

Food allergy symptoms

Symptoms of food allergies may include physical and/or emotional reactions. If you are allergic to something in your diet, you may experience migraine headaches, constipation or diarrhea, or suffer from chronic colds and extreme fatigue. In addition, you may experience mood swings, be unable to concentrate, or feel anxious and depressed.

Food allergies can develop at any time. They should be distinguished from food intolerances, which are common but produce less intense reactions. Food allergies manifest in many different ways depending on which food is involved and how your immune system responds. Symptoms of allergies vary from individual to individual. Often, the culprit is a type of food consumed daily by many people, such as wheat or dairy products. If you are concerned about possible food allergies, consult your doctor or holistic health practitioner.

People with food allergies must be sure to check ingredient labels. This is especially important with corn, which comes in many different forms, and with wheat, which is present in many foods. Also ask for help when shopping and locating special diet products in your community co-op. Some co-ops offer special diet lists and/or product labeling programs to make shopping easier for you.



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Dairy

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Provided by your food co-op

FLORIDA

Ever'man Natural Foods

315 W. Garden St., Pensacola

New Leaf Market

1235 Apalachee Pkwy, Tallahassee

GEORGIA

Life Grocery & Cafe

1453 Roswell Rd., Marietta

Sevananda Natural Foods Market

467 Moreland Ave. N.E., Atlanta

KENTUCKY

Good Foods Market & Cafe

455-D Southland Dr., Lexington

MAINE

Blue Hill Co-op Community Market & Cafe

4 Ellsworth Rd., Blue Hill

Rising Tide Community Market

323 Main St., Damariscotta

MARYLAND

Silver Spring Co-op

8309 Grubb, Silver Spring

Takoma Park Co-op

201 Ethan Allen, Takoma Park

The Common Market

5728 Unit B-1 Buckeystown Pike, Frederick

MASSACHUSETTS

Berkshire Co-op Market

42 Bridge St., Great Barrington

Green Fields Market

144 Main St., Greenfield

Harvest Co-op Markets

581 Mass Ave., Cambridge

57 South St., Jamaica Plain

McCusker's Market

3 State St., Shelburne Falls

River Valley Market

330 North King St., Northampton

Wild Oats Co-op Market

320 Main St., Williamstown

NEW HAMPSHIRE

Concord Cooperative Market

24 South Main St., Concord

Hanover Co-op Food Store

45 South Park St., Hanover

Hanover Co-op Market

43 Lyme Rd., Hanover

Kearsarge Cooperative Grocer

52 Newport Rd., New London

Lebanon Co-op Food Store

12 Centerra Resource Park, Lebanon

NEW YORK

Abundance Cooperative Market

62 Marshall St., Rochester

Flatbush Food Cooperative

1415 Cortelyou Rd., Brooklyn

GreenStar Cooperative Market

215 N. Cayuga St., Ithaca

701 W. Buffalo St., Ithaca

Honest Weight Food Co-op, Inc.

484 Central Ave., Albany

Hungry Hollow Co-op

841 Chestnut Ridge Rd., Chestnut Ridge

Lexington Cooperative Market

807 Elmwood Ave., Buffalo

Syracuse Real Food Co-op

618 Kensington Rd., Syracuse

NORTH CAROLINA

Chatham Marketplace

480 Hillsboro St., Pittsboro

Deep Roots Market

3728 Spring Garden St., Greensboro

French Broad Food Co-op

90 Biltmore Ave., Asheville

Hendersonville Community Co-op

715 Old Spartanburg Hwy., Hendersonville

Tidal Creek Cooperative Food Market

5329 Oleander Dr., Ste. 100, Wilmington

Weaver Street Market

101 E. Weaver St., Carrboro

716 Market St., Chapel Hill

228 South Churton St., Hillsborough

PENNSYLVANIA

East End Food Co-op

7516 Meade St., Pittsburgh

Weavers Way Co-op

559 Carpenter Ln., Philadelphia

2129 72nd Ave., Philadelphia

Whole Foods Cooperative

1341 West 26th St., Erie

TENNESSEE

Three Rivers Market

937 North Broadway, Knoxville

VERMONT

Brattleboro Food Co-op

2 Main St., Brattleboro

City Market/Onion River Co-op

82 S. Vinooski Ave., Burlington

Hunger Mountain Co-op

623 Stone Cutters Way, Montpelier

Middlebury Natural Foods Co-op

9 Washington St., Middlebury

Putney Food Co-op

8 Carol Brown Way, Putney

Springfield Food Co-op

335 River St. (Rt. 106), Springfield

Co-op Food Store

209 Maple St., White River Junction

Upper Valley Food Co-op

193 N. Main St., White River Junction

VIRGINIA

Roanoke Natural Foods Co-op

1319 Grandin Road S.W., Roanoke

ALL ABOUT

Food Allergy Solutions



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Food Allergy Solutions

are readily available at the co-op to help meet your special dietary needs. Discover food alternatives found in such departments as bulk, frozen, refrigerated and packaged grocery.

