

Egg Allergy

A common food allergen that affects children is eggs, but adults can also have this allergy. Either the egg white or yolk may cause the reaction, but since there is no way to completely separate the two it is recommend that they are avoided all together. The signs and symptoms of a reaction to eggs can range from mild to severe. These symptoms typically begin to appear within a few minutes up to a few hours after ingestion.

Symptoms of a Reaction:

Allergic reactions to eggs are usually mild and vary from person to person. Some of the symptoms may include:

- Skin inflammation or hives (most common symptom)
- Allergic asthma
- Allergic nasal inflammation (rhinitis)
- Gastrointestinal symptoms, such as cramps, nausea, and vomiting

Some individuals may have a severe, life-threatening reaction called anaphylaxis when they ingest eggs. This type of reaction will require immediate medical attention because the only treatment is a shot of epinephrine (adrenaline). Some of the symptoms may include:

- Constriction of airways, including a swollen throat or a lump in your throat that makes it difficult to breathe
- Shock, with a severe drop in blood pressure
- Rapid pulse
- Dizziness, lightheadedness or loss of consciousness

What Causes the Reaction?

The reason that a person has a food allergy is an immune system malfunction. The immune system identifies certain proteins in the eggs, which causes the production of immunoglobulin E (IgE) antibodies to neutralize the threat. Each time you eat that food, the IgE antibodies will recognize the proteins and signal the immune system to release histamine and other chemicals that are the cause of allergy symptoms. There are proteins in both the egg white and yolks that provoke allergic reactions; however the whites are more commonly the source of allergies.

Products and Ingredients Containing Eggs

- | | | | |
|------------------------------|--------------------|--------------------------|---------------------|
| • Albumin | • Dried eggs | • Marshmallow | • Processed meats |
| • Albuminate | • Dumplings | • Mayonnaise | • Puddings |
| • Apovitellenin | • Egg powder | • Meatballs | • Root beer |
| • Baked goods | • Egg rolls | • Meatloaf | • Salad dressing |
| • Baking powder | • Egg solids | • Medications | • Scones |
| • Bavarian creams | • Egg whites | • Meringue | • Shampoo |
| • Bearnaise sauce | • Egg yolks | • Mixes, batters, sauces | • Sherbet |
| • Breaded foods (some) | • Eggnog | • Newburgh sauce | • Silica albuminate |
| • Candy (some) | • French toast | • Ovalbumin | • Simplese |
| • Canned soups | • Fried rice | • Ovaltine | • Some wines |
| • Casseroles | • Frostings | • Ovoglobulin | • Soufflés |
| • Commercial egg substitutes | • Globulin | • Ovomucin | • Soup stocks |
| • Consommés | • Ice cream | • Ovotranferrin | • Specialty coffee |
| • Cosmetics | • Lecithin | • Ovovitella | • Surimi |
| • Crackers | • Livetin | • Ovovitellin | • Tartar sauce |
| • Creamed foods | • Lollipops | • Pancakes | • Vitellin |
| • Crepes | • Lysozyme | • Phosvitin | • Waffles |
| • Croissants | • Malted beverages | • Pretzels | • Whips |

- Custard
- Many pastas

*** Any word that contains "ova" or "ovo" means it may contain egg proteins ***

Treatments:

The only way you can prevent an allergic reaction is to completely avoid contact with eggs and eggs proteins. Some medications, such as antihistamines, can help reduce the signs and symptoms of a reaction after contact with eggs. You can take this type of medication after you ingest eggs to help control your reaction and relieve any discomfort from symptoms. If you have serious reactions to eggs you may be required to carry epinephrine injections with you in case contact occurs. The only way to know if any medication can help you is to talk to your doctor about your allergy to eggs.

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Fish Allergy

A food allergen that is found most often in adults, but can also occur in children, is that to fish. This reaction usually occurs within minutes of a person ingesting fish. Also, a person with an allergic reaction to fish is usually allergic to multiple kinds of fish, so it is recommended that they avoid all fish to be safe. Allergic reactions to fish can range in severity depending on the individual, but most are severe and even life-threatening. If you have an adverse reaction to eating fish it is important to seek medical attention in order to have an allergy test performed.

