

700 Children's Drive  
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nationwidechildrens.org

## ALLERGIES TO FOODS

A food allergy occurs when the body's immune system overreacts to certain foods. The body then makes antibodies to that food and an allergic reaction occurs. The most common food allergies include milk, eggs, peanuts, tree nuts, shellfish, fish, soy, and wheat.

### SIGNS OF AN ALLERGIC REACTION

#### Skin

- Hives (welts) or itching – this usually occurs within 60 minutes
- Eczema – may get worse over several days

#### Respiratory (Breathing)

Usually other symptoms will be present as well.

- Cough
- Wheezing
- Stridor (noisy breathing while breathing in)

#### Gastrointestinal

- Nausea or vomiting
- Abdominal pain
- Diarrhea

**Anaphylaxis (anna-fil-AX-sis)** This is a severe and possibly life-threatening reaction that can involve the whole body. Symptoms usually begin within 30 minutes of eating food and may include:

- Swelling of entire body
- Low blood pressure
- Loss of consciousness (passing out)



**Picture 1** Be sure to read the labels on all food.

**If anaphylaxis occurs, use the EpiPen and call 9-1-1 to seek emergency help immediately!**

If your child has ever had anaphylaxis, talk to your doctor about prescribing an EpiPen (emergency shot of epinephrine).

## TO REDUCE THE RISK OF HAVING AN ALLERGIC REACTION TO FOOD

- Read the labels on **ALL** foods before feeding them to your child.
- Always carry an EpiPen if anaphylaxis has ***ever*** occurred.
- Learn the scientific and technical names for foods.
- When dining out, order simply prepared foods. Ask the waiter about the ingredients used to prepare the food.
- Tell childcare staff and schoolteachers about the foods your child should not have.
- Teach your child about the dangers of sharing food.
- Be aware that your child can sometimes have a severe reaction from touching or kissing someone who has eaten a food your child is allergic to.

## MANAGING FOOD ALLERGIES

Pages 3 and 4 contain a partial list of common foods or ingredients that should be avoided if your child is allergic. Take this list with you to the grocery store, and be sure to read the label **each time** before buying. Food companies may change ingredients without warning. Give a copy of this list to your child's teacher and caregiver.

### FOR MORE INFORMATION, TIPS AND RECIPES, CONTACT:

The Food Allergy Network  
10400 Eaton Place, Suite 107  
Fairfax, VA 22030-2208  
Phone: (703) 691-3179

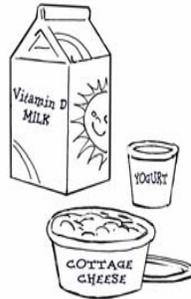
website: [www.foodallergy.org](http://www.foodallergy.org)

If testing confirms food allergies, we may suggest that you meet with a registered dietitian. The dietitian can guide you in choosing a well-balanced and nutritious diet.

## MILK-FREE DIET

Avoid foods that contain milk or any of these ingredients:

- Artificial butter flavor
- Butter, butter fat, butter oil
- Buttermilk
- **Casein**
- Caseinates (in all forms)
- Cheese (including cottage cheese)
- Cream, Half & Half®
- Curds
- Custard, Pudding
- Ghee
- Lactalbumin, lactalbumin phosphate
- Lactoglobulin, 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)
- Nougat
- Sour cream, sour cream solids
- Sour milk solids
- **Whey**
- Yogurt



These foods *may* contain milk protein:

- Candies and chocolate
- English muffin
- Flavorings (natural and artificial)
- Gum (Trident®)
- High protein flour
- Hot dogs
- Lactic acid starter culture
- Lactose
- Luncheon meat, sausages
- Margarine
- Non-dairy products/creamers
- Ramen noodle cups
- Soy cheese
- Waffles



## EGG-FREE DIET

Avoid foods that contain eggs or any of these ingredients:

- Albumin or ovalbumin
- Egg (dried, powdered, solids, white, yolk)
- Eggnog
- Lysozyme (used in Europe)
- Mayonnaise
- Meringue (meringue powder)
- Surimi

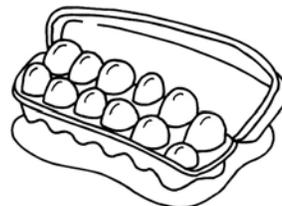
These foods *may* contain egg protein:  
(*Carefully check ingredients*)

- Baby foods
- Egg substitutes
- Flavorings (both natural and artificial)
- Lecithin
- Marzipan
- Marshmallows
- Nougat
- Pasta (macaroni, spaghetti)
- Noodle soups
- Wine

**Note: A shiny glaze on yellow baked goods usually means that eggs are present.**

For each egg called for in a recipe, use one of the following egg substitutes instead:

- 1 tsp. baking powder, 1 tbsp. liquid, 1 tbsp. vinegar.
- 1 tsp. yeast dissolved in ¼ cup warm water
- 1 Tbsp. apricot puree
- 1-½ Tbsp. water, 1-½ Tbsp. oil, 1 tsp. baking powder
- 1 packet plain gelatin, 2 Tbsp. warm water. Do not mix until ready to use.



