

Food Allergy Tips

Living & Thriving w/ Multiple Food Allergies

RAISE



Before We Jump In

thoughts we should all consider

Are You A Mixed Allergy Household?

A mixed household means either only one person has food allergies OR multiple people have different allergies.

As a household, you will have to decide if allergens are in the home

- Keep Them Separated
- Cookware, Utensils, Sponges
- High Temp/Sanitize Dishwasher
- Disposable Plates, Cups, Cutlery

Food Allergies & Special Diets Overlap

- Learn What Each Diet Means
- Create A Custom Chart
- The Food Journal Is King

Companies May Give You The Run Around

Don't let this discourage you! Larger companies (with lots of subsidiaries) will sometimes take a company wide approach to disclosing allergens. Keep calling, and insist on getting thorough answers.

For The Newly Diagnosed:

- Safety First
- Ensure No Other Medical Conditions
- There's No Such Thing as a Bad Question
- Previous Reactions Don't Predict Future Reactions
- Lookout For Cross Contamination
- Gut Healing

Food Allergy Basics

in a nutshell: you can have an allergic reaction to any food

Definition

A food allergy is a response to food by the immune system. It can affect numerous organs in the body and have a wide range of symptoms. The severity can range between mild to life threatening. No two people are the same, and previous allergic reactions don't predict future reactions. Associated with EOE, FPIES, MCAS

A food intolerance is generally limited to digestive problems, but can also have a wide range of symptoms. No two people are the same.

US Top 8 Allergens

- Wheat, Dairy, Egg, Soy, Peanut, Tree Nut, Fish, Shell Fish

Canada Top 12 Allergens Include

- Gluten, Mustard, Sesame, Sulphites

Top 14 Allergens Include

- Celery, Mustard, Sesame, Sulphur, Lupin, Molluscs, Gluten, Oats

Homemade Dairy Free Oat Milk

- 140g Oven Roasted Oats
- 5c Water
- 1 tsp Organic Vanilla Extract
- 1/4 tsp Sea Salt

Blend on high for two minutes, then strain through a nut milk bag. Don't squeeze. When the bag no longer drips, your milk is ready. Transfer to container with lid.

Optional: Before discarding the pulp, squeeze the bag for a much thicker liquid. Great for muffins and pudding.

Resources

- FoodAllergy.org
- KidsWithFoodAllergies.com
- Instacart.com/rainbow-grocery

Gluten Free Basics

in a nutshell: avoid wheat, barley, and rye

Definition

Celiac Disease is the primary cause for one to adopt a gluten free diet. Gluten is the general name for proteins found in wheat, rye, and barley. It's the glue that hold it together, and helps food maintain its shape.

Associated Terms: Gluten Intolerance, Gluten Sensitivity, Non-Celiac Gluten Sensitivity, Wheat Allergy, Wheat Free, Wheat Belly

Diet Overlaps With: Paleo, AIP Paleo, GAPS, Raw Food, SCD

Why?

- Celiac Disease
- Fad (unfortunately)
- Eliminates Some Junk Food
- Changes In Food Manufacturing Over Time

Dietary Basics

It may seem easy: avoid gluten. There are SO many hidden sources:

- Beer
- Brewer's Yeast
- Candy
- Food Coloring
- Makeup
- Malt
- Meat Substitutes
- Oats (via Cross Contamination
- Roux
- Salad Dressings
- Sauces
- Snacks (Chips, Granola, etc)
- Soup
- Soy Sauce
- Vitamins
- Play-Dough

Resources

- Celiac.org
- [Celiac And The Beast](#)
- GlutenFreeOats.com

Cross Contamination & Cross Reactivity

when things don't go as planned

Cross Contamination Definition

Cross contamination is when food free from a particular allergen is prepared in a space (or with tools) that came into contact with the allergen to be avoided. The free from item is then contaminated with small amounts of the allergen.

Example: A pistachio pastry is cut with a knife. The knife is poorly cleaned, then used to cut into a nut free pastry.