Some individuals may experience something that is like a fish allergy but is actually fish poisoning. It occurs from an adverse reaction that is brought on by histamine in the fish. This is a common type of food poisoning, and it can cause symptoms similar to that of a fish allergy. However, fish poisoning does not involve the immune system like an allergy does. The only time a poisoning occurs is when you eat the contaminated food; and an allergy occurs each and every time you eat fish.

Symptoms of a reaction:

Some of the symptoms that a person may experience right after ingesting fish are:

- irritation and itching in the mouth and throat
- nausea, vomiting
- stomach ache, diarrhea
- hives, swelling under the skin, itching and reddening of the skin
- worsening eczema
- asthma (wheezing, breathlessness, coughing)
- hay fever (itchy nose and eyes, sneezing/runny nose)
- swelling of the airways

The more life-threatening reaction is called anaphylaxis and it requires immediate medical attention. Some of the symptoms include:

- Constriction of airways, including a swollen throat or a lump in your throat, that makes it difficult to breathe
- Shock, with a severe drop in blood pressure
- Rapid pulse
- Dizziness, lightheadedness or loss of consciousness

What Causes the Reaction?

The reason that a person has a food allergy is an immune system malfunction. The immune system identifies certain proteins in the fish, which causes the production of immunoglobulin E (IgE) antibodies to neutralize the threat. Each time you eat that food, the IgE antibodies will recognize the proteins and signal the immune system to release histamine and other chemicals that are the cause of allergy symptoms. The allergy to fish is usually linked to the protein in the fish meat (muscle). A muscle protein called parvalbumin is the most commonly found allergen in fish. This protein is extremely stable in heat, which means that cooking the fish does not get rid of the allergy causing protein. There have been some other proteins in fish that have been described to act as allergens, but parvalbumin is the main one.

Treatments:

The only way you can prevent an allergic reaction is to completely avoid contact with fish and fish proteins. Some medications, such as antihistamines, can help reduce the signs and symptoms of a reaction after contact with fish. You can take this type of medication after you ingest fish to help control your reaction and relieve any discomfort from symptoms. If you have serious reactions to fish you may be required to carry epinephrine injections with you in case contact occurs. The only way to know if any medication can help you is to talk to your doctor about your allergy to fish.

Foods and Ingredients Containing Fish

- | | | | |
|-----------------|-------------|-----------------------------|-----------|
| • Anchovy | • Codfish | • Marshmallow | • Sashimi |
| • Antipasto | • Dips | • Monkfish | • Sauces |
| • Asian dishes | • Eel | • Nam pla (Thai fish sauce) | • Scrod |
| • Bass | • Egg rolls | • Orange Roughy | • Shark |
| • Bluefish | • Fish oils | • Perch | • Smelt |
| • Bouillabaisse | • Flounder | • Pickerel | • Snapper |

- Bream
- Caesar dressing
- Caesar salad
- Canned spreads
- Caponata
- Carp
- Catfish
- Caviar
- Ceviche
- Char
- Chub
- Cioppino
- Cisco
- Frog legs
- Fumet (fish stock)
- Gelatin
- Greek dishes
- Grouper
- Haddock
- Hake
- Halibut
- Herring
- Imitation seafood
- Mackerel
- Mahi Mahi
- Marlin
- Pike
- Pissaladiere
- Pizza toppings
- Plaice
- Plaice
- Pollock
- Pompano
- Porgy
- Rockfish
- Roe (fish eggs)
- Salad dressings
- Salmon
- Sardine
- Sole
- Soups
- Stuffing
- Surimi
- Sushi
- Swordfish
- Tempura
- Tilapia
- Trout
- Tuna
- White Fish
- Whiting
- Worcestershire sauce

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Cow's Milk Allergy

Cow's milk is one of the most common food allergens for children, but it can also affect adults. An allergic reaction to milk is an abnormal response of the body to the proteins found in cow's milk. Typically an allergic reaction will occur within a few minutes up to a few hours from the time you ingest a milk product, however there have been cases where it's been days before signs of a reaction appear. The signs and symptoms of a reaction can range from mild to severe, and rarely do they include anaphylaxis. These signs and symptoms will vary from person to person.

