



## **Resource List on Food Allergies and Intolerances for Consumers February 2008**

This publication is a collection of resources on the topic of Food Allergies and Intolerances for consumers. Resources include books, pamphlets and audiovisuals and Web resources. Many of the pamphlets are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are provided for materials available online). The books and audiovisuals can be either borrowed from your local library or purchased from your local book store.

Materials may also be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided for the producing organization if you wish to purchase or order any materials on this list. This contact information can be found in section C.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/allergy.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

## Table of Contents

Each item has been placed in one or more of the following categories. The categories are:

- A. General Information on Food Allergies
  - 1. Brochures and Fact Sheets
  - 2. Books
  - 3. Cookbooks
  - 4. Web Resources
  - 5. Resources for Children
  - 6. Other Resources
  
- B. Specific Allergies and Intolerances
  - 1. Egg
    - Resources for Children
  - 2. Fish and Shellfish
    - Resources for Children
  - 3. Milk Allergies and Lactose Intolerance
    - Resources for Children
  - 4. Peanut Allergies
    - Resources for Children
  - 5. Sesame Seeds
  - 6. Soy
  - 7. Sulfite Sensitivity
  - 8. Wheat/Gluten Sensitivity
    - Resources for Children and Families
  
- C. Contact Information for Organizations Cited

## A. General Information on Food Allergies and Intolerances

### 1. Brochures and Fact Sheets

#### **Food Allergy: An Overview**

National Institute of Allergy and Infectious Diseases (NIAID), National Institutes of Health, U.S Department of Health and Human Service

**Full text:** <http://www3.niaid.nih.gov/topics/foodAllergy/PDF/foodallergy.pdf> (PDF)

**Description:** This pamphlet describes allergic reactions to foods and their possible causes and provides an overview of diagnosis and treatment methods for food allergies. It also describes other reactions to foods, known as food intolerances, which can be confused with food allergy, and discusses some unproven and controversial food allergy theories.

**Ordering Information:** NIH Publication No. 07-5518



## Food Allergies and Reactions

American Academy of Allergy, Asthma and Immunology

**Full text:** [http://www.aaaai.org/patients/resources/easy\\_reader/food.pdf](http://www.aaaai.org/patients/resources/easy_reader/food.pdf) (PDF)  
[http://www.aaaai.org/patients/resources/easy\\_reader/food\\_spanish.pdf](http://www.aaaai.org/patients/resources/easy_reader/food_spanish.pdf) (Spanish, PDF)

**Description:** These fact sheets contain clear, concise information on a variety of food allergies in an easy-to-read format, developed at a fifth grade reading level.

**Online ordering:** <https://www.aaaai.org/patients/store/product.asp?productid=107>

## Tips to Remember - Food Allergies

American Academy of Allergy, Asthma and Immunology

**Full text:** <http://www.aaaai.org/patients/publicedmat/tips/foodallergy.stm>  
[http://www.aaaai.org/espanol/tips/alergias\\_a\\_los\\_alimentos.stm](http://www.aaaai.org/espanol/tips/alergias_a_los_alimentos.stm) (Spanish)

**Description:** This brochure gives a basic overview of food allergies and intolerance, including the symptoms, diagnosis and treatment.

**Online ordering:** <https://www.aaaai.org/patients/store/product.asp?productid=85>

## Understanding Food Allergy

International Food Allergy Information Counsel Foundation (IFIC)

**Full text:** <http://www.ific.org/publications/brochures/allergybroch.cfm>  
<http://www.ific.org/sp/publications/brochures/allergybrochsp.cfm> (Spanish)

**Description:** This brochure presents a summary of the key issues surrounding food allergies, including the definition, diagnosis, and information for families of allergic individuals.

**Online ordering:** <http://www.ificpubs.org/servlet/Detail?no=41>

## 2. Books

### Dealing With Food Allergies: A Practical Guide to Detecting Culprit Foods and Eating a Healthy, Enjoyable Diet

Janice Vickerstaff Joneja, PhD, RDN

Boulder, CO: Bull Publishing Company, 2003. 484 pp.

**NAL Call Number:** RC596.J665 2003

**ISBN:** 092352164X

**Description:** This book presents information on diagnostic methods and treatment options of food allergies and describes the effects of food allergies on the skin, mucous membranes, and respiratory and digestive tracts. Content discusses treatment by allergists and other healthcare professionals and empowers readers to manage their food allergies.