Common food allergies

Wheat

Many people are allergic to wheat. Almost all baked goods, pasta, cereals, and gravies contain wheat or wheat products. Seitan (wheat-meat), bran and wheat germ, bulgar (used in Middle Eastern tabouli) and couscous are all forms of wheat or wheat derivatives. Ingredients that indicate the presence of wheat in baked goods include: all-purpose flour, wheat gluten, bread flour, cake flour, enriched flour, pastry flour, phosphated flour, white flour, semolina, bran, bread crumbs, farina, food starch, modified food starch, malt and wheat germ.

Wheat alternatives Most people diagnosed with a wheat allergy have reactions to common wheat or *Triticum sativum*. These people often

find they can tolerate spelt (*Triticum turgidum*). Breads, flours and pastas made from spelt and kamut are readily available at co-ops. Many other wheat alternatives are also available. Corn tortillas, rye crackers, rice cakes and mochi are good substitutes for wheat crackers.

Ready-made, wheat-free cereals include cream of rice, cream of rye, cream of buckwheat, puffed rice, puffed millet, puffed corn, rice flakes, corn flakes, rye flakes, brown rice crispies and wheat-free granola. Rice bran or oat bran replaces wheat bran. Cooked amaranth, barley, buckwheat, polenta, millet, oats or rye can replace cracked wheat or couscous in salads or in main dishes, and can also be used as hot cereals. Rice, corn, lentils, quinoa, buckwheat or mung bean pasta can be substituted for wheat pastas.

Corn

Corn allergies are also very common. People allergic to corn must avoid corn in all of its forms. These include cornmeal, polenta, maltodextrin, dextrose, corn oil, corn fructose and corn syrup.

Corn alternatives. Corn oil can be replaced with a variety of vegetable oils. Barley malt, rice syrup, fruit sweeteners or honey are good substitutes for corn sweeteners. Potato and wheat-based chips can replace corn chips and wheat tortillas adequately replace corn tortillas.

Gluten

Glutens are the proteins found in high levels of wheat and in smaller amounts in rye, oats, barley, triticale, spelt and kamut. Certified gluten-free oats are now available.

Gluten-sensitive enteropathy (celiac sprue) is a malabsorption syndrome, not an allergy, in which the absorptive surface of the small intestine is damaged by gliadin, a fraction of the protein gluten. Strict adherence to a gluten-free diet is required, as even small amounts of gluten can cause damage. Protein from wheat, barley, rye, spelt, semolina, kamut and triticale must not be consumed by persons with celiac sprue. These people may also react to quinoa, millet, buckwheat and amaranth. Visit the Celiac Sprue Association web site at www.csaceliacs.org for more information and an extensive listing of gluten-free foods.

Gluten-free solutions. There are a number of gluten-free packaged food items available at your co-op including cookies, cereals, snack chips, pastas and baking mixes. Read all packaging carefully and look for gluten-free labeling. Remember, some gluten-free products are manufactured in the same environment as wheat

products. Contact the food manufacturer directly for specific process information if highly sensitive. For gluten-free flours, consider using brown and white rice, corn, tapioca, potato, garbanzo, garb-fava and sorghum. Most beans, seeds and nuts are also safe.

Dairy

Dairy allergies are a reaction to the proteins in milk—casein and whey. Common symptoms usually involve the respiratory system or the skin. People with a dairy allergy must avoid foods with casein or whey or both. Digestive disturbances from dairy products are most often a sign of lactose intolerance. Lactose is the sugar in milk. Some people do not produce enough lactase, the intestinal enzyme that digests lactose. These people need to limit or avoid dairy products or take lactase when they eat dairy products.

Dairy-free alternatives. Co-ops offer a number of refrigerated, frozen and packaged grocery products that are dairy-free, including salad dressings, condiments, yogurt alternatives, beverages, frozen desserts and cheese alternatives. Eliminating dairy from your diet requires diligent label reading. Some products that are labeled dairy-free, such as soy cheese, may contain caseinate, a derivative of casein. Other ingredients that indicate the presence of dairy include lactose, lactalbumin, nonfat dry milk, milk solids and whey.

Peanuts and nuts

Allergies to peanuts and nuts are also fairly common. Read the label to check for peanuts, peanut butter or peanut oil, or the specific nut that causes your allergic reactions.

Nut-free substitutes. For peanut butter replacement try sesame butter (made from whole sesame seeds), tahini (made from hulled sesame seeds), or nut butters made from acceptable nuts.

STORAGE TIPS

Wheat flour substitutes require a longer (10–20 minutes) baking process. Combining substitutes and experimenting will produce successful results.

Adding ½ teaspoon of baking powder per cup of non-wheat flour improves the texture of the baked goods.

Most wheat-free baked goods will crumble, so making foods in smaller sizes helps retain shape and body.



To thicken a recipe or to hold ingredients together, substitute for 1 tablespoon of wheat flour:

- ½ tablespoon cornstarch, potato starch, or rice flour
- 1 tablespoon arrowroot or oatmeal
- 2 teaspoons quick-cooking tapioca

Baking without gluten is most successful using a blend of gluten-free flours, such as sorghum, potato and tapioca. Xanthan gum is a helpful ingredient to add body to doughs.