Resources

- Nima Sensor (gluten and peanut options)
- Allergy Card/Chef's Ticket (if eating out)

Cross Reactivity Definition

An allergic reaction occurs when the immune system responds to proteins in the offending item. However, the body sees some proteins as the same, as they are similar. When you are allergic to one item, but have a response to a similar item, that is a cross reaction.

Cross reactivity when dealing with a fish allergy is very common. This can make diagnosis challenging, so be sure to keep a detailed food journal

Resources

- <https://www.kidswithfoodallergies.org/page/food-allergies-and-cross-reactivity.aspx>

Cross Contamination At Home & Elsewhere

tips on avoiding cross contamination

Cross Contamination At Home

If you are a mixed allergy household, there are many ways that cross contamination can be a problem. Based on the age of your children, you'll need to proceed with proper amount of caution.

- Cutting Boards, Knives
- Cooking Tools
- Non-Stick & Cast Iron Remember
- Dishes, Sponges, Brushes
- Hand Washing
- Counter-tops
- Snack Bins
- Dining Table

Cross Contamination At Grocery Stores

Contamination can happen at stores. Here are some pitfalls

- Open Samples (nuts, etc.)
- Produce
- Conveyor Belt
- Spills
- Items Out of Place (especially frozen)
- Children
- People Snacking

Elsewhere

- Restaurants
- Parks, Arcades, Movie Theater, Stadium
- Friends & Family

The Art of Reading Labels

deciphering the fine print

First, Know Your Allergies:

Know your allergies inside and out, and know what other names your allergy may go by. Examples:

Bell Pepper = Paprika

Sesame = Tahini

Soy = Miso

Considerations To Make:

- Shared Facility
- Shared Equipment
- Natural Flavors
- Processing Aids
- Packaging

Other Thoughts:

- Cross Reactive Items
- Check Periodically
- Don't Be Afraid To Ask For a Sample

Questions To Ask:

- Is this product made in a shared facility with xyz?
- Is this product transported with xyz?
- Is this product made on a shared line or shared equipment w/ xyz?
- Proceed to ask about each source ingredient.

Can I Trust The Answers:

- If it sounds like guessing, no
- They should be pulling up spec sheets to confirm information
- Keep a thorough food journal
- Don't Give Up!

Companies Aren't Legally Required To Disclose:

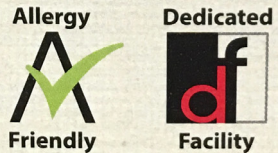
- Sourcing of Raw Materials
- Growing, Transportation, Storage
- Shared Anything and Everything

Label Samples

common examples you may see

Ingredients: whole grain gluten free oats, brown rice syrup, whole grain brown crisp rice, sunflower oil, *55% cocoa chocolate chips (*evaporated cane sugar, *cocoa mass, *cocoa butter), *evaporated cane sugar, *natural cocoa, sea salt. *certified organic

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Manufactured in a dedicated facility free of: peanuts, tree nuts, eggs, dairy, wheat, gluten, soy, sesame, fish, shellfish, mustard, preservatives, colors, artificial flavors and GMOs.

Calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, MODIFIED FOOD STARCH (CORN STARCH, TAPIOCA STARCH), RICE FLOUR, SOY FLOUR, DEXTROSE, SOYBEAN OIL, MILLED CHIA SEED, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: POTATO STARCH, XANTHAN GUM, SALT, RICE STARCH, MALTODEXTRIN, POLYGLYCEROL ESTERS OF FATTY ACIDS (EMULSIFIER), MONO AND DIGLYCERIDES, FUMARIC ACID, CALCIUM PROPIONATE (TO MAINTAIN FRESHNESS), BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE).
CONTAINS: SOY

Nutrition Facts

Serving Size: 1 oz (28g)
Servings Per Container: 17

Calories	310		
Total Fat	1.5g	3%	
Saturated Fat	0.5g	10%	
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	60g	18%	
Dietary Fiber	2g	4%	
Total Sugars	4g	8%	
Protein	4g	8%	

Not! your ordinary snack...

Combine the nutrition and taste of sunflowers with a few whole ingredients to make mini graham-style snacks that have the sugar and twice the protein of the leading graham snacks. Now! Can you believe it? You'll never go hungry again.

