

The Bottom Line

Living with food allergies comes with it's challenges, but with the right information and support, it is possible to live a delicious and nutritious life! (www.sickkids.ca)



Substitutes for School Lunches and Snacks

It is important to check with your student's classroom for a safe food list. The schools are not asking students to eliminate these foods from their diet. It is just asked that these high risk foods be consumed at home.



Reading Food Labels

Be sure to read the ingredients section of the label to identify if the product is free of the allergen. Labeling regulations currently allow manufacturers to use the term "may contain" to indicate the "possible" presence of ingredients, however because the use of this phrase is not legislated, both its use and meaning are inconsistent. Always read the labels on the food you pack in your child's lunch. Don't pack any food with ingredients that are restricted at your school. Look for warning statements on the label such as "May Contain...". Remember, even trace amounts can cause a severe allergic reaction. (Health Canada)

Reliable References

www.anaphylaxis.ca

www.aaia.ca

<http://www.aaia.ca/en/products.htm> (Handouts that include ingredients to watch for on the label).

www.darefoods.com - peanut free

www.sickkids.ca/sfsNutritionResources allergy-free recipes and offers ideas for substitutions in recipes

<http://www.inspection.gc.ca/english/fssa/labeti/allerg/allerge.shtml> (Health Canada)



Books for children:

- * Les Noix, C'net Pas pour Moi - by Aaron Zevy
- * Aaron's Awful Allergies
- * A Day at the playground with Food Allergies
- * The Bugabees: Friends with Food Allergies
- * Zoo Allergy

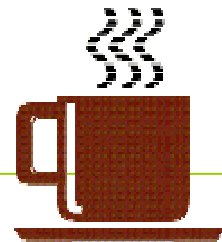


Cookbooks:

- * The Kid-Friendly Food Allergy Cookbook -by Leslie Hammond and Lynne Marie Rominger
- * The Allergy Free Cookbook -by Alice Sherwood

Rice or Soy Milk Hot Chocolate

Combine 1 tbsp (15 ml) of pure cocoa with 1 tbsp sugar
Mix in 1 tbsp cold water until smooth
Stir in 1 cup of hot milk substitute (i.e. "So Good" Soy Drink)

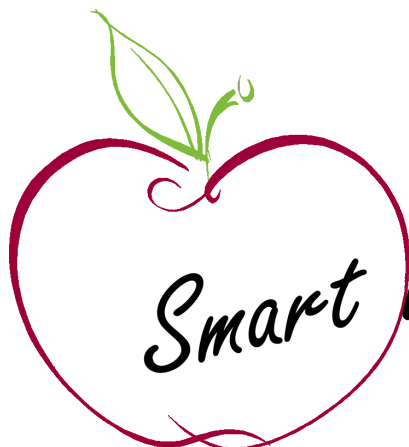


Source: PEN Handout: Milk-free diet

For more information. go to www.rha-central.mb.ca and www.dietitians.ca

Regional Nutrition Services Team





Smart Eating Makes the Grade!

FOOD ALLERGIES



Key Statistics

- * Current estimates are that food allergies affect as many as 6% of young children.
- * 600, 000 Canadians are at risk for anaphylaxis



Allergen Substitutions

What is an allergic reaction?

It is when the body reacts to a protein or irritant (allergen). It can start as a mild reaction and develop into a severe reaction in seconds. The reaction may be caused by food, insect stings, environment, and medications.



Food allergies are triggered when your body's immune system mistakenly identifies a food protein to be harmful. Exposure to even the smallest amounts of allergenic protein can cause a serious allergic reaction in sensitive individuals. This is why you need to be very careful when packing school lunches for your children. (Health Canada 2009)



Cross Contamination

To be completely allergy-free, there must be no allergen present. When preparing food at home, make sure all cutlery, countertops, surfaces, and hands are clean and do not mix with allergens. Use soap and rinse with warm water to clean for 20 seconds.

Milk	<p>Water, Rice milk, Almond milk, pecan milk, cashew milk, brazil nut milk, walnut milk, fruit juice, fortified soy milk.</p> <p><i>NOTE: (These substitutions may be used to achieve the same taste as milk, however can not be used to replace calcium. Regular milk and fortified soy milk have the same amount of calcium, but the other substitutions do not.)</i></p> <p>Sour cream—4 tablespoons of starch (corn starch, rice starch, or potato starch) mixed with 3/4 cup water and 1/4 cup vinegar for each cup of sour cream required.</p> <p>Desserts that are traditionally made with milk, such as tapioca, sago or rice pudding, can be made with fruit juice instead.</p> <p>Ice Bean, a soy product which is available in a variety of flavour, is a substitute for ice cream.</p> <p>In recipes that require milk, such as breads and rolls, the same quantity of potato water can replace milk.</p>
Eggs	<p>Commercial egg replacements, e.g. Ener-G Egg Replacer Flax seed; for every egg white, use 1 tbsp of ground flax seed and 3 tbsp water Tofu 1 Banana = 1 egg in cakes 2 tbsp potato starch = 1 egg 2 tbsp arrowroot powder = 1 egg 2 tbsp water + 1 tbsp oil + 2 tsp baking powder</p> <p>For substituting up to 3 eggs: for each egg, use 1 tsp baking powder, 1 tbsp liquid, and 1 tbsp vinegar</p>
Wheat flour	<p>In place of wheat flour, combinations of alternate flours work better than single flours alone. Rye, oat and barley flour produce a better product than rice, tapioca, and other grains because they contain gluten.</p>