



Nutrition**Wise**

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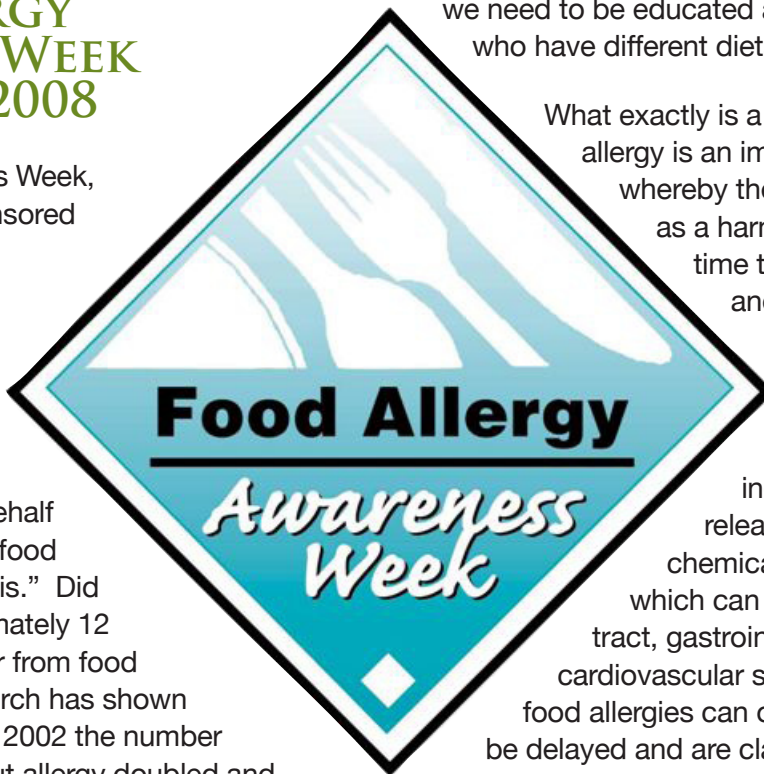
M NUTRITIONWISE MONTHLY

MAY 2008

FOOD ALLERGY AWARENESS WEEK MAY 11-17, 2008

Food Allergy Awareness Week, May 11th- 17th, is sponsored by the Food Allergy & Anaphylaxis Network (FAAN). The mission of FAAN is to “raise public awareness, to provide advocacy and education and to advance research on behalf of all those affected by food allergies and anaphylaxis.” Did you know that approximately 12 million Americans suffer from food allergies? In fact, research has shown that between 1997 and 2002 the number of children with a peanut allergy doubled and the number of Americans suffering from food allergies increased from approximately 6 million to 12 million! Approximately 8 percent of young children now have food allergies and an estimated 5,000 children die each year from asthma and food allergies. Most food reactions occur accidentally when the child is away from the home (like at school, for example). The reason for the drastic increase in the number of children and adults with food allergies is not fully understood. There are many postulations and more research needs to be completed in order to come to a better conclusion. Whether it is because we are too clean (The “Hygiene” Hypothesis) or whether it is due to genetically modified foods... the bottom line is that we all need to be aware that this is a huge epidemic. In order to keep our children safe,

we need to be educated and sympathetic of those who have different dietary needs.



What exactly is a food allergy? A food allergy is an immune system response whereby the body mistakes a food as a harmful substance. The first time that the food is ingested and the body decides that it is harmful, the body creates antibodies to “fight” off the food. When the food is ingested again, the body releases huge amounts of chemicals to protect the body which can affect the respiratory tract, gastrointestinal tract, skin or cardiovascular system. Symptoms of food allergies can occur immediately or can be delayed and are classified as mild, moderate or severe. Sneezing, runny nose, itchiness of eyes or nose, hives, trouble swallowing, wheezing, swelling of the lips, face, tongue or eyes, vomiting, diarrhea, eczema, scratchy throat, difficulty breathing, an asthma attack or anaphylactic shock (in which a person can lose consciousness and can be fatal).

It is possible to be allergic to just about anything, however the eight most allergenic foods (which account for 90% of food allergies) are: milk, soy, eggs, wheat, peanuts, tree nuts, fish and shellfish. Recent research indicates that allergies to food additives, colors and dyes are on the rise. Since there is no cure for food allergies, the best remedy is to avoid the allergen at all costs!

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The “Be a PAL” educational awareness program is designed to provide information to help teach what food allergies are and how to help friends/family members who have food allergies.

Anyone can be a PAL by following these five easy steps:

1. Never take food allergies lightly.
2. Don't share food with friends who have food allergies.
3. Wash your hands after eating.
4. Ask what your friends are allergic to, and help them avoid it.
5. If a friend who has food allergies becomes ill, get help immediately!

Make Food Allergy Awareness Week your time to be a PAL, learn more about food allergies and possible friends and family members who might be affected by them...

Helpful websites:

- www.foodallergy.org
- www.aaaai.org
- www.allergykids.com
- www.allergikid.com
- www.kidswithfoodallergies.org
- www.fankids.org
- www.foodallergytalk.com
- www.allergicchild.com
- www.beyondapeanut.com
- www.celiac.org
- www.sophiesafecooking.com

NEW! METABOLIC TESTING

Finally there is a Way to Accurately Measure the Speed of your Metabolism! Have you ever thought to yourself that you may not be losing weight because your metabolism is slow? For the first time it is now possible to accurately measure the

KIDS IN THE KITCHEN

Allergy Free Applesauce Cake

(no milk, eggs, peanuts, tree nuts, soy, wheat or corn)

Ingredients:

- » 1/2 cup allergen free margarine or substitute (Mother's margarine or Fleischmann's Light margarine, for example)
- » 1 cup applesauce
- » 1 cup sugar
- » 1 tsp baking soda
- » 1/2 tsp cinnamon
- » 1/2 tsp nutmeg
- » 1/2 tsp salt
- » 2 cups all purpose flour (or gluten free substitute)

Directions:

- » Preheat oven to 350 degrees. Grease 9 x 13" pan.
- » Cream together margarine and sugar in a mixing bowl until fluffy, add applesauce.
- » Blend in baking soda, salt, cinnamon, nutmeg, and flour.
- » Pour into prepared pan and bake for 25 minutes.

**Kids can help measure, mix and pour to get involved in the fun. This is a great recipe for a Mother's Day brunch.*

speed of your metabolism. As seen on Oprah, with the ReeVue Indirect Calorimeter you will finally be able to unlock the mystery of your metabolism.

Call or visit our website for more information:
www.nicolemeadow.com/metabolic.html