A milk allergy is often confused with milk (or lactose) intolerance so it is very important to differentiate between these. Intolerance does not involve the immune system like an allergy does. Also, milk intolerance will have different symptoms and treatment than that of a milk allergy. Some common signs and symptoms of milk or lactose intolerance include digestive problems such as: bloating, gas, and diarrhea after consuming milk. If you think that you have either intolerance or an allergy to milk you should see your doctor in order to find out which one you have.

Symptoms of Milk Allergy:

Some of the signs and symptoms of an allergic reaction to milk may include:

- Immediately after Consumption:
 - Wheezing
 - Vomiting
 - Hives
- Delayed Symptoms:
 - Loose stools
 - Diarrhea
 - Abdominal cramps
 - Coughing or wheezing
 - Runny nose
 - Skin rash
- Anaphylaxis: a life-threatening reaction that causes constriction of the airways and blocks breathing
 - Constriction of airways, including a swollen throat that makes it difficult to breathe
 - Shock, with a severe drop in blood pressure
 - Rapid pulse
 - Dizziness, lightheadedness or loss of consciousness

What Causes the Reaction?

The reason that a person has a food allergy is an immune system malfunction. The immune system identifies certain proteins in the milks, which causes the production of immunoglobulin E (IgE) antibodies to neutralize the threat. Each time you eat that food, the IgE antibodies will recognize the proteins and signal the immune system to release histamine and other chemicals that are the cause of allergy symptoms. Milk contains two different proteins that can act as allergens: casein (which is the milk curd) and whey (which is the liquid part of the milk after it curdles).

Treatments:

The only way you can prevent an allergic reaction is to completely avoid contact with milk and milk proteins. Some medications, such as antihistamines, can help reduce the signs and symptoms of a reaction after contact with milk. You can take this type of medication after you ingest milk to help control your reaction and relieve any discomfort from symptoms. If you have serious reactions to milk you may be required to carry epinephrine injections with you in case contact occurs. The only way to know if any medication can help you is to talk to your doctor about your allergy to milk.

Foods & Ingredients Possibly Containing Milk Proteins

- All cheese, , cream cheese
- All Milks
- Artificial Butter Flavor
- Chocolate
- Cookies
- Cottage Cheese
- High protein flour
- Hot Cocoa
- Hydrolysates
- Rusk
- Salad Dressings
- Saltines

- Au gratin, buttered, creamed, scalloped potatoes
- Biscuits
- Bisques, chowders, cream soups
- Bologna
- Brown Sugar Flavoring
- Butter, cream, margarine
- Butter Fat or Oil
- Cake
- Candies/Fudge
- Caramel flavoring
- Casein
- Caseinates (ammonium, calcium, magnesium, potassium, sodium)
- Cheese Flavor
- Crackers
- Cream Cheese
- Cream desserts
- Curds
- Custard
- Donuts
- Frankfurters
- French Toast
- Frozen French fries sprayed w/ lactose
- Ghee
- Goat's Milk
- Half and Half
- High protein cereals
- Ice cream
- Lactalbumin
- Lactalbumin phosphate
- Lactoferrin
- Lactoglobulin
- Lactulose
- Macaroni and cheese
- Milknog
- Milkshakes, Malts
- Milk, white, or rye bread
- Muffins
- Natural Flavoring
- Rennet Casein
- Sausage products
- Sheep's Milk
- Sherbet
- Simplesse
- Sour Cream
- Vegetable soufflés
- Waffles
- Whey
- White Sauces
- Yogurt
- Zwieback

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Peanut Allergy

Of the eight most common food allergens, peanuts are the one that is found most in both adults and children. Allergic reactions to peanuts can range from mild to life-threatening (anaphylaxis), as it is considered to be one of the top food allergens that can cause death. This reaction will typically occur within seconds to minutes of coming into physical contact, eating or simply smelling peanuts. There is a wide range of ways in which the allergy can present itself in individuals, so it is important that you work with a physician to find out how the allergy affects you.

