

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

ARKANSAS

Ozark Natural Foods
1554 N. College Ave. • Fayetteville

ILLINOIS

Common Ground
300 S. Broadway Avenue • Urbana

Neighborhood Co-op Grocery
1815 W. Main Street • Carbondale

INDIANA

3 Rivers Natural Grocery
1612 Sherman Blvd. • Ft. Wayne

Bloomingfoods Market and Deli
419 E. Kirkwood Ave. • Bloomington
316 W. 6th St. • Bloomington
3220 E. Third St. • Bloomington

Maple City Market
314 S. Main St. • Goshen

IOWA

New Pioneer Co-op
1101 2nd Street • Coralville
22 S. Van Buren Street • Iowa City

Oneota Community Co-op
312 W. Water Street • Decorah

Wheatfield Cooperative
413 Northwestern Ave. • Ames

KANSAS

Community Mercantile
901 Iowa St. • Lawrence

MICHIGAN

East Lansing Food Co-op
4960 Northwind Drive • East Lansing

Grain Train Natural Foods Market
220 E. Mitchell • Petoskey

GreenTree Cooperative Grocery
214 N. Franklin Ave. • Mt. Pleasant

Marquette Food Co-op
109 W. Baraga Ave. • Marquette

Oryana Natural Foods Market
260 E. 10th St. • Traverse City

People's Food Co-op
216 N. 4th Ave. • Ann Arbor

People's Food Co-op
436 S. Burdick Street • Kalamazoo

Ypsilanti Food Co-op
312 N. River St. • Ypsilanti

MINNESOTA

Bluff Country Co-op
121 W. 2nd St. • Winona

City Center Market
122 North Buchanan Street • Cambridge

Cook County Whole Foods Co-op
20 E. 1st Street • Grand Marais

Eastside Food Cooperative
2551 Central Avenue N.E. • Minneapolis

Harmony Natural Foods Co-op
117 3rd St. N.W. • Bemidji

Harvest Moon Natural Foods
2380 W. Wayzata Blvd. • Long Lake

Just Food Co-op
516 S. Water Street S. • Northfield

Lakewinds Natural Foods
435 Pond Promenade • Chanhassen
17501 Minnetonka Blvd. • Minnetonka

Linden Hills Co-op
3814 Sunnyside Ave. • Minneapolis

Mississippi Market
622 Selby Ave. • St. Paul
1500 West 7th Street • St Paul

River Market Community Co-op
221 N. Main Street, Suite 1 • Stillwater

Seward Cooperative Grocery & Deli
2823 E. Franklin • Minneapolis

St. Peter Food Co-op & Deli
119 W. Broadway Ave. • Saint Peter

The Wedge Co-op
2105 Lyndale Ave. S. • Minneapolis

Valley Natural Foods
13750 County Road 11 • Burnsville

Whole Foods Co-op
610 E. 4th Street • Duluth

NEBRASKA

Open Harvest Cooperative Grocery
1618 South St. • Lincoln

OHIO

Phoenix Earth Food Co-op
1447 W. Sylvania Ave. • Toledo

TEXAS

Wheatville Co-op
3101 Guadalupe St. • Austin

WISCONSIN

Basics Cooperative
1711 Lodge Drive • Janesville

Chequamegon Food Co-op
215 Chapple Ave. • Ashland

Menomonie Market Food Co-op
521 Second Street East • Menomonie

Outpost Natural Foods Cooperative
100 E. Capitol Drive • Milwaukee
2826 S. Kinnickinnic Ave. • Milwaukee

7000 W. State St. • Wauwatosa

People's Food Co-op
315 5th Ave. South • La Crosse

Viroqua Food Co-op
609 N. Main St. • Viroqua

Willy Street Co-op
1221 Williamson • Madison
6825 University Ave. • Middleton

ALL ABOUT

Food Allergy Solutions



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COOP
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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.