Let's Talk About...

Multiple food allergies

What is a food allergy?

A food allergy is the body's response to a particular protein in a food. Some foods are more likely to cause allergies and some people have allergies to more than one type of food. These foods are milk, egg, soy, wheat, peanuts, nuts, shellfish, and fish.

What are the symptoms of a food allergy?

Skin: rash, hives, eczema (looks like a red rash), swelling, flushing, or allergic "shiners" (black eyes)

Stomach: belly pain, diarrhea, nausea, vomiting, gas, cramps, or itching around the mouth

Respiratory System (lungs): runny nose, wheezing, hard time breathing, sneezing, or watery itchy eyes.

How do I treat a food allergy?

To treat a food allergy, do not eat any food or product that contains the allergen. You will need to read labels to avoid food allergens.

What should I look for on a food label?

Labels on food have to say if the food contains milk, egg, soy, wheat, peanuts, tree nuts, shellfish, or fish. Always read the ingredient list to be sure.

Will I get enough nutrients if I avoid foods?

If you avoid foods, your diet may be limited in many nutrients such as:

- calories
- protein
- calcium
- vitamin D
- vitamin A
- riboflavin

You should take a multivitamin and mineral supplement. You may need an extra calcium supplement. Ask your doctor or dietitian if you are not sure. Check the ingredient list to make sure the supplement does not contain the food allergens.

What can I eat?

There are many foods you can eat. Choose a variety of foods from those allowed.

Foods You Can Eat	Foods You Should Not Eat
Beverages and Formula	
Beverages • Coconut milk • Fruit juices • Milk-free and soy-free products such as Rice Dream® or Darifree® • Flavored water • Punch • Vegetable juice • Soda • Sport drinks • Tea	**Beverages** • Coffee-creamers • Goats' milk • Milk (whole, low-fat, skim) • Milk products such as buttermilk, condensed milk, dry milk, evaporated milk, and flavored milk • Instant breakfast • Malted milk • Ovaltine® • Soy milk and soy drink products
Formulas • Hypoallergenic such as Elecare®, Neocate®, Splash® You may tolerate these modified milk protein formulas. • Alimentum®, Nutramigen®, Pregestimil®, Peptamen Jr®	**Formulas** • Milk-based formulas such as Enfamil®, Good Start®, Nutren Jr.®, Pediasure®, Similac® • Soy-based formulas such as Isomil®, Prosobee®, Soy Bright Beginnings®

Foods You Can Eat	Foods You Should Not Eat
Milk and Milk Products	
• Milk- and soy-free products such as Rice Dream® or Darifree® • Whey-free, soy-free margarine such as Canoleo®	• Cheese, all types (milk, goat, and soy) • Cottage cheese • Cream cheese • Cream • Custard • Half and half • Milk (whole, low-fat, skim) • Milk products such as buttermilk, condensed milk, dry milk, evaporated milk, and flavored milk • Non-dairy whipped topping • Pudding • Soy milk and soy drink products • Sour cream • Whipping cream • Yogurt
Grains, Cereal, and Breads	
Grains, flours, and thickeners • Amaranth • Garbanzo (chickpea) • Barley • Buckwheat • Chickpea (garbanzo bean) • Corn, cornmeal, cornstarch • Guar gum • Millet • Montina (Indian rice grass) • Oats (look for gluten-free) • Popcorn • Potato flour and starch • Quinoa • Rice • Rye • Sorghum • Sago • Tapioca • Teff • Xanthum gum	**Grains, flours, and thickeners** • Bulgur • Bran • Cereal extract • Couscous • Durum flour • Einkorn • Enriched flour • Farina • Flour • Germ • Gluten • Graham flour • Nut flour • Kamut • Semolina • Spelt • Soy flour • Triticale • Wheat • Wheat flour • Wheat germ • Whole wheat

Foods You Can Eat	Foods You Should Not Eat
Grains, Cereal, and Breads (Continued)	
Breads and baked goods • Breads and baked goods made with allowed grains and ingredients	**Breads and baked goods** • Breads and baked good made with offending grains, flours, and ingredients
Cereals • Plain hot cereals such as cornmeal, grits, oatmeal, or rice cereal • Cold cereals made from allowed grains	**Cereals** • Cereals made with offending grains, flours, and ingredients
Other grain products • Corn tortillas, corn chips • Pasta made from allowed grains • Popcorn • Potato chips • Rice cakes, rice crackers, rice noodles • Rye crackers	**Other grain products** • Prepared mixes such as biscuits, pancakes, muffins, waffles • Pastas, crackers, and snacks made with offending, grains, flours, and ingredients
Fruits	
• All plain fresh, frozen, or canned fruits and juices	• None
Vegetables	
• All plain fresh, frozen, and canned vegetables and juices	• Breaded vegetables • Edamame (young soybeans) • Frozen or fast-food French fries • Instant potatoes • Mixed sprouts • Soybeans • Soybean sprouts • Sprouted wheat
Meat, Soy, Eggs, Nuts, and Protein	
• All plain meat and poultry such as beef, chicken, lamb, turkey, and wild meat	• Breaded meats • Hot dogs • Imitation bacon bits • Nuts all types • Peanuts