Some individuals who have an adverse reaction to peanuts do not have an allergy but intolerance for peanuts. The difference between an allergy and intolerance is that the immune system is involved in an allergy but not in the intolerance. A peanut intolerance may appear with mild symptoms such as indigestion and heartburn, or no symptoms at all after eating a small amount of peanuts. On the other hand, if you have a true peanut allergy and ingest a small amount of peanuts, a serious allergic reaction can result.

Symptoms of a Reaction:

A few of the symptoms of a mild reaction to peanuts may include:

- Skin reactions, such as hives, redness, or swelling
- Itching or tingling in or around the mouth and throat
- Digestive problems such as diarrhea, stomach cramps, nausea, or vomiting
- Tightening of the chest
- Shortness of breath or wheezing
- Runny or stuffy nose

The more severe and life-threatening reaction that can occur with a peanut allergy is called anaphylaxis. This is a very severe reaction that will require immediate medical attention because the only treatment is an injection of epinephrine (adrenaline). Some of the symptoms may include:

- Constriction of airways, including a swollen throat that makes it difficult to breathe
- Shock with a severe drop in blood pressure
- Rapid pulse
- Dizziness, lightheadedness or loss of consciousness
- Flushed skin

What Causes the Reaction?

The reason that a person has a food allergy is an immune system malfunction. The immune system identifies certain proteins in the peanuts, which causes the production of immunoglobulin E (IgE) antibodies to neutralize the threat. Each time you eat that food, the IgE antibodies will recognize the proteins and signal the immune system to release histamine and other chemicals that are the cause of allergy symptoms. There are three different ways that a person can come into contact with peanuts.

- **Direct Contact:** This is the most common type of contact in which the person eats peanuts or peanut-containing foods. Sometimes this may also occur through skin contact with peanuts.
- **Cross-Contact:** This occurs when peanuts are unintentionally introduced into a product, which generally occurs during the processing and handling of the product.
- **Inhalation:** The inhalation of dust or aerosols containing peanuts may produce an allergic reaction. The common things that cause this are peanut flour and peanut oil cooking spray.

Possible Treatments:

Like with all other food allergies, the only way to prevent a reaction is to completely avoid contact with peanuts and peanut proteins. Due to the possibility of a peanut reaction being life-threatening, you should always be prepared to react to such a case. The only way to treat an anaphylactic reaction is with an epinephrine (adrenaline) injection, which may require a trip to the emergency room. If your physician believes you are at risk for severe reactions, you may be required to carry epinephrine injections (EpiPen, Twinject) around with you. For individuals with milder reactions to peanuts, medications like antihistamines may be able to help control symptoms. This medication is

taken after peanuts are ingested and signs such as itching and hives begin to appear. It is important to note that these types of medication are not sufficient to treat a life-threatening reaction to peanuts.

Ingredients and Foods Containing Peanuts

- African dishes
- Arachis oils
- Artificial nuts, Nu-Nuts
- Baked goods
- Beer nuts
- Cereals and Granola
- Chex mix, Trail mix
- Chili sauce
- Chinese dishes
- Chocolate Candies
- Cold-pressed or expressed peanut oil
- Crackers
- Egg rolls
- Energy bars
- Flavored Yogurt
- Frozen desserts
- Fruitcake
- Grain breads
- Ground or mixed nuts
- Halva
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Ice cream
- Indonesian dishes
- Kebabs
- Licorice sweets
- Maripan
- Mexican dishes
- Monkey nuts
- Nougat
- Nut brittle
- Nut butters (almond butter)
- Peanut butter
- Peanut flour
- Peanut sauce
- Pesto sauce
- Praline
- Ready-made sweet mincemeat
- Salad Dressings
- Satay sauce
- Soups
- Spaghetti sauces
- Stollen
- Sunflower seeds
- Thai dishes
- Turkish delight
- Vegetarian burgers
- Vietnamese dishes
- Waldorf salad