## **Food Allergies and Intolerance: A Complete Guide to Their Identification and Treatment**

Johnathan Brostoff and Linda Gamlin  
Rochester, VT: Healing Arts Press, 2000. 470 pp.  
**ISBN:** 0892818751

**Description:** This book provides a comprehensive discussion on the difference between food allergies and food intolerance, including numerous case histories. Unique features include a detailed discussion of the controversy among the medical community concerning food intolerance and the effect it may contribute to conditions such as irritable bowel syndrome, rheumatoid arthritis, migraine headaches, and others. The book provides a step-by-step process for diagnosing food intolerance using a 3-stage elimination diet and gradual food re-introduction. An appendix of foods with cross reactivity is also provided.

## **Food Allergy Field Guide: A Lifestyle Manual for Families**

Theresa Willingham  
Littleton, CO: Savory Palate, 2000. 279pp.  
**NAL Call Number:** RC588.D53W55 2000  
**ISBN:** 1889374075

**Description:** Written for parents of food allergic children, unique features of this book include advice on how to gain support of family members, caregivers and peers in following an allergen-free diet. Topics include label reading, making substitutions, tips for baking, and recipes. A reading list for additional information is provided.

## **Food Allergy Survival Guide: Surviving and Thriving With Food Allergies and Sensitivities**

Vesanto Melina, MS, RD, Jo Stepaniak, MEd, and Dina Aronson, MS, RD  
Summertown, TN: Healthy Living Publications, 2004. 383 pp.  
**NAL Call Number:** RC596.M45 2004  
**ISBN:** 157067163X

**Description:** This comprehensive resource offers a unique blend of scientific research, practical advice, and culinary expertise. The book explains the differences between food allergy, food intolerance and food sensitivity; tests for allergies; how to avoid foods and ingredients that trigger reactions; how to maintain a healthy intestinal boundary; how to understand the latest food labeling regulations; and how to create menus that meet special nutritional requirements.



### **How to Manage Your Child's Life-Threatening Food Allergies**

Linda Marienhoff Coss

Lake Forest, CA: Plumtree Press, 2004. 208 pp.

**NAL Call Number:** RJ386.5. C675 2004

**ISBN:** 0970278519

**Description:** This book provides step-by-step information to create a safe and enjoyable home, school and social environment for a child with food allergies. Topics covered include preparing for and treating allergic reactions, purchasing and cooking food, teaching others about food allergies, parenting issues, creating a safe school and day care environment, having a social life, dining in restaurants, and traveling.

### **Let's Eat Out: Your Passport to Living Gluten and Allergy Free**

Kim Koeller and Robert La France

R & R Publishing, 2005. 496 pp.

**ISBN:** 0976484501

**Description:** This full color book contains over 240 photos of delicious and savory foods. It explains options for eating out and includes 7 international cuisines outlining traditional ingredients, gluten awareness, allergy & dining considerations and sample menus. Also included are menu item descriptions and preparation requests, ingredient and preparation technique descriptions with sample questions to ask, snack and breakfast and beverage ideas, and multi-lingual phrases.

### **Understanding and Managing Your Child's Food Allergies**

Scott H. Sicherer

Baltimore, MD: The Johns Hopkins University Press, 2006. 336 pp.

**ISBN:** 0801884926

**Description:** This resource provides "emotional support and practical advice from a parent who's been there." The book describes why children develop food allergy, the symptoms of food allergy (affecting the skin, the gastrointestinal tract, and the respiratory system), and the role of food allergy in behavioral problems and developmental disabilities.

## **3. Cookbooks**

### **Cooking Free: 200 Flavorful Recipes for People with Food Allergies and Multiple Food Sensitivities**

Carol Fenster

New York, NY: Avery, 2005. 336 pp.

**ISBN:** 1583332154

**Description:** This cookbook is comprised of recipes that remove four of the most common allergens--gluten, dairy, eggs, and sugar--providing one book full of delicious recipes. The book includes recipes for breads, entrees, desserts and more, and is complete with food substitution and conversion tables.



### **Great Foods Without Worry**

Cindy Mosely

Aventine Press, 2003. 164 pp.

**ISBN:** 1593301162

**Description:** "Great Foods Without Worry" offers a variety of recipes containing no wheat, eggs, dairy, soy, nuts, and gluten. All recipes are suitable for vegetarian diets.