## PEANUT-FREE DIET

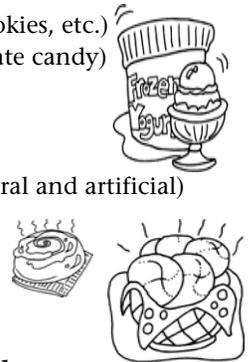
Avoid foods that contain peanuts or any of these ingredients:

- Artificial nuts
- Beer nuts
- Cold pressed, expelled, or extruded peanut oil or Arachis oil
- Ground nuts, mixed nuts, nut pieces
- Goobers
- Mandelonas
- Monkey nuts
- Nu-Nuts® flavored nuts
- Peanut butter
- Peanut flour



These foods *may* contain peanut protein:

- African, Chinese, Indonesian, Mexican, Thai, and Vietnamese dishes
- Baked goods (pastries, cookies, etc.)
- Candy (including chocolate candy)
- Chili and sauces
- Egg rolls
- Enchilada sauce
- Flavoring (including natural and artificial)
- Frozen desserts
- Marzipan
- Nougat
- Sunflower seeds



**Keep these things in mind:**

- Most allergic people can safely eat peanut oil (**not** cold-pressed, expelled, or extruded peanut oil).
- People who are allergic to peanuts should also avoid tree nuts (such as walnuts, pecans, hazelnuts, etc.) There is also a good chance of cross reaction between peanuts and lupine.
- Bakeries, ice cream parlors and Asian restaurants may be sources of peanut-contaminated foods.

## TREE NUT-FREE DIET

Avoid foods that contain nuts or any of these ingredients

- Almonds
- Artificial nuts
- Caponata
- Cashews
- Chestnuts, hickory nuts, Brazil nuts
- Filberts/hazelnuts
- Gianduja (a nut mixture found in some chocolate)
- Macadamia nuts
- Mandelonas
- Marzipan/almond paste
- Nan-gai nuts
- Nougat
- Nut butters (such as cashew butter)
- Natural nut extract (such as almond or walnut)
- Nut meal, nut pieces
- Nut oil
- Nut paste (for example, almond paste)
- Pecans (Mashuga Nuts®)
- Pesto
- Pine nuts (also called Indian piñon, pinyon, pignoli, pignolia and pignon nuts)
- Pistachios
- Pralines
- Walnuts

Keep these things in mind:

- Mortadella may contain pistachios.
- Natural and artificial flavoring may contain tree nuts.
- People who are allergic to tree nuts should avoid peanuts as well.



## SHELLFISH-FREE DIET

Avoid foods that contain shellfish or any of these ingredients:

- Clams, mussels, oysters
- Cockle
- Crab, lobster, crawfish
- Mollusks
- Octopus, squid (calamari)
- Prawns, shrimp
- Scallops
- Snails (escargot)



These foods *may* contain shellfish protein:

- Bouillabaisse
- Fish stock
- Flavoring (including natural and artificial)
- Seafood flavoring (such as crab or clam extract)
- Surimi

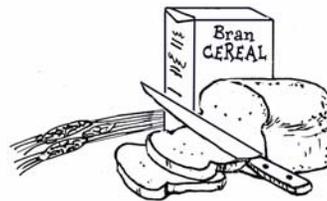
Keep these things in mind:

- *Any* food served in a seafood restaurant may have been in contact with fish or shellfish.
- For some people, a reaction may occur from cooking odors or from handling fish or shellfish.
- Always carry medication (such as EpiPen) and use it as soon as symptoms develop.

## WHEAT-FREE DIET

Avoid foods that contain wheat or any of these ingredients:

- Bran
- Bread crumbs
- Bulgur
- Couscous
- Cracker meal
- Durum
- Farina
- Flour (all purpose, bread, durum, enriched, graham, high protein, instant, stone ground)
- Gluten
- Matzoh, matzoh meal (also spelled as matzo)
- Pasta, semolina



- Spelt
  - Wheat (bran, germ, gluten, malt, starch)
- These foods *may* contain wheat protein:

- BBQ flavored potato chips
- Flavoring (including natural and artificial)
- Hot dogs
- Hydrolyzed protein
- Soy sauce
- Starch (gelatinized starch, modified starch, modified food starch, vegetable starch)
- Surimi

## SOY-FREE DIET

Avoid foods that contain soy or any of these ingredients:

- Soy protein
- Miso
- Natto
- Shoyu sauce
- Soy (soy albumin, soy fiber, soy flour, soy grits, soy milk, soy nuts, soy sprouts)
- Soya
- Soybean (curd, granules)
- Soy sauce
- Tamari
- Textured vegetable protein (TVP)
- Tofu

These foods *may* contain soy protein:

- Asian cuisine
- Flavoring (including natural and artificial)
- Vegetable broth/bouillon cubes
- Vegetable gum
- Vegetable starch
- Bread crumbs
- Canned tuna
- Waffles



Keep this in mind:

*Most people who are allergic to soy may safely eat soybean oil.*