Types of Legumes

- Alfalfa sprouts
- Baked beans
- Bean sprouts
- Black-eyed beans
- Buttered beans
- Carob and carob syrup
- Chick peas (garbanzo beans)
- Fenugreek
- Gum acacia (E414)
- Gum tragacanth (E413)
- Haricot beans
- Lentils
- Licorice
- Red clover
- Soya beans and soya products
- String beans
- Tamarind
- Tonka ban

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Shellfish Allergy

A food allergen that is found most often in adults, but can also occur in children, is that to shellfish. This reaction usually occurs within minutes of a person ingesting shellfish. Also, a person with an allergic reaction to shellfish is usually allergic to multiple kinds of shellfish, so it is recommended that they avoid all shellfish to be safe. Allergic reactions to shellfish can range in severity depending on the individual. If you have an adverse reaction to eating shellfish it is important to seek medical attention in order to have an allergy test performed. Some individuals may experience something that is like a shellfish allergy but is actually shellfish poisoning. It occurs from an adverse reaction that is brought on by toxins and bacteria in the shellfish. This is a common type of food poisoning, and it can cause symptoms similar to that of a shellfish allergy. However, shellfish poisoning does not involve the immune system like an allergy does. The only time a poisoning occurs is when you eat the contaminated food; and an allergy occurs each and every time you eat shellfish.

Symptoms of a Reaction:

Most allergic reactions to shellfish tend to be mild to moderate and may involve the following symptoms:

- Hives, itching, or eczema
- Swelling of the lips, face, tongue, and throat, or other parts of the body
- Wheezing, nasal congestion or trouble breathing
- Abdominal pain, diarrhea, nausea, or vomiting
- Dizziness, lightheadedness, or fainting
- Tingling in the mouth

Some individuals may have a more severe reaction that can be life-threatening (called anaphylaxis). This type of reaction interferes with a person's ability to breathe, so immediate medical attention is required. Some of the symptoms may include:

- Constriction of airways, including a swollen throat or a lump in your throat, that makes it difficult to breathe
- Rapid pulse
- Dizziness, lightheadedness or loss of consciousness
- Shock, severe drop in blood pressure

What Causes the Reaction?

The reason that a person has a food allergy is an immune system malfunction. The immune system identifies certain proteins in the shellfish, which causes the production of immunoglobulin E (IgE) antibodies to neutralize the threat. Each time you eat that food, the IgE antibodies will recognize the proteins and signal the immune system to release histamine and other chemicals that are the cause of allergy symptoms. There are different types of shellfish, each of which contain different allergy inducing proteins. The different types of shellfish are as follows:

- Crustaceans:
 - Crab
 - Lobster (Langouste, Langoustine, Scampo, Coral, Tomalley)
 - Crayfish (Crawfish, Ecrevisse)
 - Shrimp (Prawns, Crevette)
- Mollusks:
 - *Bivalves:*
 - Clams
 - Mussels
 - Oysters
 - Scallops
 - Abalone
 - *Gastropods:*
 - Limpets
 - Periwinkles (Cockle, Sea Urchin)
 - Snails (Escargot)
 - *Cephalopods:*
 - Squid (Calamari)
 - Cuttlefish
 - Octopus

Treatments:

The only way you can prevent an allergic reaction is to avoid contact with shellfish and shellfish proteins completely. Some medications, such as antihistamines, can help reduce the signs and symptoms of a reaction after contact with shellfish. You can take this type of medication after you ingest shellfish to help control your reaction and relieve any discomfort from symptoms. If you have serious reactions to shellfish you may be required to carry epinephrine injections with you in case contact occurs. The only way to know if any medication can help you is to talk to your doctor about your allergy to shellfish.

