

Diagnosing Food Allergies

Food allergies affect approximately 12 million Americans, more than three million of whom are children.



Most Common Food Allergens:

- Milk
- Egg
- Peanuts
- Tree nuts
- Fish
- Shellfish
- Soy
- Wheat



How a Child Might Describe a Reaction

Children have unique ways of describing their experiences and perceptions, including allergic reactions. Precious time is lost when adults do not immediately recognize that a reaction is occurring or don't understand what the children might be telling them.

The following text contains examples of the words a child might use to describe a reaction.

In addition, know that sometimes children, especially very young ones, will put their hands in their mouths, or pull or scratch at their tongues, in response to a reaction. Also, children's voices may change (i.e., become hoarse or squeaky), and they may slur their words.

If you suspect your child is having an allergic reaction, follow your doctor's instructions.

- This food's too spicy.
- My tongue is hot (or burning).
- It feels like something's poking my tongue.
- My tongue (or mouth) is tingling (or burning).
- My tongue (or mouth) itches.
- It (my tongue) feels like there is hair on it.
- My mouth feels funny.
- There's a frog in my throat.
- There's something stuck in my throat.
- My tongue feels full (or heavy).
- My lips feel tight.
- It feels like there are bugs in there (to describe itchy ears).
- It [my throat] feels thick.
- It feels like a bump is on the back of my tongue [throat].

Food Allergy News, Vol. 13, No. 2. ©2003 The Food Allergy & Anaphylaxis Network. All rights reserved.



HOW TO READ A LABEL for a MILK-FREE DIET

Avoid foods that contain milk or any of these ingredients:

artificial butter flavor
butter, butter fat, butter oil
buttermilk
casein (*casein hydrolysate*)
caseinates (*in all forms*)
cheese
cream
cottage cheese
curds
custard
ghee
half & half
lactalbumin, lactalbumin phosphate
lactoferrin
lactulose
milk (*in all forms including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milkfat, non-fat, powder, protein, skimmed, solids, whole*)

nisin
nougat
pudding
recaldent
rennet casein
sour cream, sour cream solids
sour milk solids
whey (*in all forms*)
yogurt

May indicate the presence of milk protein:
caramel candies
chocolate
flavorings (*including natural and artificial*)
high protein flour
lactic acid starter culture
lactose
luncheon meat, hot dogs, sausages
margarine
non-dairy products



11781 Lee Jackson Hwy.
Suite 160

Fairfax, VA 22033-3309

Phone: 703-691-3179

Fax: 703-691-2713

Web site: www.foodallergy.org

E-mail: faan@foodallergy.org

HOW TO READ A LABEL for an EGG-FREE DIET

Avoid foods that contain eggs or any of these ingredients:

albumin (*also spelled as albumen*)
egg (*dried, powdered, solids, white, yolk*)
eggnog
lysozyme
mayonnaise
meringue (*meringue powder*)
surimi

May indicate the presence of egg protein:

flavoring (*including natural and artificial*)
lecithin
macaroni
marzipan
marshmallows
nougat
pasta

HOW TO READ A LABEL for a PEANUT-FREE DIET

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts
beer nuts
cold pressed, expelled,
or extruded peanut oil
goobers
ground nuts
mixed nuts
monkey nuts
nutmeat
nut pieces
peanut
peanut butter
peanut flour

May indicate the presence of peanut protein:

African, Asian (*especially Chinese, Indian, Indonesian, Thai, and Vietnamese*), and Mexican dishes
baked goods (*pastries, cookies, etc.*)
candy (*including chocolate candy*)
chili
egg rolls
enchilada sauce
flavoring (*including natural and artificial*)
marzipan
mole sauce
nougat

- Mandelonas are peanuts soaked in almond flavoring.
- Studies show most allergic individuals can safely eat peanut oil (*not cold pressed, expelled, or extruded peanut oil*).
- Arachis oil is peanut oil.
- Experts advise patients allergic to peanuts to avoid tree nuts as well.
- A study showed that unlike other legumes, there is a strong possibility of cross reaction between peanuts and lupine.
- Sunflower seeds are often produced on equipment shared with peanuts.

