



NUTRIeNT



What Is a Food Allergy?

A food allergy is when your body's immune system reacts to a food protein because it has mistaken that food protein as a threat. The food you are allergic to is called a "**food allergen.**" The response your body has to the food is called an "**allergic reaction.**" Allergies tend to run in families.

How do I know if I have a food allergy?

Do not diagnose a food allergy on your own. This should only be done by a qualified medical professional. Your doctor or healthcare provider may refer you to an allergist.

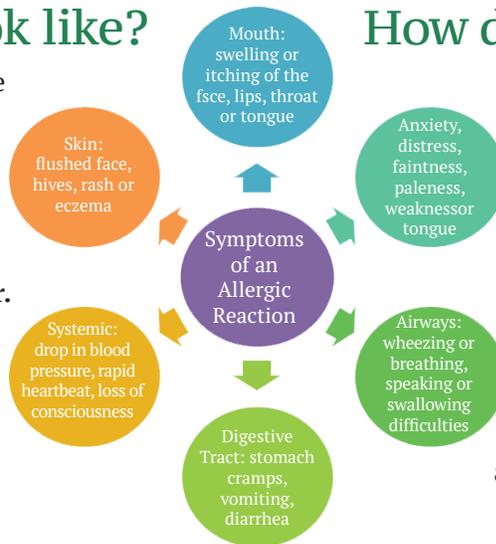
FOOD ALLERGY FACT
Eight foods account for 90 percent of all food allergy reactions

What will a reaction look like?

Food allergy reactions are hard to predict. The last reaction a person had could look nothing like the next one. Symptoms can affect many different parts of the body.

In some food allergy reactions, after the first symptoms go away, a second wave of symptoms can start one to four hours later. This is called a biphasic reaction.

The most dangerous reaction is called **anaphylaxis** (pronounced **an-uh-fil-LAX-is**). Anaphylaxis is a severe allergic reaction that happens quickly and may cause death.



How do I treat an allergic reaction to food?

Anaphylaxis should always be treated with an injection of epinephrine. Epinephrine is a type of adrenaline. It helps reverse the symptoms of a severe reaction. It is considered a very safe medicine. Antihistamines can be used to relieve mild allergy symptoms. Mild symptoms can quickly turn into a **life-threatening** reaction. Anyone having a reaction to a food allergen should be monitored closely.

Recipe Corner

Dairy-Free Banana Rice Pudding

8 servings, 1/2 cup each

Prep: 30 mins, Total Time: 3 1/2 hours (incl 2 hrs chilling time)

Ingredients

- (250 ml) 1 cup brown basmati rice
- (500 ml) 2 cups water
- (2 ml) 1/2 teaspoon salt
- (750 ml) 3 cups plus (15 ml) 1 tablespoon gluten-free vanilla rice milk, divided*
- (80 ml) 1/3 cup light brown sugar
- (2 ml) 1/2 teaspoon ground cinnamon, plus more for garnish
- (15 ml) 1 tablespoon cornstarch
- 4 ripe bananas, divided
- (5 ml) 1 teaspoon vanilla extract

*Some brands of rice milk may contain gluten.

Nutritional Information:
Cal 208, Fat 2g, Pro 3g, Carb 49g, Fibre 5g, Sodium 182 mg



Instructions

1. Combine rice, water and salt in a medium saucepan and bring to a boil. Reduce heat to low, cover and cook until the liquid is fully absorbed, 45 to 50 minutes.
2. Stir in 3 cups rice milk, brown sugar and 1/2 teaspoon cinnamon and bring to a lively simmer. Cook, stirring occasionally, for 10 minutes. Stir cornstarch and the remaining 1 tablespoon rice milk in a small bowl until smooth; add to the pudding. Continue cooking, stirring often, until the mixture is the consistency of porridge, about 10 minutes. Remove from the heat.
3. Mash 2 bananas in a small bowl. Stir the mashed bananas and vanilla into the pudding. Transfer to a large bowl, press plastic wrap directly onto the surface of the pudding and refrigerate until cold, at least 2 hours.
4. Just before serving, slice the remaining 2 bananas. Top each serving with a few slices of banana and sprinkle with cinnamon, if desired.

Tips for Avoiding Your Allergen

Currently there is no cure for food allergies. The only way to avoid a serious allergic reaction is to avoid the food allergen.

1. Read food labels. If unsure, get ingredient information from the manufacturer.
2. Watch out for allergen cross contamination. This can happen when one food comes into contact with another food and their proteins mix.
3. When eating out, plan ahead. Ask what is in your dish and how it is prepared.
4. Avoid fried foods. The grill and frying oil are ideal sources of cross contamination.
5. Be careful with dessert especially if not prepared in-house.

Reference

Food Allergies and Intolerances, Food Safety, Food and Nutrition. Health Canada www.hc-sc.gc.ca

Your Food Allergy Field Guide. Food Allergy Research & Education www.foodallergy.org

WebMD Recipe eatingwell.com

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Below is a listing of some food ingredients and derivatives for the allergen specified.
CAUTION: this list is not complete. Food and food products purchased from other countries (mail order or via internet) are not always produced using the manufacturing and labelling standards in Canada.