Possible Sources of Shellfish:

- Bouillabaisse
- Conch
- Cuttlefish Ink
- Fish Stock
- Flavoring (Natural & Artificial)
- Imitation shellfish
- Seafood Flavoring
- Surimi

*** Be cautious of seafood restaurants because cross-contamination may occur with shellfish. Also, vapors of shellfish in the air may cause an allergic reaction***

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Soy Allergy

According to the U.S. Food and Drug Administration (FDA), soy is considered one of the eight most common allergens to affect children. An allergy to soy can also be found in adults, although it is rare. Signs of an allergic reaction usually begin to appear within a few minutes up to an hour after a person ingests a soy product; however there have been cases where these symptoms are delayed longer. Due to the fact that soy is a legume, there may be reason that a person with this allergy may have to avoid all legumes in order to avoid a reaction. The only way to know which legumes that you have to avoid is to talk with your physician about your reaction to soy products and be tested for the allergy.

Symptoms of a reaction:

The symptoms of a soy allergic reaction are usually mild and may include some of the following:

- Tingling in the mouth
- Hives, itching, or eczema
- Swelling of the lips, face, tongue, and throat, or other parts of the body
- Canker sores
- Wheezing, runny nose, or trouble breathing
- Abdominal pain, diarrhea, nausea, or vomiting
- Dizziness, lightheadedness or fainting
- Fever, fatigue, or weakness

Some individuals may have a severe and life-threatening (anaphylaxis) reaction to the ingestion of soy which requires immediate medical attention. The following are some of the symptoms of this type of reaction:

- Constriction of airways, including a swollen throat or a lump in your throat, that makes it difficult to breathe
- Rapid pulse
- Shock, with a severe drop in blood pressure
- Dizziness, lightheadedness, or loss of consciousness

What Causes the Reaction?

The reason that a person has a food allergy is an immune system malfunction. The immune system identifies certain proteins in the soy, which causes the production of immunoglobulin E (IgE) antibodies to neutralize the threat. Each time you eat that food, the IgE antibodies will recognize the proteins and signal the immune system to release histamine and other chemicals that are the cause of allergy symptoms. Currently, researchers have found a minimum of 16 soy protein that act as allergens, but they are unsure of how they cause the allergic reaction.

Treatments:

The only way you can prevent an allergic reaction is to completely avoid contact with soy and soy proteins. Some medications, such as antihistamines, can help reduce the signs and symptoms of a reaction after contact with soy. You can take this type of medication after you ingest soy to help control your reaction and relieve any discomfort from symptoms. If you have serious reactions to soy you may be required to carry epinephrine injections with you in case contact occurs. The only way to know if any medication can help you is to talk to your doctor about your allergy to soy.

Soy Containing Ingredients & Foods

- Artificial flavoring
- Asian cuisine
- Bread crumbs
- Canned soups
- Hydrolyzed vegetable protein (HVP)
- Lecithin
- Low-fat peanut butters
- Margarine and butter substitutes
- Sausages and sausage rolls
- Shoyu sauce
- Some baked goods
- Some cereals
- Soybean (curd and granules)
- Tamari
- Tempeh
- Textured vegetable protein (TVP)

- Canned tuna and meats
- Chocolate flavorings
- Chocolates and sweets
- Commercial vegetarian products or meat substitutes
- Deli meats and salads
- Edamame
- Frukfurts
- High-protein energy bars & snacks
- Hydrolyzed plant protein
- Mayonnaise type dressings
- Miso
- Monodiglyceride
- Monosodium glutamate (MSG)
- Natto
- Natural flavoring
- Packaged sauces and gravy mixes
- Pizza
- Processed meats
- Some ice creams and frozen desserts
- Some infant formula
- Soy (fiber, flour, grits, nuts, sprouts)
- Soy (milk, yogurt, ice cream, cheese)
- Soy pasta
- Soy protein (concentrate, hydrolyzed, isolate)
- Soy sauce
- Soya
- Taco shells
- Tofu
- Vegetable broth
- Vegetable gum
- Vegetable oil
- Vegetable starch
- Vitamin E
- Worcestershire sauce

