

# ***Food Allergies and Intolerances***

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- Food Allergy: Immune system response when the body mistakes certain foods as harmful
- Food Intolerance: Does not involve the immune system. More of a “mechanical” problem such as lack of a certain enzyme



***Definitions***

## ➤ Food Allergies

- Affect 15 million Americans
- 4% of Adults
- 1 in 13 Children
  - Sometimes children outgrow certain allergies
  - Peanut, Tree Nut, Fish and Shellfish are usually lifelong



***How Many People do Allergies Affect?***

## ➤ Common Food Allergies

- Peanut
- Tree Nut
- Shellfish
- Fish
- Soy
- Wheat
- Milk
- Egg

8 foods  
account for  
90% of all  
food-allergic  
reactions

***Common Food Allergies***



## ➤ Oral Allergy Syndrome

- Allergic reaction to certain raw fruits and veggies
- Occurs in those with hay fever or cold like symptoms caused by allergies
- Protein in birch, grass and ragweed is similar to those in certain fruits and veggies
- Once cooked protein is broken down



***Other Food Allergies***

Birch	Grasses	Ragweed
Apple, Carrot, Peach, Plum, Cherry, Pear, Almond, Hazelnut	Tomato	Melons, Zucchini, Cucumber, Kiwi, Banana

## *Oral Allergy Syndrome*



## ➤ Eosinophilic Esophagitis

- Immune cells (eosinophils) build up in esophagus
- Symptoms include nausea/vomiting, abdominal pain, heartburn, difficulty swallowing
- Associated with certain food allergens

***Other Food Allergies***



## Mild Reactions

- Hives
- Eczema
- Redness of skin around eyes
- Itchy mouth or ear
- Nausea or vomiting
- Diarrhea
- Stomach Pain
- Nasal Congestion/Sneezing/Runny nose
- Odd taste in mouth
- Uterine contractions
- Slight, dry cough

## Severe Reactions

- Obstructive swelling of lips, tongue or throat
- Trouble swallowing
- Shortness of breath or wheezing
- Turning blue
- Drops in blood pressure
- Loss of consciousness
- Chest pain
- Weak pulse
- Sense of “impending doom”



## ***Allergic Reactions***

*\*Do not hesitate to go to the emergency room and/or contact your physician with any concerning symptoms*

- FDA regulated food products that contain “major food allergens” must list the ingredient
- Read labels very carefully
- Be aware of unexpected sources
- Find trusted resources



***Living With a Food Allergy***

- Milk
  - Lunch meat, artificial butter flavor
- Wheat
  - Soy sauce
- Egg
  - Ice Cream, Marshmallows
- Soy
  - Vegetable Broth

These unexpected sources may or may not include these products. These are just a few examples.



## *Unexpected Food Sources of Allergens*

- Cross contact is when one food comes in contact with another food and their proteins mix
- This small amount can cause reactions in those with allergies
  
- Cook allergy safe foods first
- Use separate utensils and dishes or wash thoroughly
- Wash hands with soap and water
- Do not share food, drinks or utensils. Teach Children this.

## ***Avoiding Cross-Contact***



- Short Term: avoid the offender
- Long Term: find the underlying cause-may be reversible



***Food Intolerance***

- Sucrose/Maltose (type of carbohydrate)
- Histamine/Tyramine (mushrooms, pickled and cured foods)
- Salicylate (fruits, veggies, nuts, coffee, juice, beer, wine)
- BHA/BHT (preservative in food)
- MSG (flavor enhancer)
- Food Dyes (Red & Yellow)
- Sulfites (Dried fruit, wine)

## ***Common Food Intolerances***



- Deficiency in digestive enzyme lactase
  - Symptoms occur 30 min-2 hours after consumption
  - Amount of Lactose ingested can make a difference
- Different than a milk allergy
- Causes
  - Primary: Lactase production declines over time
  - Secondary: Injury or infection to small intestine
  - Developmental: Premature infants
  - Congenital: small intestine produces little or no lactase from birth

