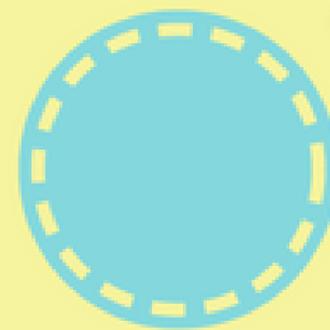
I completed an
oral food
challenge



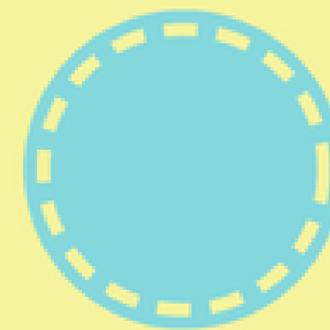
I bravely told
the doctor
about my
allergic reaction



I completed my
yearly check-up
appointment



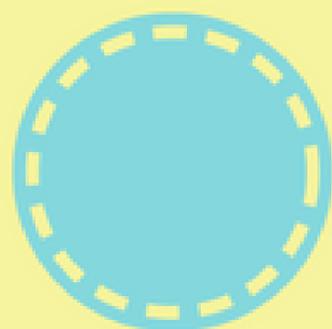
We decided that
I am ready to
self-carry my
epinephrine



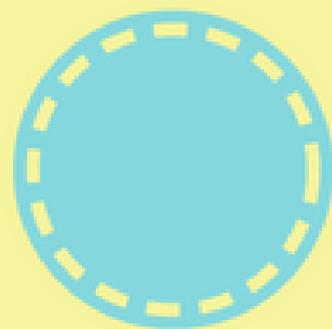
Insert your own
achievement:

My Food Allergy

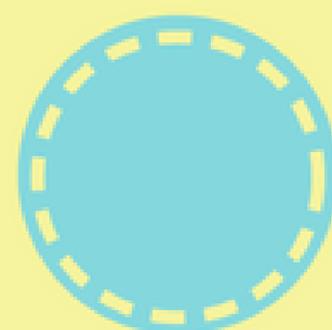
Knowledge Achievements



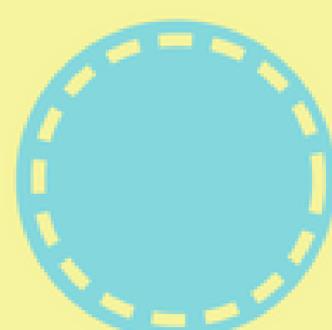
I know how to use my **Food Allergy Action Plan**



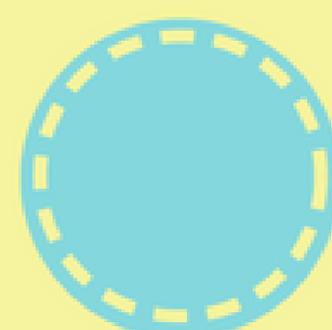
I know and can list out-loud all of my **Food Allergies**



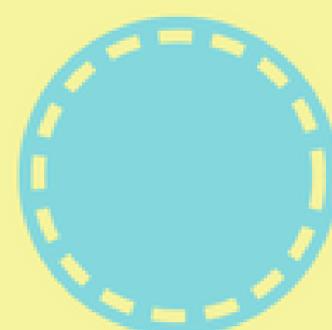
I know all of the **common signs of an allergic reaction**



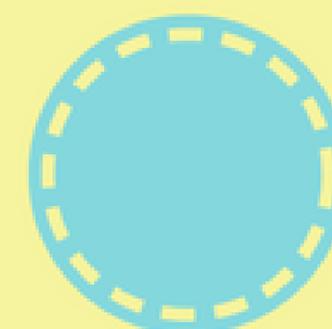
I know **where my Epinephrine is kept** at home and school



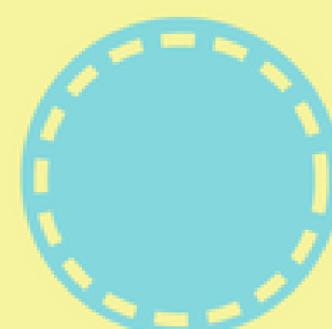
I know when and how to **use my epinephrine auto-injector**



I know how to **read food labels and identify my food allergies**



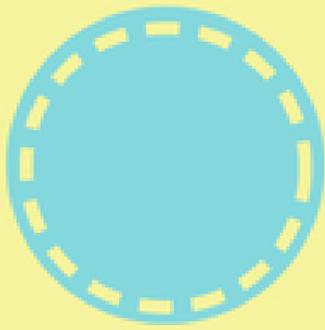
I know where important information is located in my **Health Passport**



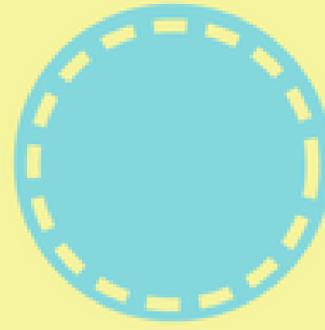
I know how to **prevent cross-contact and tell others about it**