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Tree Nut Allergy

An allergen that is common in both adults and children is tree nuts. Like peanuts, tree nuts also typically cause severe reactions even with minimal exposure. Some reactions to tree nuts may be mild but the majority of reactions do result in anaphylaxis. Anaphylaxis requires an injection of epinephrine (adrenaline), so emergency care will be needed for this reaction. Some individuals may be required to carry portable injections of epinephrine with them at all times for these reactions. The signs of a reaction usually appear within a few minutes up to two to four hours after contact with tree nuts. In most cases it will take no longer than a day for the symptoms to appear. Also, the more severe your allergy the smaller amount of tree nut it will take to cause a reaction.

Symptoms of a Reaction:

The signs that can occur with an allergic reaction to tree nuts may include:

- Skin reactions such as itching, eczema or swelling
- Digestive problems such as diarrhea, nausea, vomiting, or stomach pain
- Itching around the mouth
- Runny nose, wheezing, or trouble breathing
- Rapid heartbeat

Anaphylaxis is the life-threatening reaction that commonly occurs with tree nut allergies. This is a severe reaction that can only be treated with an injection of epinephrine (adrenaline) and requires immediate medical attention.

Some of the signs of this types of reaction may include:

- Swelling of the mouth and throat
- Dangerously low blood pressure
- Closure of the airways leading to trouble breathing

What Causes the Reaction?

The reason that a person has a food allergy is an immune system malfunction. The immune system identifies certain proteins in the tree nuts, which causes the production of immunoglobulin E (IgE) antibodies to neutralize the threat. Each time you eat that food, the IgE antibodies will recognize the proteins and signal the immune system to release histamine and other chemicals that are the cause of allergy symptoms.

Foods and Ingredients Containing Tree Nuts

- Baking mixes
- Barbeque sauces
- Beechnut
- Brazil nut
- Butternut
- Candy
- Caponata
- Cashew
- Cereals
- Chestnut
- Crackers
- Emulsified ingredients
- Energy bars
- Filbert/Hazelnut
- Flavored coffees
- Frozen desserts
- Gianduja
- Ginkgo
- Hickory
- Hydrolyzed and textured vegetable protein (HVP & TVP)
- Macadamia nut
- Mandelonas
- Marinades
- Marzipan
- Mixed nuts
- Mortadella
- Nan-gai nuts
- Natural extracts (pure almond extract and wintergreen extract)
- Nougat
- Nu-Nuts (artificial nuts)
- Pili nut
- Pine nut (pignolia nut)
- Pistachio
- Pralines
- Shea nut
- Some alcoholic beverages contain nut flavorings
- Some cold cuts
- Some lotions and soaps (Shea nut)
- Soups
- Tree nut oils

- Chiquapin
- Chocolates
- Coconut
- Cookies
- Ice cream
- Italian, Chinese, Thai, Asian, Indonesian, and Vegetarian dishes
- Kebabs
- Lychee nut
- Nut meal
- Nut pieces
- Pecan (Mashuga nuts)
- Pesto sauce
- Turkish delight
- Vegetable fats and oils
- Walnut

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Wheat Allergy

One of the eight most common food allergens is wheat. This allergen most often affects children but can also be found in adults. An allergic reaction to wheat can occur within a few minutes up to a few hours of ingestion. The reaction can range from mild to severe. An allergic reaction to wheat rarely results in anaphylaxis. If you have a reaction to the ingestion of wheat, you need to inform your physician in order to have confirmatory tests performed. However, not all reactions to wheat are true allergic reactions. Some individuals have a digestive reaction to the sticky protein (gluten) that is found in wheat and other grains. This type of reaction to gluten is not the same as an allergic reaction to wheat. It may be caused by the body's inability to digest gluten (gluten intolerance) or by an allergic reaction to gluten that is known as celiac disease or gluten sensitive enteropathy.