## ***Lactose Intolerance***



- Cheese and yogurt may be tolerated
- Eating lactose foods with other foods
- Smaller amounts of lactose
  - Up to 12 g of Lactose (1 cup of milk) may be tolerated
  - 1.5 oz of low fat hard cheese (1 g of lactose)
- May be at risk for deficiencies in Calcium and Vitamin D
- Lactose free or low lactose products
- Lactase tablets-ask your physician



## ***How to Manage Lactose Intolerance***

- A chronic disease requiring lifelong restriction of gluten (found in wheat, rye, and barley)
- Anaphylaxis is not involved, but there is an immune response
- Eating gluten damages the lining of the intestine and may cause absorption issues



***Celiac Disease***

➤ Other Foods that May have Gluten

- Candy
- Cold cuts/Salami
- Communion Wafers
- Beer
- Imitation fish
- Seasoned snack foods
- Soups
- French Fries
- Brown Rice Syrup

Naturally Gluten Free

- Meat
- Poultry
- Fish
- Eggs
- Fruits
- Veggies
- Milk

***Common Terms for Gluten***



➤ What is it?

➤ Steps

- Allergy Testing should be done first
- Dietitian should be involved to avoid nutrient deficiencies
- Typical Progression
  - Food diary-monitor reactions
  - Identify trends
  - Avoid food for 4-6 weeks
  - Add suspect foods back



***Elimination Diet***

- Food allergies and intolerances may impact nutrition
- Restrictions make it difficult to meet nutrient needs
- Children may have a risk for not meeting their needs for growth
- Make sure supplements are free of allergens/intolerances



- Keep a food journal
- Start with Single ingredient foods
- Always read food labels
- Make lists
- Start with current eating habits and then determine which foods need to be switched out for an allergy friendly alternative



*Tips*

- Single Ingredient Foods
- Specialty Grocery Stores
- Natural Foods Section of Regular Grocery Stores
- Food Manufacturer Websites
- Online grocery stores



***Where to Find Allergen Friendly Foods***

- Homemade Trail mix with dried fruits/sunflower seeds/pumpkin seeds
- Snack Bars
- Fresh Fruit
- Applesauce cups
- Fresh Veggies with Hummus
- Rice crackers
- Corn chips with salsa
- Popcorn

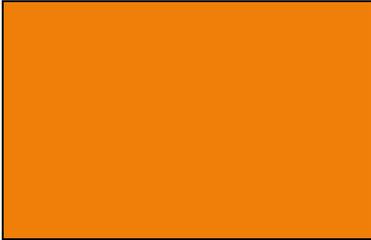


***Snack Ideas that Are Allergy Friendly***

- Know the key words you are looking for
- Ask in advance for specific menus
- Inform your server of your allergy
- Pick Less busy times if you have a chance
- Be prepared (medications/medical ID)
- Better Options
  - Chain restaurants
  - Made to order
- Riskier options
  - Buffets
  - Bakeries
  - Restaurants that rely on pre-made foods
  - Specific cuisines (seafood, asian, etc.)



## *Dining Out Tips*

<p>Egg</p> 	<p>Milk</p> 	<p>Peanut</p> 	<p>Tree Nut</p> 
<p>Fish</p> 	<p>Shellfish</p> 	<p>Soy</p> 	<p>Wheat</p> 



- Food Allergy Research and Education  
[www.foodallergy.org](http://www.foodallergy.org)
- National Institute for Allergy and Infectious Diseases  
[www.niaid.nih.gov](http://www.niaid.nih.gov)
- Celiac Disease Foundation  
[www.celiac.org](http://www.celiac.org)
- Kids with Food Allergies  
[www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)
- Asthma and Allergy Foundation of America  
[www.aafa.org](http://www.aafa.org)
- National Institute of Diabetes and Digestive and Kidney Diseases  
[www.niddk.nih.gov](http://www.niddk.nih.gov)



***Resources***

***Thank you.***

Questions.