My Food Allergy

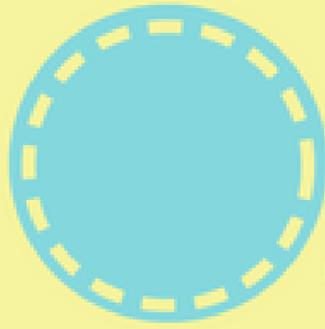
Management Achievements



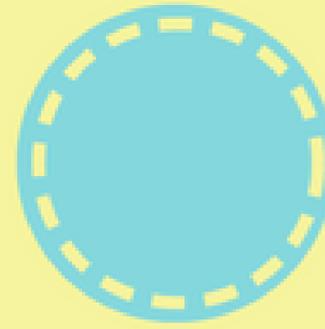
I told my friends and adults the foods I can and cannot eat



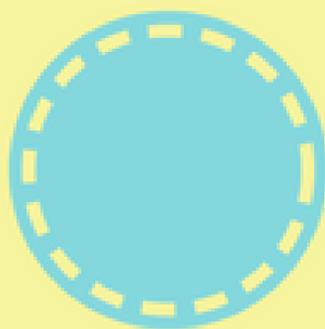
I do not share or trade foods and drinks with my friends



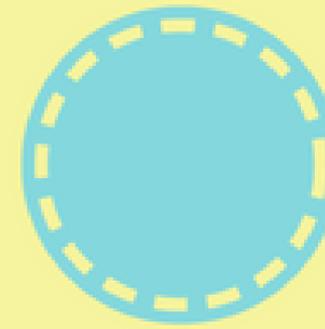
I immediately told an adult that I accidentally ate an unsafe food



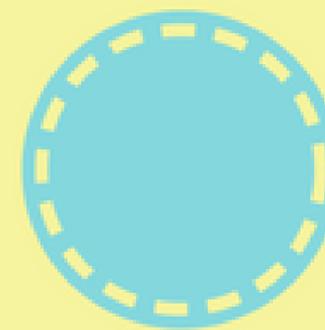
I showed an adult caring for me how to use my Health Passport



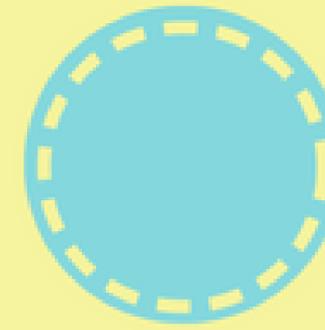
I logged my allergic reaction in my food diary



I used a breathing technique to calm myself down



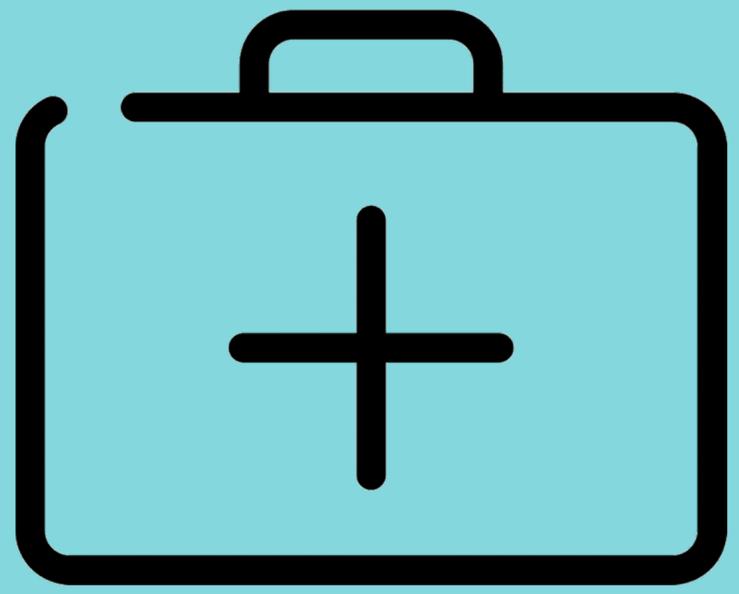
I told the restaurant waitress what I am allergic to



I asked polite questions about ingredients in foods

FOOD ALLERGY

RESOURCE TOOLBOX



Allergen Free Recipes

www.kidswithfoodallergies.org/page/allergy-friendly-foods.aspx

Finding an Allergist

www.acaai.org/locate-an-allergist

Food Allergy Apps

Spokin

Belay

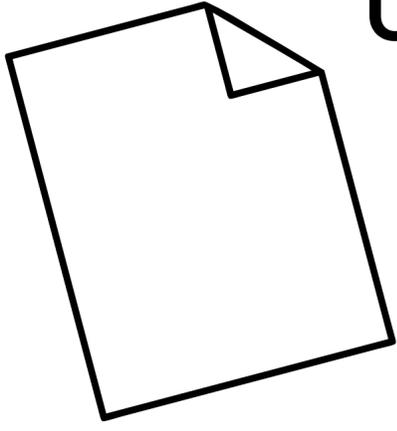
Conferences and Educations Events

FACES www.midwestfaces.com

FARE National Food Allergy Conference

Find a Support Group

Meet other families managing food allergies and share experiences and tips, which can be incredibly helpful. Find a support group in your area by visiting: foodallergy.org/supportgroups.



USE THIS SPACE TO

write down your

NOTES

