

Food Allergies



Healthy Columbus Nutrition Webinar
November, 2016 Ashley Harris, MS, RD, CSO



Outline

- + What is food allergy?
- + Food allergy versus food intolerance
- + Common food allergens
- + Diagnosing food allergies
- + Eating safely with food allergies



What is food allergy?



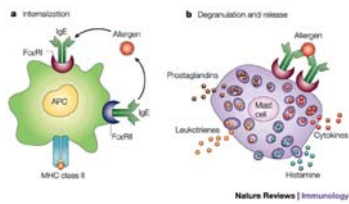
What is food allergy?

- × Up to 15 million Americans have food allergy including about 1 in 13 children
- × Food allergy happens when the body's immune system attacks a harmless food protein as if it is a threat
- × The allergic reaction is mediated by immunoglobulin E (IgE), an antibody or defender in the immune system

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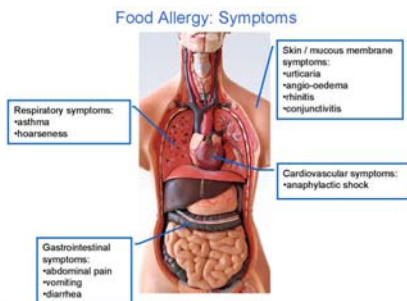
IgE-Mediated Immune Reaction

- × IgE assists in the release of histamine and other chemicals from the immune system's mast cells leading to the symptoms of food allergy




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Symptoms of Food Allergy



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Food allergy versus food intolerance



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Food allergy versus food intolerance

- Food allergy and food intolerance are two types of food hypersensitivities
- Food intolerance is a delayed adverse reaction to food
 - Occurs in the digestive system when a food is unable to properly be broken down
 - Example: lactose intolerance is the inability to breakdown lactose, a sugar found in milk products



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Food allergy versus food intolerance

FOOD HYPERSENSITIVITY

FOOD ALLERGY SYMPTOMS	FOOD INTOLERANCE SYMPTOMS
<ul style="list-style-type: none">- Allergic rhinitis- Atopic dermatitis / eczema- Asthma / wheezing- Diarrhoea- Stomach cramps- Vomiting- Anaphylaxis- Itchiness- Urticaria- Conjunctivitis	<ul style="list-style-type: none">- Migraine, Headaches- Joint pains, non-specific aches- Stomach aches, constipation- Intestinal problems (gas, diarrhoea)- Hyperactivity- Aggression, Temper, tantrums- Sound sensitivity- Ear infection- Fatigue, depression

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Common Food Allergens



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Common Food Allergens

- × Almost any food can cause an allergy. These are the “Big 8”, the foods that cause 90% of food-allergic reactions:
 - × Peanuts
 - × Tree nuts
 - × Milk
 - × Eggs
 - × Wheat
 - × Soy
 - × Fish
 - × Shellfish

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Common Food Allergens

- × Other foods that have been reported to cause allergic reactions include but are not limited to:
 - × Sesame and other seeds
 - × Spices
 - × Meat
 - × Corn
 - × Gelatin

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Diagnosing Food Allergies



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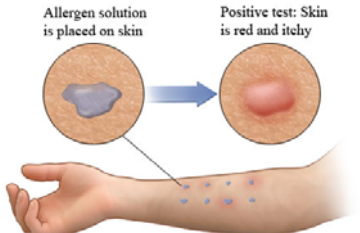
Diagnosing Food Allergies

- × Work with a qualified medical professional like a board-certified allergist to diagnose food allergies
- × There are several steps to diagnosing food allergies
 - × In depth medical history review
 - × A combination of the following tests:
 - × Skin prick test
 - × Blood test
 - × Oral food challenge
 - × Elimination diet trial

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Diagnosing Food Allergies

- × Skin Prick Test



Allergen solution is placed on skin

Positive test: Skin is red and itchy

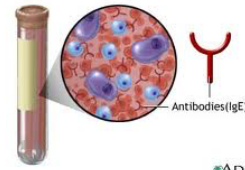
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Diagnosing Food Allergies

- × Blood Test

The blood test measures the levels of allergy antibody or IgE, produced when your blood is mixed with a series of allergens in a laboratory



Antibodies(IgE)

#ADAM

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Diagnosing Food Allergies

- × Oral food challenge
 - × Three types
 - × Double-blind, placebo-controlled food challenge (DBPCFC)
 - × The "gold standard" for diagnosing food allergy
 - × Patient receives an increasing dose of the possible food allergen or a placebo
 - × Neither the doctor or patient know which one is being given to the patient
 - × Single-blind food challenge (SBFC)
 - × The doctor knows if the patient is given the allergen or not
 - × Open-food challenge (OFC)
 - × Both patient and doctor know if the allergy is being given or not