### **What's to Eat? The Milk-Free, Egg-Free, Nut-Free Food Allergy Cookbook**

Linda Marienhoff Coss

Lake Forest, CA: Plumtree Press, 2000. 200 pp.

**NAL Call Number:** RC596.C675 2000

**ISBN:** 0970278500

**Description:** This book includes over 145 vegan recipes for everything from soups and salads to main courses, side dishes, breakfast foods and desserts. Most dishes require only 10 to 15 minutes (or less) of "hands-on" preparation time.

### **The Whole Foods Allergy Cookbook: Two Hundred Gourmet & Homestyle Recipes for the Food Allergic Family**

Cybele Pascal

Ridgefield, CT: Vital Health Publishing, 2006. 213 pp.

**ISBN:** 1890995223

**Description:** All recipes in this cookbook are free of the top eight allergens: dairy, eggs, wheat, soy, peanuts, tree nuts, fish or shellfish and also refined sugar. Baked goods are all vegan. Also included is a guide to gluten-free recipes, a shopping guide for hard-to-find items and a food allergy information resource guide.

## **4. Web Resources**

### **Breastfeeding & Allergies**

La Leche League International

**Web site:** <http://www.llli.org/NB/NBallergies.html>

**Description:** This Web site provides multiple resources about allergies and the effect of breastfeeding on the development of food allergies.

### **Food Allergies: Just the Facts**

American Academy of Family Physicians

**Full text:** <http://familydoctor.org/online/famdocen/home/common/allergies/basics/340.html>

<http://familydoctor.org/online/famdoces/home/common/allergies/basics/340.html> (Spanish)

**Description:** This handout reviews nine food allergy myths including common types of food allergies, rates of occurrence, and the dangers associated with food allergies. There are links at the bottom of page to more information on allergies from this and other organizations.



## **Food Allergy**

MayoClinic.com

**Full text:** <http://www.mayoclinic.com/health/food-allergy/DS00082>

**Description:** This resource provides an overview of the signs and symptoms, causes, and risk factors of food allergies. Information is also provided on when to seek medical advice, screening and diagnosis, treatment and prevention. (See also **Hidden Sources of Food Allergens** <http://www.mayoclinic.com/health/food-allergies/AA00058> and **Strategies for Dining Out** <http://www.mayoclinic.com/health/food-allergy/HQ00709> from MayoClinic.com.)

## **Food Allergy**

National Institute of Allergy and Infectious Disease (NIAID), National Institutes of Health, U.S. Department of Health and Human Service

**Description:** This Web site includes quick facts, food allergy basics, news and events related to food allergies. Also included is a section on new research and a PDF report of the National Institute of Health Expert Panel on Food Allergy Research.

**Web site:** <http://www3.niaid.nih.gov/topics/foodAllergy/default.htm>

## **The Food Allergy and Anaphylaxis Network (FAAN)**

**Description:** FAAN offers many resources to parents and educators. This site offers management tips for the major food allergies as well as articles on other hot allergy issues.

**Web sites:** <http://www.foodallergy.org/>  
<http://foodallergy.org/Spanish/alergenos.html> (Spanish)

## **Food Allergy Initiative**

**Web site:** <http://www.foodallergyinitiative.com>

**Description:** “The Food Allergy Initiative (FAI) is a 501 (c) (3) non-profit organization that raises funds toward the effective treatment and cure for food allergies.” This organization’s Web site includes information about food allergies and related issues, living with food allergies, information for food service providers, updates on research and public policy and facts sheets and press releases for media coverage.

## **Food Allergy Research and Resource Program**

University of Nebraska-Lincoln

**Web site:** <http://www.farrp.org>

**Description:** This site contains allergen research, analysis, training opportunities and a workshop series, and research. It also houses AllergenOnline, [www.allergenonline.com](http://www.allergenonline.com), a peer reviewed allergen list and sequence searchable database intended for identifying proteins that may present a potential risk of allergenic cross-reactivity.



### **Information About Food Allergens**

Center for Food Safety and Applied Nutrition (CFSAN), Food and Drug Administration, U.S. Department of Health and Human Services, Food and Drug Administration,

**Web site:** <http://www.cfsan.fda.gov/~dms/wh-alrgy.html>

**Description:** This Web site provides multiple links to articles, allergen guides, and legislation related to food allergens. Includes links to information from both the FDA and other federal government agencies.