Good source of protein

- High in vitamin E
- Low carb
- Allergen friendly
- Gluten free
- Low sodium

INGREDIENTS: Whole Kernel Sunflower Seeds, Extra Virgin Olive Oil, Cane Sugar Syrup, Organic Light Brown Sugar*, Cinnamon
*USDA Certified Organic

ALLERGEN STATEMENT: There are no peanuts, tree nuts, wheat, soy, dairy, eggs, fish, shellfish or corn used in our facility. There are absolutely no llamas used in our facility either. We are llama-free.

You deserve the freshest product we make, so we put a little love in it! You'll know if you do.

Nutrition Facts

Serving Size: 1 oz (28g)
Servings per container: 17

Calories	170		
Total Fat	1.5g	3%	
Saturated Fat	0.5g	10%	
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	60g	18%	
Dietary Fiber	2g	4%	
Total Sugars	4g	8%	
Protein	4g	8%	

ZEST
ZEST ALMOND CAKE

ALL NATURAL INGREDIENTS
ALMONDS, AGAVE*, UNREFINED
COCONUT OIL*, CAGE-FREE EGGS, COCONUT*
LEMON, LEMON EXTRACT, VANILLA EXTRACT*
BAKING SODA, SEA SALT
ORGANIC

HIGH PROTEIN
HIGH FIBER
NUTRIENT DENSE
ANTIOXIDANT RICH
PALEO PERFECT
ZERO TRANS FAT
LOW CARBOHYDRATE
LOW GLYCEMIC LOAD
LOW SUGAR
GLUTEN FREE
DAIRY FREE
SOY FREE
CORN FREE
GRAIN FREE
NO PRESERVATIVES
NON-GMO

ALLERGEN INFO:
CONTAINS ALMONDS, COCONUT, EGGS AND MAY CONTAIN TRACES OF TREE NUTS AND PEANUTS

Nutrition Facts
Serving Size 2.5 oz (71g)
Servings per container 1

Amount Per Serving	
Calories	305
Calories from Fat	208
% Daily Value*	
Total Fat	24g 37%
Saturated Fat	8.5g 42%
Trans Fat	0g
Cholesterol	41mg 14%
Sodium	229mg 10%
Total Carbohydrate	16g 5%
Dietary Fiber	8g 31%
Sugars	4g
Protein	10g
Vitamin A	1%
Vitamin C	3%
Calcium	6%
Iron	3%

*Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

ZESTBRANDS LLC
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Allergies Outside of the Top 8 or Allergies + Special Diet

it's one giant venn diagram

Some Examples:

- AIP with a Coconut Allergy
- Gluten and Oat Free
- Low Histamine and Oral Allergy Syndrome (OAS)
- Paleo/Grain Free with an Almond Allergy
- Vegan with a Legume Allergy

Anything Can Cause an Allergic Reaction

Here in the US, we have identified the top 8 allergens which are responsible for most allergic reactions. Allergic reactions can happen to all foods. Popular “outside the top 8” requests we’ve received:

- Avocado Free
- Mushroom & Parsley Free
- Onion & Garlic Free
- Sesame Free

Special Diets You May Hear/Read About:

- Alkaline Diet
- Autoimmune Paleo (AIP)
- Candida Diet
- FOD Maps
- Gluten & Casein Free (GF CF/Autism Diet)
- Grain Free
- Gut And Psychology Syndrome (GAPs)
- Low Glycemic (Diabetic Friendly)
- Low Histamine
- Low Sodium
- Paleo
- Paleo Vegan
- Pescatarian
- Raw
- Vegan
- Vegetarian
- Whole 30

Apps & Special Diet Resources

resources everyone should know about

Awesome Apps

- Allergy Eats
- Allergy Reality (game that teaches about food allergies)
- Find Me Gluten Free
- Kitchen Stories
- La La Lunch Box (great for kids)
- Spokin

Instagram is Your New Best Friend (Pinterest too)

Top Tip: Follow brands that create products that are safe for you. Not only will you stay up to date, however, they will often repost content/recipes from other users, who are usually good to follow as well.