HOW TO READ A LABEL for a WHEAT-FREE DIET

Avoid foods that contain wheat or any of these ingredients:

bran
bread crumbs
bulgur
club wheat
couscous
cracker meal
durum
einkorn
emmer
farina

flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)

gluten
kamut

matzoh, matzoh meal (also spelled as matzo)

pasta
seitan
semolina
spelt
triticale
vital gluten
wheat (bran, germ, gluten, malt, sprouts)
wheat grass
whole wheat berries

May indicate the presence of wheat protein:

flavoring (including natural and artificial)
hydrolyzed protein
soy sauce
starch (gelatinized starch, modified starch, modified food starch, vegetable starch, wheat starch)
surimi

HOW TO READ A LABEL for a SOY-FREE DIET

Avoid foods that contain soy or any of these ingredients:

edamame
hydrolyzed soy protein
miso
natto

soy sauce

soy (soy albumin, soy fiber, soy flour, soy grits, soy milk, soy nuts, soy sprouts)

soya

soybean (curd, granules)

soy protein (concentrate, isolate)

soy sauce

Tamari

Tempeh

textured vegetable protein (TVP)

tofu

May indicate the presence of soy protein:

Asian cuisine
flavoring (including natural and artificial)
vegetable broth
vegetable gum
vegetable starch

- Studies show most individuals allergic to soy may safely eat soybean oil.
- Most individuals allergic to soy can safely eat soy lecithin.

Check with your doctor if you have questions about these ingredients.

HOW TO READ A LABEL for a SHELLFISH-FREE DIET

Avoid foods that contain shellfish or any of these ingredients:

abalone
clams (cherry stone, littleneck, pismo, quahog)
cockle (periwinkle, sea urchin)
crab
crawfish (crayfish, ecrevisse)
lobster (langouste, langoustine, scampo, coral, tomalley)
mollusks
mussels
octopus
oysters
prawns
scallops
shrimp (crevette)
snails (escargot)
squid (calamari)

May indicate the presence of shellfish protein:

bouillabaisse
cuttlefish ink
fish stock
flavoring (including natural and artificial)
seafood flavoring (such as crab or clam extract)
surimi

Keep the following in mind:

- Any food served in a seafood restaurant may be cross contaminated with fish or shellfish.
- For some individuals, a reaction may occur from cooking odors or from handling fish or shellfish.
- Always carry medications and use them as soon as symptoms develop.

HOW TO READ A LABEL for a TREE NUT-FREE DIET

Avoid foods that contain nuts or any of these ingredients:

almonds
artificial nuts

beech nut

Brazil nuts

butternut

caponata

cashews

chestnuts

chinquapin

coconut

filberts/hazelnuts

gianduja (a nut mixture found in some chocolate)

ginkgo nut

hickory nuts

lichee/lychee nut

macadamia nuts

marzipan/almond paste

nan-gai nuts

natural nut extract (i.e., almond, walnut)

nougat

nut butters (i.e., cashew butter)

nut meal

nutmeat

nut oil

nut paste (i.e., almond paste)

nut pieces pecans (Mashuga Nuts®)

pesto

pili nut

pine nuts (also referred to as Indian, pignon, pinyon, pignoli, pignolia, and pignon nuts)