### **Special Diets for Food Allergies**

Cleveland Clinic Foundation

**Full text:** <http://www.clevelandclinic.org/health/health-info/docs/2900/2987.asp?index=10014>

**Description:** This web resource reviews the eight most common food allergens. Lists of foods, ingredients, and products to avoid with each food allergy are provided.

## **5. Resources for Children**

### **Alexander Series**

The Food Allergy and Anaphylaxis Network  
Fairfax, VA: Food Allergy Network.

**Description:** This children's series follows the daily life of Alexander, an elephant with a food allergy. The collection includes books, videos, DVDs, stuffed animals, stickers and more for elementary school-aged children. Books and resources include:

- A Special Day at School
- Alexander's First Babysitter
- Alexander's Special Holiday Treat
- Alexander Goes to a Birthday Party
- Alexander Goes Out to Eat
- Alexander's Fun & Games Activity Book
- Alexander Stuffed Animal
- Alexander, the Elephant Who Couldn't Eat Peanuts DVD (**NAL Call Number: Videocassette no. 2065**)

**Online Ordering:** <https://www.foodallergy.org/shoppingcart/shopwelcome.shtml>

### **A Day at the Playground with Food Allergies**

Tracie Schrand

Llumina Kids, 2006. 26 pp.

**ISBN:** 1595266062

**Description:** This illustrated book offers young children some simple steps to avoid food allergens in a public place. Topics covered include sharing food, toys, and hand washing.



## **Food Allergies**

Nemours Foundation

**Web sites:** [http://www.kidshealth.org/kid/ill\\_injure/sick/food\\_allergies.html](http://www.kidshealth.org/kid/ill_injure/sick/food_allergies.html) (kids)

[http://www.kidshealth.org/teen/food\\_fitness/nutrition/food\\_allergies.html](http://www.kidshealth.org/teen/food_fitness/nutrition/food_allergies.html) (teens)

**Description:** These two web resources provide informative articles about living with food allergies that are written for children and adolescents.

## **Food Allergies in the Real World**

The Food Allergy & Anaphylaxis Network

**Web site:** <http://www.faanteen.org/>

**Description:** This Web site is designed for young adults who want to take a more active role in managing their food allergies.

## **Food Allergy News for Kids**

The Food Allergy and Anaphylaxis Network

**Web site:** <http://www.fankids.org/>

**Description:** A Web site for kids to find out about food allergies, play games and activities, learn about different projects, ask questions and share stories about their food allergies.

## **Kids with Food Allergies**

**Web site:** [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)

**Description:** “Kids With Food Allergies is a national nonprofit food allergy support group dedicated to fostering optimal health, nutrition, and well-being of children with food allergies...” This organization’s Web site includes recipes, resources, and allergy alerts for kids with food allergies, their parents, and other family members.

## **Safe4Kids**

Anaphylaxis Canada

**Web site:** [www.safe4kids.ca](http://www.safe4kids.ca)

**Description:** A Web site for kids living with allergies and anaphylaxis. Resources include a gallery of artwork for children about food allergies, games and activities, recipes, stories, and a poster for schools.

## **Taking Food Allergies to School**

Ellen Weiner

Valley Park, MO: JayJo Books, 1999. 32pp.

**ISBN:** 1891383051

**Description:** Written for children, this book includes topics such as sharing lunches, special parties and events, and allergy-free snacks. A quiz for kids on food allergies, tips for teachers, and a recipe for allergy-free pizza are provided.



## **You Must Be Nuts!**

Kyle Dine

**Web site:** <http://www.kyledine.com/>

**Description:** This upbeat music CD delivers educational messages to children about food allergies. The CD contains 14 original tracks with names such as “Epi-Man,” “Tingle on My Tongue,” and “Gluten-Free Blues.”

**Online Ordering:** [http://www.kyledine.com/index\\_files/page0004.htm](http://www.kyledine.com/index_files/page0004.htm)

## **6. Other Resources**

### **The FDA, Food Allergens and You**

Center for Food Safety and Applied Nutrition (CFSAN), Food and Drug Administration (FDA), U.S. Department of Health and Human Services

**Web site:** <http://vm.cfsan.fda.gov/~comm/vltaller.html>

**Description:** From this Web site, users can listen to a narrative (using Real Player®) by FDA scientist Kenneth J. Falci, PhD while viewing a slide show on the FDA’s role in regulating allergens in food products. Classifications for food recalls, labeling requirements of allergens, FDA inspection guidelines, and control measures are reviewed.