Instagram now allows you to follow a hashtag, which may be helpful if you are newly diagnosed.

Autoimmune Paleo (AIP)

@AutoimmunePaleo (IG)

@TheUnskilledCaveWoman (IG)

PhoenixHelix.com

WildMountainPaleo.com

Candida Diet

@Addicted_to_Lovely (IG)

@kokonut.kate

CandidaFood.com

TheCandidaDiet.com

GAPs Diet

@FindingForrester4 (IG)

HealthHomeAndHappiness.com/
gaps-recipes

#GutHealing

Low Histamine

@LowHistamineLearning (IG)

@LowHistamineMadeEasy (IG)

Whole30.com/2013/06/
expanded-iswf-shopping-lists/

Paleo

Cappello's

Know Better Bread

Organic Gemini

Otto's Natural Cassava

MummyMade.It

Vegan

@ElaVegan (IG)

@VeganStreetFair (IG)

Meet The Source

Dairy Free Tips

brands and resources to get you started

Delicious Dairy Free Brands:

- Bob's Red Mill
- Daiya
- Glutino
- Ian's
- Kinnikinnick
- Nature's Path
- Pacific Foods
- Raised Gluten Free
- Ripple
- So Delicious
- Vegan Foods*

You may find that you have eliminated all dairy and still have reactions. You may need to choose products that are from a dairy free facility.

*Vegan foods are dairy, egg, and honey free. Check facility status first.

Some Items Containing Dairy:

- Buttermilk
- Yogurt
- Ghee
- Kefir
- Lactose Free Milk & Cheese



Egg Free Tips

brands and resources to get you started

Commercial Egg Replacers:

- Bob's Red Mill Egg Replacer
- Ener-G Egg Replacer
- Follow Your Heart Vegan Egg (powder)
- Namaste Egg Replacer
- Neat Egg

Not all of these products come from top 8 free facilities. Some of the raw materials are made on shared equipment with major allergens. Be sure to call and make sure the product will work for your needs.

Awesome Egg Free Products:

- Choice Batter
- Rollin Greens Millet Tots
- Sir Kensington's Vegan Mayo

All About Awesome Aquafaba

What: Water drained from chick peas/garbanzo beans. Also works with black beans. Jovial brand works best.

How: Drain a jar of chickpeas. Place the water in a mixer and whip on high (hand mixer works too). Whip until desired peaks form.

Application: Egg White Replacement, Macarons, Mayo, Meringue

Other Egg Replacers:

Agar, Applesauce, Arrowroot, Banana, Chia Seeds, Flax Gel (ground flax + water), Peanut Butter, Potato Starch, Soy Protein



Soy Free Tips

brands and resources to get you started

Simple Choices You Can Start With:

- 88 Acres
- Barely Bread
- Coconut Aminos
- Coconut Bliss
- Divvies
- Enjoy Life Chocolate
- Know Allergies
- Made Good Foods
- Pascha Chocolate

Many of these brands create products that are free from several other (if not all) major allergens.

More Information

Like corn, soy can be quite difficult to avoid. Get to know as many top 8 free brands as possible, then get busy making food that's safe for you. Items to get creative with: Asian Sauces, Marshmallows, Cookies



Top 8 Free Tips

brands and resources to get you started

A Short List of Top 8 Free Brands:

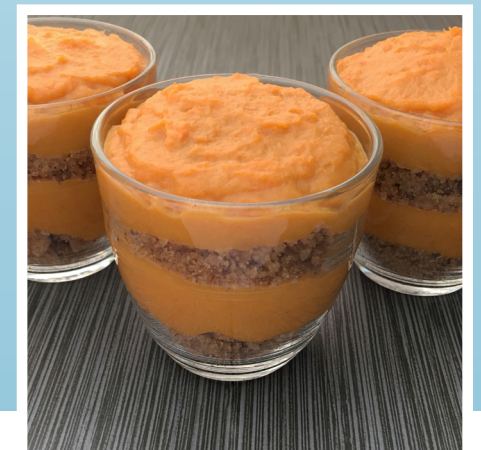
- Better Bites
- Cybele's Free To Eat
- Enjoy Life Foods (some products)
- Free 2 Be
- Libre Naturals
- Lundberg Farms (Rice Only Products)
- Namaste Foods
- No Whey Chocolates
- Piping Gourmet
- Sun Butter
- Surf Sweets
- Zego Snacks

The information presented is top 8 free and top 8 free facility. While there are lots of top 8 free products on the market, not many come from a top 8 free facility. Many brands have multiple facilities.

