

FOOD ALLERGY

An adverse reaction to a food can be the result of either food *allergy*, *other food immune reaction* (e.g. celiac) or *food intolerance* such as lactose intolerance. Many people think these terms mean the same things, but they do not.

A food allergy occurs when the immune system reacts immediately with hives or swelling to food and can be severe. A potentially severe allergic reaction is called anaphylaxis.

Food allergy means there is a history of reaction confirmed by a positive IgE skin or blood test.

Food sensitization means a positive skin or blood test, but no history of reaction. Perhaps not actually allergic

What foods cause food allergy?

Although any food could potentially cause a reaction, eight foods are responsible for up to 90% of all reactions. They are milk, egg, peanuts, soy, wheat, tree nut, fish and shellfish.

Symptoms can include:

- A tingling sensation in the mouth
- Swelling of the tongue and throat
- Rash, hives, swelling
- Abdominal cramps, diarrhea or vomiting
- Wheezing, difficulty breathing
- Loss of consciousness and (very rarely) death

How is food allergy diagnosed?

Describe to your doctor the symptoms you experience and the foods you think may be causing those symptoms: how the symptoms felt, how soon they came on and how long they lasted after eating.

Specify the food or foods eaten prior to the onset of symptoms, the amount of each food eaten, and whether similar reactions have occurred before.

There are two tests most commonly used to confirm if a food allergy exists – a prick skin test or a blood test

Both of these tests can only indicate whether IgE is present. Therefore, your doctor must combine the test results along with your medical history to make a food allergy diagnosis vs. food sensitization.

Treatment

Some people outgrow their food allergies, though allergies to peanuts, nuts, fish and shellfish are life-long for many.

1. Strict avoidance of the foods to which the patient is allergic is necessary and includes reading all ingredient labels, informing waiters and other restaurant staff or other caregivers such as at daycare or school who are in control at meal or snack time that a very serious food allergy may exist.
2. Benadryl, epinephrine and call numbers must be immediately available at all time.
3. Protocols have evolved which may be helpful with some patients.

Oral Allergy Syndrome (OAS)

Many people with seasonal allergies (allergic rhinitis) experience symptoms of oral allergy syndrome (OAS). These include itching around the mouth or throat that do not develop into anaphylaxis. It is easy to confuse OAS with a food allergy. However, OAS is not a life threatening reaction, and does not require the use of epinephrine.

Symptoms can be avoided by cooking or heating in a microwave.

Symptoms often occur with fruits or vegetables that grow in the spring or autumn.

Symptoms may be worse during an allergy season, and with the foods that grow during that season - honeydew, cantaloupe, and watermelons, or tomatoes for ragweed allergies; peaches, celery, tomatoes, melons, and oranges for grass allergies; kiwi, apples, pears, peaches, plums, celery, cherries, carrots, hazelnuts and almonds for tree pollen allergies.

INGREDIENTS THAT MAY INDICATE MILK or DAIRY:

artificial butter flavor	lactose
butter, butter fat, butter oil	lactulose
buttermilk	lactoferrin
casein (casein hydrolysate)	lactalbumin, lactalbumin phosphate
caseinates (in all forms)	nisin
cheese	nougat
cottage cheese	pudding
cream	recaldent
curds	rennet casein
custard	sour cream, sour cream solids
ghee	sour milk solids
half-and-half	whey (in all forms)
malted, milkfat, non-fat, powder, protein, skimmed, solids, whole	whey protein hydrolysate
milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk, milk from other animals, low-fat,	yogurt
caramel candies	
chocolate	lactose
flavorings (including natural and artificial)	luncheon meat, hot dogs, sausages
high protein flavor	margarine
lactic acid starter culture	non-dairy products

INGREDIENTS THAT MAY INDICATE EGG:**Avoid foods that contain eggs or any of these ingredients:**

albumin (<i>also spelled albumen</i>)	lysozyme
egg (<i>dried, powdered, solids, white, yolk</i>)	mayonnaise
eggnog	meringue (meringue powder)
surimi	nougat
flavoring (including natural and artificial)	marzipan
lecithin	marshmallows
macaroni	

INGREDIENTS THAT MAY INDICATE PEANUT:**Avoid foods that contain peanuts or any of these ingredients:**

artificial nuts	monkey nuts
beer nuts	nut meat
cold pressed, expelled or extruded peanut oil	nut pieces
goobers	peanut butter
ground nuts	peanut flour
mixed nuts	
African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese), and Mexican dishes	enchilada sauce
baked goods (e.g., pastries, cookie)	flavoring (including natural and artificial)
candy (including chocolate candy)	marzipan
chili	mole sauce
Mandelonas are peanuts soaked in almond flavoring.	nougat
Arachis oil is peanut oil.	

INGREDIENTS THAT MAY INDICATE SOY:**Avoid foods that contain soy or any of these ingredients:**

edamame	soya
hydrolyzed soy protein	soybean (curd, granules)
miso	soy protein (concentrate, isolate)
natto	soy sauce
shoyu sauce	Tamari
soy	Tempeh
(soy albumin, soy fiber, soy flour, soy grits, soy milk, soy nuts, soy sprouts)	textured vegetable protein (TVP)
Asian cuisine	tofu
flavoring (including natural and artificial)	
vegetable broth	

vegetable gum
vegetable starch

INGREDIENTS THAT MAY INDICATE WHEAT:

All FDA-regulated manufactured food products that contain wheat as an ingredient are required by U.S. law to list the word "wheat" on the product label. The law defines any species in the genus *Triticum* as wheat

bread crumbs	pasta
bulgur	seitan
cereal extract	semolina
club wheat	spelt
couscous	sprouted wheat
cracker meal	triticale
durum	vital wheat gluten
einkorn	wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)
emmer	wheat bran hydrolysate
farina	wheat germ oil
flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat) hydrolyzed wheat protein	wheat grass
Kamut matzoh, matzoh meal (also spelled as matzo, matzah, or matza)	wheat protein isolate
soy sauce	whole wheat berries
starch (gelatinized starch, modified starch, modified food starch, vegetable starch)	
surimi	

INGREDIENTS THAT MAY INDICATE SHELLFISH

Avoid foods that contain shellfish or any of these ingredients:

abalone	mussels
clams (cherrystone, littleneck, pismo, quahog)	octopus
cockle (periwinkle, sea urchin)	oysters
crab	prawns
crawfish (crayfish, ecrevisse)	scallops
lobster (langouste, langoustine, scampi, coral, tomalley)	shrimp (crevette,)
mollusks	snails (escargot)
Bouillabaisse	squid (calamari)
cuttlefish ink	flavoring (including natural and artificial)
fish stock	seafood flavoring (such as crab or clam extract)
	surimi

INGREDIENTS THAT MAY INDICATE TREE NUT

almond	natural nut extract (e.g., almond, walnut)
artificial nuts	nougat
beechnut	nut butters (e.g., cashew butter)
Brazil nut	nut meal
butternut	nut meat
caponata	nut oil
cashews	nut paste (e.g., almond paste)
chestnut	nut pieces
chinquapin	pecan
coconut	pesto
filberts/hazelnuts	pili nut
gianduja (a nut mixture found in some chocolate)	pine nut (also referred to as Indian, pignoli, pignolia, pignon, piñon, and pinyon nut)
ginkgo nut	pistachios
hickory nut	praline
lichee/lychee nut	shea nut
macadamia nuts	walnuts
marzipan/almond paste	
nan-gai nuts	

- Mandelonas are peanuts soaked in almond flavoring.
- Mortadella may contain pistachios.
- Natural and artificial flavoring may contain tree nuts.
- Experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.