Symptoms of a Reaction:

Some of the signs and symptoms of an allergic reaction to wheat may include:

- Swelling, itching or irritation of the mouth or throat
- Hives or skin irritation
- Nasal congestion
- Airway inflammation
- Gastrointestinal symptoms such as cramps, nausea, and vomiting

Anaphylaxis:

Some individuals may have a severe reaction to wheat that is called anaphylaxis. This type of reaction will require you to get medical attention immediately because it can be life-threatening. The treatment for this type of reaction is a shot of epinephrine (adrenaline). Possible symptoms of anaphylaxis may appear within a few seconds up to two hours after eating wheat and may include:

- Constriction of airways; including a swollen throat or lump in your throat that makes it difficult to breathe
- Shock, with a severe drop in blood pressure
- Rapid pulse
- Dizziness, lightheadedness or loss of consciousness

What Causes the Reaction?

The cause of all food allergies is an immune system malfunction. Your immune system identifies certain proteins in the wheat as harmful, which triggers the production of immunoglobulin E (IgE) antibodies to neutralize the protein (allergen). When you next ingest these proteins, the IgE antibodies recognize them and signal your immune system to release histamine and other chemicals, which causes a range of allergy signs and symptoms. Wheat contains four different proteins that can act as allergens: albumin, globulin, gliadin, and gluten. If you have a reaction to gluten, which is also found in other grains such as oats, barley, and rye, you may have gluten intolerance or celiac disease instead of a wheat allergy.

Treatments:

The only way you can prevent an allergic reaction is to avoid contact with wheat and wheat proteins completely. Some medications, such as antihistamines, can help reduce the signs and symptoms of a reaction after contact with wheat. You can take this type of medication after you ingest wheat to help control your reaction and relieve any discomfort from symptoms. If you have serious reactions to wheat you may be required to carry epinephrine injections with you in case contact occurs. The only way to know if any medication can help you is to talk to your doctor about your allergy to wheat.

Wheat Containing Foods, Products & Ingredients

- Acker meal
- Baked goods
- Beer, Ale, Root beer
- Bologna
- Bran
- Bread (Bread crumbs)
- Bulgar
- Cakes
- Cereal extract
- Chocolates (candy containing malt, or cereal extract)
- Coffee substitutes
- Commercial Frosting
- Cookies
- Cornbread, Potato, or Soybean Bread
- Cottage cheese with modified starch
- Couscous
- Crab substitutes
- Crackers
- Cracker meal
- Cream soups
- Durum
- Einkorn
- Emmer
- Farina
- Flour (all-purpose, cake, pastry)
- Frankfurters
- Gelatinized starch
- Gluten
- Graham Crackers
- Graham flour
- High gluten flour
- High protein flour
- Hotdogs
- Hydrolyzed vegetable protein
- Ice cream
- Ice cream cones
- Instant chocolate drink mixes
- Kamut
- Luncheon meats
- Malted milk
- Many cereals
- Meat substitutes
- Meat tenderizers w/ MSG
- Meatloaf
- Modified food starch
- Modified starch
- Modified starch
- Monosodium glutamate (MSG)
- Natural flavoring
- Noodles (spaghetti, macaroni, other pastas made w/ wheat or semolina flour)
- Oriental food w/ MSG
- Packaged Pudding
- Prepared meat patties
- Pretzels
- Sausage
- Semolina
- Soup thickened w/ wheat flour
- Soups with noodles, alphabets, dumplings, or spaghetti
- Soy Sauce
- Spelt
- Sprouted Wheat
- Starch
- Strained fruits with added cereal
- Thickened salad dressings or gravies
- Triticale
- Vegetables combined w/ wheat products
- Vegetable gum
- Vegetable starch
- Vital gluten
- Wheat bran
- Wheat germ
- Wheat gluten
- Wheat grass
- Wheat malt
- Wheat starch
- Whole wheat or enriched flour
- Whole-wheat berries

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