Websites

- AllergyExpedition.com (food finds)
- CybelePascal.com
- EatingWithFoodAllergies.com
- KidsWithFoodAllergies.org

These are just a few websites that cater to top 8 free. However, once you get the hang of substitutions, you'll be able to take a standard recipe and make a safe version for yourself.



Corn Free Tips

brands and resources to get you started

Simple Choices You Can Start With:

- Authentic Foods for Flours & CF Xanthan
- Berkey Water System (ceramic filters)
- GTs Kombucha
- Hilary's Eat Well
- Organic Gemini Tiger Nuts (not a nut)
- Otto's Cassava
- Simple Mills
- Singing Dog Vanilla
- Summit Spring Water
- Tropical Traditions for Coconut Products
- Zego Snacks

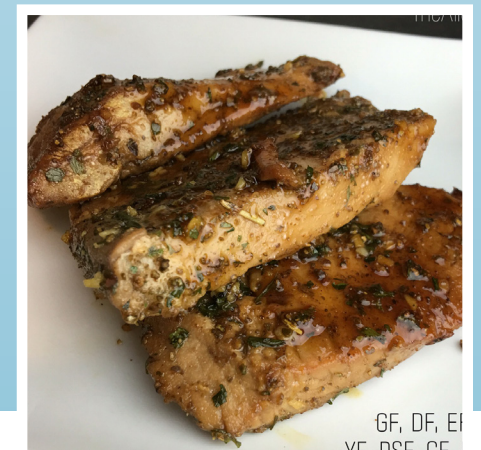
Top Resource

FreeAndFriendlyFoods.com/pages/corn-free

Truly The Hardest Allergen To Avoid

- Goes by over 200 different names
- Ethanol in Gasoline
- Citric Acid, Ascorbic Acid, Natural Flavors
- “Vegetable Based”
- “Biodegradable”

If you're newly diagnosed, find facts, not opinions. Corn is a unique allergy in that people define themselves as corn-lite, corn-moderate, severely allergic, etc. Some can have corn derivatives while others can't.



If You're New and/or Still Not Feeling Great

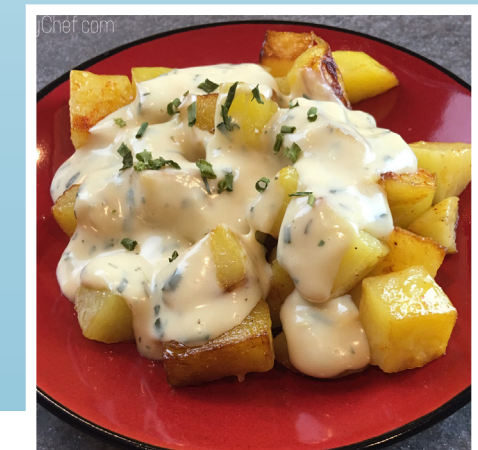
leave no stone unturned

Critical Needs & Considerations:

- Food Journaling
- Single Ingredient Sourcing
- Sealed Bulk Purchasing
- Do You Have Safe Water
- 4 Day Food Rotation
- Vitamin & Mineral Deficiencies
- Are Your Seasonings Safe
- How Sensitive Are You
- Overall Gut Health
- Stress Levels (Mental, Physical, Emotional)
- Untreated Inflammation
- Other Unknown Medical Conditions

The Food Journal Is King

- Tracks All Symptoms
- Can Help With Diagnosis
- Helps Eliminate Bothersome Food(s)
- Tracks Delayed/Ongoing Reactions
- Tracks Success/Failure of New Foods