Foods You Can Eat	Foods You Should Not Eat
Meat, Soy, Eggs, Nuts, and Protein (Continued)	
• Beans and legumes such as navy, pinto, black, kidney, and red • Egg-free egg product such as Ener-G® Egg Replacer	• Peanut butter • Processed meat such as luncheon meats, sausages, pepperoni, and salami • Seeds • Soy protein • Tofu • Vegetarian burgers
Soups	
• Soups without milk, soy, egg, wheat, fish, or nuts such as rice or vegetable	• Any soups with milk, soy, egg, wheat, fish, or nuts • Miso
Fats and Oils	
• Avocado • Bacon • Coconut (milk, shredded, or as a butter) • Gravy made with allowed ingredients • Margarine, whey-free, soy-free such as Canoleo • Meat drippings • Lard • Olives • Vegetable oils such as canola, flax, grape seed, olive, soy*, sunflower, safflower * You may be able to safely eat soy oil, and soy lecithin.	• Butter • Cream cheese • Cream • Margarine • Mayonnaise • Nut butters • Peanut butter • Peanut oil • Prepackaged gravies and sauces • Soy oil and soy lecithin* * You may be able to safely eat soy oil, and soy lecithin.
Desserts	
• Bakers' chocolate • Cocoa • Dark chocolate • Frozen fruit bars • Fruit flavored ices • Hard candy • Homemade treats with allowed foods • Gelatin	• Baked goods such as cakes, pie, cookies made with offending ingredients • Custard • Caramel • Nougat • Frozen yogurt • Ice cream • Milk chocolate

Foods You Can Eat	Foods You Should Not Eat
Desserts (Continued)	
• Fruit roll-ups and snacks • Popsicles Be sure to read label on all prepared foods	• Packaged frosting • Pudding • Sherbet • Yogurt raisin and pretzels
Miscellaneous	
• Herbs, pure fresh or dried • Honey • Jam, jelly, marmalade • Molasses • Pickles • Spices, pure • Sugar, white, or brown	• Milk chocolate • Read labels for medications, vitamin and mineral supplements, gum, and candy

What about foods at school?

Here are some tips to manage allergies at school.

- Tell your child's school about his allergies. Give the school written allergy information, emergency contact information, and a photo of your child.
- Teach your child
  - — Which foods are safe and unsafe
  - — Not to trade food with others
  - — Not to eat any food with unknown ingredients
  - — What his allergic symptoms are
  - — How and when to tell an adult about a allergy-related problems
  - — How to read food labels

Are there any recipe books or websites for food allergies?

Many books have good ideas and helps. A few are listed below. Check your library or bookstore for more.

- *Allergy-Free Cooking for Kids: A Guide to Childhood Food Intolerance with 80 Recipes* by Antionette Savill

- *Caring for your Child with Severe Food Allergies: Emotional Support and Practical Advice from a Parent Who's Been There* by Lisa Cipriano Collins
- *Dealing with Food Allergies: A Practical Guide to Detecting Culprit Foods and Eating a Healthy, Enjoyable Diet* by Janice Vickerstaff Joneja
- *Food Allergy Field Guide: A Lifestyle Manual for Families* by Theresa Willingham
- *The Complete Guide to Food Allergy and Intolerance: Prevention, Identification, and Treatment of Common Illnesses and Allergies Caused by Food* by Jonathon Brostoff, MD
- *The Food Allergy Survival Guide: Living and Thriving with Food Allergies and Sensitivities* by Versanto Mesina, Dina Aronson and Jo Stepaniak
- *The Parent's Guide to Food Allergies* by Marianne S. Barber
- *What's to Eat? The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook* by Linda Marienhoff Coss
- *How to Mange Your Child's Life-Threatening Food Allergies: Practical Tips for Everyday Life* by Linda Marienhoff Coss
- **Food Allergy and Anaphylaxis Network** http://www.foodallergy.org/
- **American Partnership for Eosinophilic Disorders** http://www.apfed.org/

Intermountain
Primary Children's
Medical Center
Healing for life℠

Pediatric Education Services
801.662.3500 Rev. 06/08

© Primary Children's Medical Center 2008

All of the information contained in the ***Let's Talk About . . .*** series is for educational purposes only. This educational information is not a substitute for medical advice or for care from a physician or other health care professional. If you have questions about your child's health, contact your health care provider.