### **Food Allergy Poster**

International Food Information Council

**Full text:** <http://www.ific.org/publications/other/allergypos.cfm>

<http://www.ific.org/publications/other/upload/FoodAllergyPoster.pdf> (PDF)

**Description:** This poster was developed in cooperation with in cooperation with the American Academy of Allergy, Asthma and Immunology, the Food Allergy Network and the National Restaurant Association for food service workers. Available in both Spanish and English, the poster will help food service workers be better prepared to identify and react to allergic reactions to food.

### **How to Read a Label Cards**

The Food Allergy and Anaphylaxis Network

**Description:** These cards are designed to help families with reading ingredient labels.

Each wallet-sized, laminated card lists the various ways potential allergens can be listed on ingredient labels. Cards are available for milk, egg, peanut, wheat, tree nut, soy, and shellfish allergies.

**Online Ordering:** <http://www.foodallergy.org/demo/products.shtml> (from the “type” dropdown list, select “How to Read a Label Cards”)



## **It Only Takes One Bite: Food Allergy and Anaphylaxis**

Susan Levitt

The Food Allergy and Anaphylaxis Network

**NAL Call Number:** Videocassette no.1782

**Description:** This video discusses what anaphylaxis is, how to prevent reactions, and what to do if a reaction should occur. Also available in DVD format.

**Online Ordering:** <http://www.foodallergy.org/demo/cgi-bin/msascartlist.dll/ProductInfo?productcd=VBIT>

## ***Living Without Magazine***

**Web site:** <http://www.livingwithout.com>

**Description:** *Living Without* is a quarterly magazine for people with allergies and food sensitivities. It discusses a variety of health-related issues, and provides support, encouragement, guidance and resources.

**Online Ordering:** <http://www.livingwithout.com/subscribe.asp>

## **Select Wisely**

**Web site:** <http://www.selectwisely.com/>

**Description:** These wallet-sized cards contain food allergy messages and warnings in several foreign languages, which can be used when communicating with non-English speakers at home or abroad.

**Online Ordering:** [http://www.selectwisely.com/selectwisely/content\\_pages/order\\_form.htm](http://www.selectwisely.com/selectwisely/content_pages/order_form.htm)

## **B. Specific Allergies and Intolerances** (in alphabetical order by allergen)

### **1. Egg**

#### **Egg Allergy: The Facts**

Allergy/Asthma Information Association of Canada

**Full text:** [http://www.aaia.ca/en/egg\\_brochure\\_en.pdf](http://www.aaia.ca/en/egg_brochure_en.pdf) (PDF)

[http://www.aaia.ca/fr/egg\\_brochure\\_fr.pdf](http://www.aaia.ca/fr/egg_brochure_fr.pdf) (French, PDF)

**Description:** This brochure explains what to look for on a food label, how to substitute for eggs in baking, and reviews frequently asked questions.

#### **Egg Allergy**

Cleveland Clinic Foundation

**Full text:** <http://www.clevelandclinic.org/health/health-info/docs/3300/3314.asp>

**Description:** This fact sheet includes a chart that lists egg products, egg-containing ingredients and egg-containing foods. It also includes sample egg substitutions.



## Tips for Managing an Egg Allergy

The Food Allergy and Anaphylaxis Network

**Full text:** <http://www.foodallergy.org/allergens/egg.html>

**Description:** This online fact sheet answers common questions about egg allergies and influenza vaccines.

## Resources for Children

### Egg Allergy

Nemours Foundation

**Web sites** [http://www.kidshealth.org/kid/nutrition/diets/egg\\_allergy.html](http://www.kidshealth.org/kid/nutrition/diets/egg_allergy.html) (Children)

[http://www.kidshealth.org/teen/food\\_fitness/nutrition/egg\\_allergy.html](http://www.kidshealth.org/teen/food_fitness/nutrition/egg_allergy.html) (Teens)

**Description:** These Web sites explain egg allergies using easy-to-understand language and terminology. Each site links to an “Egg Allergy Diet” card with a list of foods to avoid.