Cooking Tips

remember, cooking is an art

When You're Starting Out:

If You're New to Cooking/Allergies, Purchase a Few Cookbooks

Learn Basic & Classic Techniques (Cutting, Searing, French)

Experiment with Different Methods

Don't Skimp on Flavor

Purchase the Right Tools

Avoid Overcooking Proteins

Caramelized Onions

Fat is Delicious

Missing "Something"? Try a Little Salt and/or acid

[Reddit.com/r/AskCulinary](https://www.reddit.com/r/AskCulinary)

Book Suggestions

Books from Free & Friendly Foods

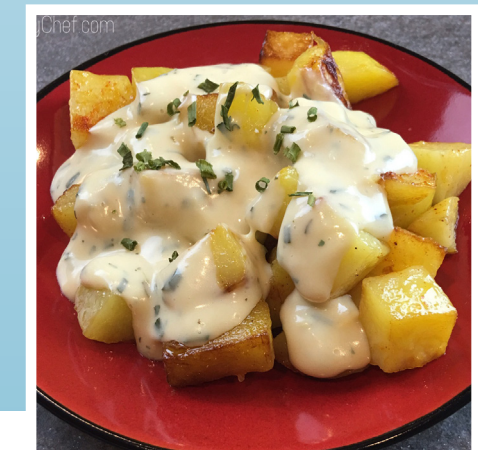
The Food Lab

The Formula Cookbook

The Flavor Bible

Tools & Appliances

- Pots & Pans (You May Need New Ones)
- Cutting Boards
- Good/Sharp Knives
- Stock Pot or Dutch Oven
- Waffle Maker
- Air Fryer and/or Deep Fryer
- Vitamix
- Juicer
- Tools for Specific Cuisine
- Indoor/Outdoor Grill



Baking Tips

indeed, baking is a science

Tips When You're Starting Out:

- Start With Shorter Baking Time
- Not All Shapes Bake The Same
- Take Lots of Notes
- Expect Differences From Recipes You Find
- Not All Flours Are Created Equally
- Binding Agents (Chia, Flax, Gums, Xanthan)
- Aquafaba, Eggs, Egg Replacers
- Simple Rise: Baking Soda + Acid (ACV, Lemon)
- Liquid vs Granulated Sweeteners
- Zest Goes A Long Way

Awesome Resource

ForkAndBeans.com Intro to GF Baking Primer

Great Tools & Products

- Cookie Dough Scooper
- Mini Muffin Pan & Muffin Pan
- Oven Thermometer
- Parchment Paper
- Plenty of Measuring Tools
- Stand Mixer
- Zester



Office & School Tips

living your best allergy friendly life

At Work/Office:

- Communicate with HR (pre & post hire)
- Eat in a Safe/Clean Area
- Labels/Signage
- Communicate with Nearby Coworkers
- Communicate when Office Functions Take Place
- Provide Safe Alternatives

At School:

- 504 Plan
- Communicate with teachers, other parents, administrators
- Teach Your Child to Advocate
- Labels/Signage
- Volunteer
- PTA Requests

For Older Students:

- Eat in Clean/Safe Areas
- Extensive Planning for Extended Trips
- Carpool

Stay In Touch

how to find us and connect

Websites:

FreeAndFriendlyFoods.com (Bakery, Books, Resources)

FoodAndLego.com (Hundreds of Free Recipes & Blog)

AllergyExpedition.com (Resources & Outreach)

TheAllergyChef.com

Social Media:

Instagram: [@TheAllergyChef](https://www.instagram.com/TheAllergyChef)

Twitter: [@FreeFriendFood](https://twitter.com/FreeFriendFood)

YouTube.com/[TheAllergyChef](https://www.youtube.com/TheAllergyChef)

Facebook.com/[FreeAndFriendly](https://www.facebook.com/FreeAndFriendly)

Traditional Methods:

Office: 650.200.6953

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Wide Range of Services

- Bakery
- Cookbooks
- The Allergy Chef in The Classroom
- Weekly Online Cooking Show
- Menu Planning & Custom Recipe Development

Raise.TheAllergyChef.com