For a Milk-Free diet Avoid foods that contain milk or any of these ingredients

Butter, butter fat, butter oil, butter acids, butter ester(s), Buttermilk, Casein, casein hydrolysate, Caseinates, Cheese, Cream, Curds, Custards, Diacetyl, Ghee, Half-and-half, Lactalbumin, Lactoferrin, Lactose, Milk (all forms): condensed, dry, evaporated, goat's and other animals, malted, milkfat, powder protein, skimmed



For a Wheat-Free Diet Avoid foods that contain wheat or any of these ingredients

Bread crumbs, Bulgur, Cereal extract, Couscous, Cracker meal, Durum, Elnkorn, Emmer, Farina, Flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant pastry, self-rising, soft wheat, stone ground, whole wheat), Hydrolyzed wheat protein, Kamut, Matzoh, matzoh/matzah meal, Pasta, Seitan (wheat gluten), Semolina, Spealt, Sprouted wheat, Triticale, Wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch), Wheat bran hydrolysate, Wheat germ oil, Wheat grass, Wheat protein isolate, Whole wheat berries



For a Tree-Nut Free Diet Avoid foods that contain nuts or any of these ingredients

Almond, Artificial nuts, Beechnut, Brazil nut, Butternut, Cashew, Chestnut, Chinquapin nut, Coconut, Fibernut/hazelnut, Gianduja (a chocolate-nut mixture), Gingko nut, Hickory nut, Litchi/lichee/lychee nut, Macadamia nut, Marzipan/almond paste, Nangai nut, Natural nut extract (e.g. almond, walnut), Nut butters (e.g. cashew butter), Nut meal, Nut meat, Nut paste (e.g. almond paste), Nut pieces, Pecan, Pesto, Pili nut, Pine nut (aka Indian, pignoli, pignolia, pignon, pinyon nut), Pistachio, Praline, Shea butter, walnut



For an Egg-Free Diet Avoid foods that contain eggs or any of these ingredients

Albumen, Egg (dried, powdered, solids, white, yolk), Eggnog, globulin, Livetin, Lysozyme, Mayonnaise, Meringue, Surimi, Vitellin, Words starting with "ovo" or "ova" such as ovalbumin



For a Soy-Free Diet Avoid foods that contain soy or any of these ingredients

Edamame, Miso, Natto, Soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt), Soya, Soy bean curd, Soy protein (concentrate, hydrolyzed, isolate), Shoyu, Soy sauce, Tamari, Tempeh, Textured vegetable protein (TVP), Tofu

Soy is sometimes found in the following:
Asian cuisine, Vegetable broth, Vegetable gum, vegetable starch



For a Sulphite-Free Diet Avoid foods that contain sulphites or any of the following

Alcoholic and non-alcoholic beer and cider, Canned and frozen fruits and vegetables, Bottled lemon and lime juice concentrates, Cereal, cornmeal, cornstarch, crackers and muesli, Condiments (e.g. coleslaw, horseradish, ketchup, mustard, pickles, relish, sauerkraut), Potatoes, (dehydrated, mashed, peeled, pre-cut, frozen French fries), Dried herbs, spices and teas, Grapes, Fruit fillings, (syrups, gelatin, jams, jellies, preserves, marmalade, molasses, pectin), Fruit and vegetables juices, Glazed fruits (e.g. maraschino cherries), Starches (e.g. corn starch, potato starch), Sugar syrups (e.g. glucose, fructose, glucose solids, syrup dextrose, corn syrup, table syrup), Tomato paste, pulp and puree, Vinegar (also wine vinegar), Wine



For a Peanut-Free diet Avoid foods that contain peanuts or any of these ingredients

Artificial nuts, Beer nuts, Cold pressed or extruded pressed peanut oil, Goobers, Ground nuts, Mixed nuts, Nut pieces, Nut meat, Peanut butter, Peanut flour, Peanut protein hydrolysate

Peanut is sometimes found in the following:
African, Mexican dishes, Asian (especially Chinese, Indian, Indonesian, Thai, Vietnamese), Baked goods, Chilli, Egg rolls, Marzipan, Nougat



For a Shellfish-Free Diet Avoid foods that contain shellfish or any of the following

Barnacle, Crab, Crawfish (crawdad, crayfish, ecrevisse), Krill, Lobster (langouste, langoustine, scampi, tomalley), Prawns, Shrimp (crevette, scampi)

Shellfish is sometimes found in the following:
Bouillabaisse, Cuttlefish ink, Glucosamine, Fish stock, Seafood flavoring (crab or clam extract), Surimi



For a Fish-Free Diet Fish is sometimes found in the following

Barbeque sauce, Bouillabaisse, Caesar salad, Caviar, Deep fried foods, Fish flavoring, Fish flour, Fish fume, Fish gelatin, Fish oil, Fish sauce, Fish stock, Fishmeal, Nuoc mam (Vietnamese for fish sauce) pizza (anchovy topping), Roe, Salad dressing, Seafood flavoring, Shark cartilage, Shark fin, Surimi, Sushi, sashimi, Worcestershire sauce



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