## 2. Fish and Shellfish

### Seafood (Fish, Crustaceans, and Shellfish) - One of the nine most common food allergens

Canadian Food Inspection Agency

**Full text:** <http://www.inspection.gc.ca/english/fssa/labeti/allerg/fispoie.shtml>

**Description:** This brochure reviews the symptoms and treatment of seafood allergies, the difference between fish, crustacean and shellfish allergies, and histamine poisoning. It is also lists other names for fish, crustaceans and shellfish, possible food and nonfood sources.

**Ordering Information:** Cat. No. A104-27/1-2005E

### Fish Allergy

Food Allergy Initiative

**Full text:**

[http://www.foodallergyinitiative.org/section\\_home.cfm?section\\_id=3&sub\\_section\\_id=8](http://www.foodallergyinitiative.org/section_home.cfm?section_id=3&sub_section_id=8)

**Description:** This Web resource provides a simple description of a fish allergies and lists foods that fish allergic individuals should avoid.

### Shellfish Allergy

Food Allergy Initiative

**Description:** This Web resource provides a simple description of a fish allergies and lists foods that shellfish allergic individuals should avoid.

**Web site:**

[http://www.foodallergyinitiative.org/section\\_home.cfm?section\\_id=3&sub\\_section\\_id=4](http://www.foodallergyinitiative.org/section_home.cfm?section_id=3&sub_section_id=4)



## Shellfish Allergy

MayoClinic.com

**Full text:** <http://www.mayoclinic.com/health/shellfish-allergy/DS00987>

**Description:** This Web resource reviews signs and symptoms of a shellfish allergy, causes, screening and diagnosis, treatment, and prevention.

## Resources for Children

### No Lobster Please!

Robyn Rogers

Norfolk, MA: Heartsome Publishing, 2004. 30 pp.

**ISBN:** 0972640800

**Description:** This children's book tells a story about a boy with a severe and sensitive allergy to seafood.

## 3. Milk Allergies and Lactose Intolerance

### Cow's Milk Allergy versus Lactose Intolerance

National Dairy Council

**Full text:** <http://www.nationaldairycouncil.org/NationalDairyCouncil/Health/Digest/dcd77-3Page1.htm>

**Description:** This article outlines the difference between milk protein allergy and lactose intolerance, including causes, prevalence, symptoms and management of each.

### Lactose Intolerance

National Digestive Diseases Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), U.S. Department of Health and Human Services, National Institutes of Health

**Full text:** <http://www.nidDK.nih.gov/health/digest/pubs/lactose/lactose.htm>

**Description:** This online fact sheet defines lactose intolerance and its diagnosis and treatments. Also included are sources of hidden lactose.

### Milk Allergy Information

Food Allergy Initiative

**Full text:**

[http://www.foodallergyinitiative.org/section\\_home.cfm?section\\_id=3&sub\\_section\\_id=3](http://www.foodallergyinitiative.org/section_home.cfm?section_id=3&sub_section_id=3)

**Description:** This Web article defines milk allergies and foods and ingredients to avoid. It also lists alternatives to milk and nondairy sources of calcium.



## Why Does Milk Bother Me?

National Digestive Diseases Information Clearinghouse, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), U.S. Department of Health and Human Services

**Full text:** [http://digestive.nidk.nih.gov/ddiseases/pubs/lactoseintolerance\\_ez/](http://digestive.nidk.nih.gov/ddiseases/pubs/lactoseintolerance_ez/)

**Description:** An easy to read publication with colorful illustrations which outlines important points related to lactose intolerance.

## Resources for Children

### **Cody the Allergic Cow: A Children's Story of Milk Allergies**

Nicole Smith

Jungle Communications, 2004. 26 pp.

**ISBN:** 1586280511

**Description:** This book teaches children and their friends, teachers and others to understand allergies to milk products.

### **Milk Allergy**

Nemours Foundation

#### **Web sites:**

[http://www.kidshealth.org/kid/health\\_problems/allergiesimmune/lactose.html](http://www.kidshealth.org/kid/health_problems/allergiesimmune/lactose.html)

(kids)

[http://www.kidshealth.org/teen/nutrition/diets/milk\\_allergy.html](http://www.kidshealth.org/teen/nutrition/diets/milk_allergy.html) (teens)

[http://www.kidshealth.org/teen/en\\_espanol/nutricion/milk\\_allergy\\_esp.html](http://www.kidshealth.org/teen/en_espanol/nutricion/milk_allergy_esp.html) (Spanish, teens)

**Description:** These Web sites explain milk allergy and lactose intolerance using easy-to-understand language. Symptoms, diagnosis and treatment are all explained in a friendly, non-intimidating manner.

