

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.



References

Dairy

Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance and Casein-Free Living
Alisa Marie Fleming, Fleming Ink, 2008.

Don't Drink Your Milk

Frank Oski, M.D., Teach Services, 2010.

Not Milk, Nut Milks

Candia Lea Cole, Woodbridge Publications, 1997.

General Food Sensitivities

The Allergen-Free Baker's Handbook
Cybele Pascal, Celestial Arts, 2009.

The Anti-Inflammation Diet and Recipe Book: Protect Yourself and Your Family from Heart Disease, Arthritis, Diabetes, Allergies - and More
Jessica Black, Hunter House, 2006.

Recipes for the Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution to IBD, Celiac Disease, Autism, Cystic Fibrosis, and Other Health Conditions (Healthy Living Cookbooks)
Raman Prasad, Fair Winds Press, 2008.

Breaking the Vicious Cycle: Intestinal Health
Elaine Gottschall, B.A., Ms.C., Kirkton Press, 1994.

Easy Breadmaking for Special Diets
Nicollet Dumke, Allergy Adapt Inc., 1995.

Feast Without Yeast

Bruce Semon, M.D., Ph.D., and Lori Kornblum, Wisconsin Institute of Nutrition LLP, 1999.

Food Allergy News Cookbook
Anne Munoz-Furlong, Food Allergy Network, 1998.

Gluten Free

The Gluten Free Girl and the Chef
Shauna Ahern, Wiley, 2010.

By author Bette Hagman:

Gluten Free Gourmet, revised edition
Henry Holt & Co., 2000.

Gluten Free Gourmet Cooks Fast & Healthy
Henry Holt & Co., 2000.

Gluten Free Gourmet Bakes Bread
Henry Holt & Co., 1999.

More from the Gluten Free Gourmet: Delicious Dining Without Wheat
Henry Holt & Co., 2010.

1000 Gluten Free Recipes
Carol Fenster, Wiley, 2008.

Getting Your Kid on a Gluten-Free Casein-Free Diet
Susan Lord, Jessica Kingsley Publishers, 2009.



StrongerTogether.coop is a consumer website developed by National Cooperative Grocers Association (NCGA) for our “virtual chain” of over 120 retail food co-ops, operating more than 160 store fronts, nationwide.

StrongerTogether.coop is a place for people to gather on their food journeys. It's a place to find out more about what's in your food, where it comes from, where to find great food, how to prepare it, and a whole lot more. It's also a place to talk with others about food topics you're exploring, are passionate about, and even want to get involved in.

Learn more about co-ops, and find food co-ops all across the U.S. at www.strongertogether.coop. Follow [@strongertogether](https://twitter.com/strongertogether) on Twitter and like us on Facebook; we're at www.facebook.com/coop.strongertogether.

ALL ABOUT

Food Allergy Solutions



www.strongertogether.coop

©2013, National Cooperative Grocers Association (NCGA)
Printed on elemental chlorine-free, 10% post-consumer recycled paper using soy ink.

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, garbafava 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.