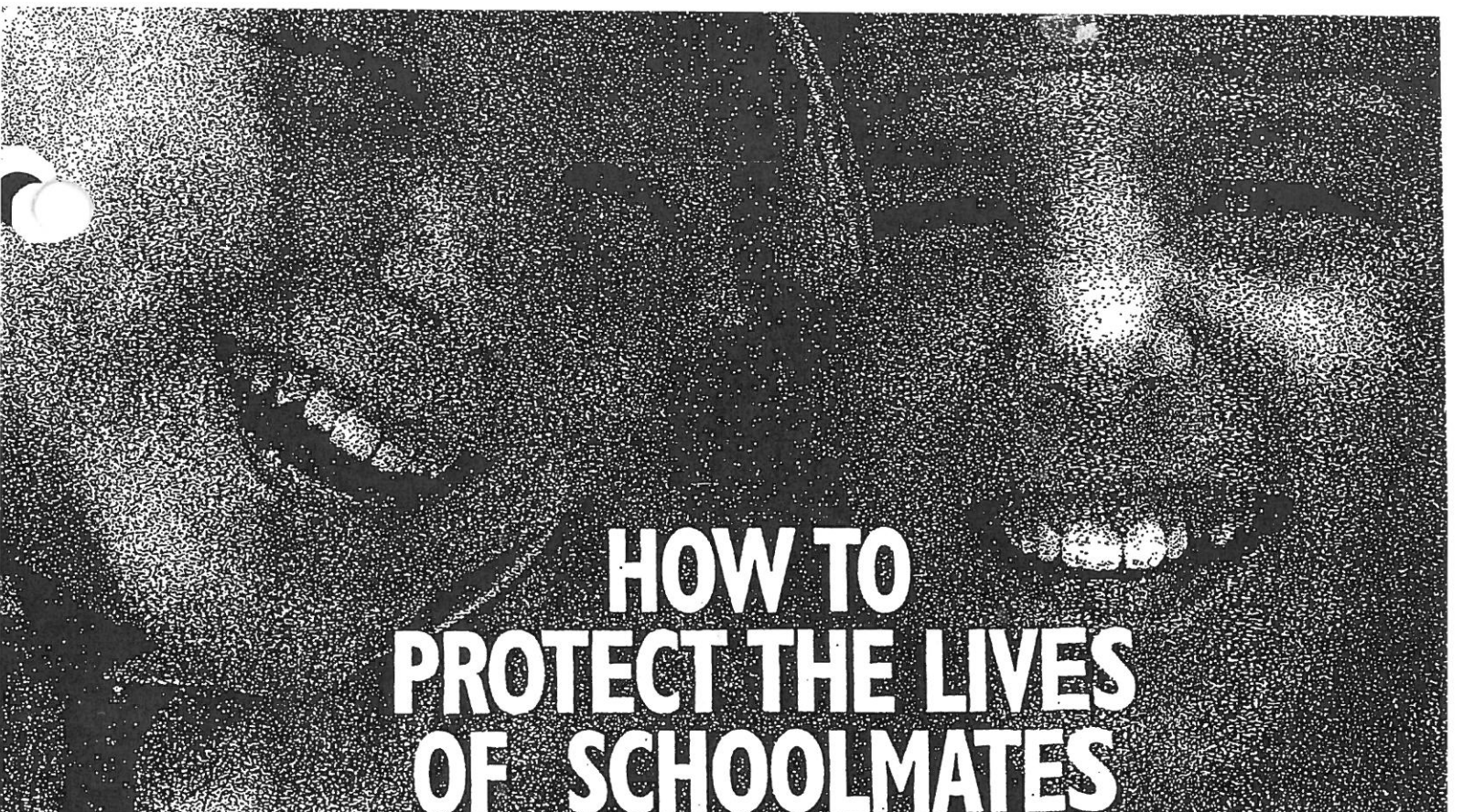
pistachios

praline

sheanut

walnuts

- Mandelonas are peanuts soaked in almond flavoring.
- Mortadella may contain pistachios.
- Natural and artificial flavoring may contain tree nuts.
- Experts advise patients allergic to tree nuts avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.



HOW TO PROTECT THE LIVES OF SCHOOLMATES WHO HAVE FOOD ALLERGIES

- Don't share your food with friends who have food allergies.
- Wash hands after eating.
- Ask what your friends are allergic to and help them avoid it.
- If a schoolmate who has allergies becomes ill, get help immediately!

For more information about food allergies, contact:
The Food Allergy & Anaphylaxis Network

11781 Lee Jackson Highway, Suite 160, Fairfax, VA 22033-3309 800 929-4040 www.foodallergy.org

Distribution funded by an unrestricted educational grant from the American College of Allergy, Asthma & Immunology



Protect A Life
From Food Allergies