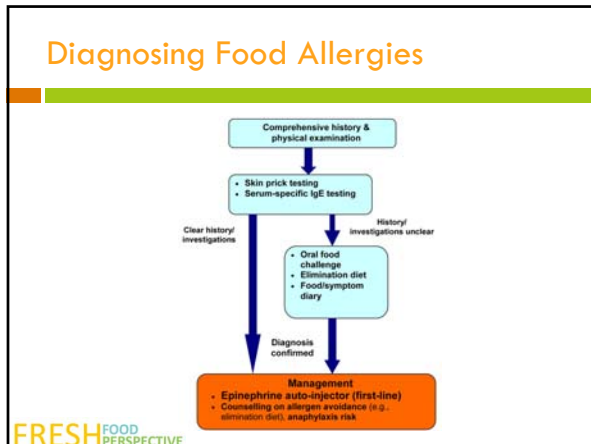
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Diagnosing Food Allergies

- × Elimination diet trial
 - × Remove expected allergens from diet for 2-4 weeks
 - × Doctor monitors symptoms during this time period
 - × If the food is causing the allergic symptoms, they should go away by the end of trial
 - × Doctor may ask patient to reintroduce food into diet. If symptoms start again, it is likely that food is an allergen for the patient



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- ### Eating safely with food allergies
- × Primary management for food allergies is to avoid eating the allergen
 - × *Tips for managing food allergies*
 - × Read labels for packaged foods
 - × Prepare safe food at home
 - × Ask questions when dining out
 - × Have an action plan in case of a reaction
 - × Wear a medical ID bracelet if advised by doctor
 - × Always have your medication on hand
 - × Consult a Registered Dietitian
- FRESH FOOD PERSPECTIVE

Eating safely with food allergies

- Read labels for packaged foods
 - The Food Allergy Labeling and Consumer Protection Act of 2004 (FALCPA) requires packaged food manufacturers to list the presence of the Big 8.
 - Read both the ingredients list and "contains" statement

INGREDIENTS: WHOLE GRAIN OAT FLOUR (INCLUDES THE OAT BRAN, SUGAR, WHEAT STARCH), HONEY, MODIFIED CORN STARCH, OAT FIBER, BROWN SUGAR, SALT, CANOLA OIL, OAT EXTRACT, DICALCIUM PHOSPHATE, TRIPOTASSIUM PHOSPHATE, NATURAL ALMOND FLAVOR, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.
VITAMINS & MINERALS: CALCIUM CARBONATE, REDUCED IRON, ZINC OXIDE, VITAMIN C (ASCORBIC ACID), VITAMIN B1 (THIAMINE), VITAMIN A PALMITATE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12 (CYANOCOBALAMIN), VITAMIN B9 (FOLIC ACID), VITAMIN D, MONONITRATE, FOLIC ACID, VITAMIN D, VITAMIN B12.
CONTAINS: WHEAT. ←



Eating safely with food allergies

- Prepare safe food at home
 - Avoid cross-contact
 - Cross-contact may happen if the household is not allergen free
 - It is when the allergen is accidentally transferred to the food the food allergic person is served
 - Example: A parent prepares a peanut butter sandwich for one child and uses the same knife to butter toast of the child with a peanut allergy.



Eating safely with food allergies

- Prepare safe food at home (Cont.)
 - Reduce the chances of cross-contact by having a set of cooking and eating utensils only used for the person with food allergies
 - Wash all dishes in hot, soapy water



Eating safely with food allergies

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- × **Ask questions when dining out**
 - × Tell the manager and/or chef of food allergies before ordering
 - × If “dining out” at a friend’s house or a party, allow the host to know of your food allergies when accepting the invitation
 - × Considering carrying a “chef card” which can be purchased from certain websites
 - × Lists the food allergies and requests that separate cooking instruments be used in food preparation to avoid cross-contact



Eating safely with food allergies

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CHEF: ALLERGY ALERT

I have a severe allergy to EGGS.

Even trace amounts of eggs can cause a life threatening reaction. Avoid cross contamination by cleaning all utensils, pans, cooking surfaces and cutting boards. Please verify safe cooking oils, marinades, sauces, seasonings, and ingredients are used in my meal.

Thank you for a safe dining experience. www.AllergyFreeTable.com



Eating safely with food allergies

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- × **Have an action plan in case of a reaction**
 - × Carry a list of steps to be taken if food allergen is accidentally ingested
 - × Let other people in your party know of these steps
- × **Wear a medical ID bracelet if advised by doctor**
 - × Should list relevant information about your food allergy
- × **Always have your medication on hand**
 - × Carry epinephrine with you if it was prescribed
 - × Have antihistamines on hand if recommended by your doctor



Eating safely with food allergies

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- × **Consult a Registered Dietitian**
 - × Provides guidance on how to best avoid a reaction
 - × Ensures you are getting all essential nutrients even with dietary changes
 - × Able to answer your questions and address your concerns about your dietary changes
 - × Offers support during what can be a difficult transition to a new diet and lifestyle



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Questions??



THANK YOU!!

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