## 4. Peanut / Tree Nut

### **Beyond a Peanut**

**Web site:** <http://www.beyondapeanut.com/>

**Description:** These flashcards can be used to teach individuals about staying safe with a tree nut and peanut allergy.

**Online Ordering:** [http://www.beyondapeanut.com/Beyond\\_A\\_Peanut\\_Products.html](http://www.beyondapeanut.com/Beyond_A_Peanut_Products.html)

### **Flying with a Food Allergy**

The Food Allergies and Anaphylaxis Network

**Full text:** <http://www.foodallergy.org/advocacy/airlines.html>

**Description:** This online fact sheet provides guidelines for peanut-allergic passengers flying in the United States.



## **Nut Allergy**

Cleveland Clinic Foundation

**Full text:** <http://www.clevelandclinic.org/health/health-info/docs/3300/3319.asp?index=11317>

**Description:** This Web resource includes a chart that lists peanut products, ingredients to avoid, types of tree nuts, tree nut-containing ingredients, and miscellaneous nut-containing foods to avoid.

## **Peanut Allergy**

MayoClinic.com

**Full text:** <http://www.mayoclinic.com/health/peanut-allergy/DS00710>

**Description:** An article on peanut allergies that reviews the difference between peanut intolerances and peanut allergies, signs of an anaphylactic reaction, means of exposure, and foods that can trigger symptoms. It also reviews risk factors, diagnosis and treatment options.

## **The Peanut Allergy Answer Book: 2<sup>nd</sup> Edition**

Michael C. Young

New York, NY: Fair Winds Press, 2006. 168 pp.

**ISBN:** 1592332331

**Description:** Written by an allergist, this book provides the background medical information on peanut allergies, identifying peanut ingredients in foods, advice for dealing with schools, daycare centers, and airlines.

## **The Complete Peanut Allergy Handbook**

Scott H. Sicherer, MD and Terry Malloy

New York, NY: Berkeley Publishing Group, 2005. 304 pp.

**ISBN:** 0425204413

**Description:** This handbook is a guide to understanding and preventing peanut allergy attacks. Content includes information that parents need to know to protect themselves and their children from food allergies.

## **Tree Nuts - One of the Nine Most Common Food Allergens**

Canadian Food Inspection Agency

**Full text:** <http://www.inspection.gc.ca/english/fssa/labeti/allerg/nutnoie.shtml>

<http://www.inspection.gc.ca/english/fssa/labeti/allerg/nutnoie.pdf> (PDF)

**Description:** This brochure reviews symptoms and treatment options for tree nut allergies, as well as frequently asked questions about tree nut allergies.



## Resources for Children

### Alexander Series

The Food Allergy and Anaphylaxis Network

Fairfax, VA: Food Allergy Network.

**Description:** This series follows the daily life of Alexander, an elephant who is allergic to peanuts. The collection consist of books, videos, DVDs, stuffed animals, stickers and more for elementary school-aged children, targeting issues regarding food related activities. Books and resources include:

- A Special Day at School
- Alexander's First Babysitter
- Alexander's Special Holiday Treat
- Alexander Goes to a Birthday Party
- Alexander Goes Out to Eat
- Alexander's Fun & Games Activity Book
- Alexander Stuffed Animal
- Alexander, the Elephant Who Couldn't Eat Peanuts VHS/DVD (**NAL No: Videocassette no. 2065**)

**Online Ordering:** <https://www.foodallergy.org/shoppingcart/shopwelcome.shtml>

### Allie the Allergic Elephant: A Children's Story of Peanut Allergies

Nicole Smith

Colorado Springs, CO: Allergic Child Publishing Group, 2006. 22 pp.

**ISBN:** 1586280538

**Description:** *Allie the Allergic Elephant* helps children learn about food allergies and how to be a good friend when you can't share snacks. Allie explains peanut allergies in a way that parents, teachers, and children themselves can talk about allergies and understand them better.

### Binky Goes Nuts: Understanding Peanut Allergies

PBS Kids

**Web site:** <http://pbskids.org/arthur/parentsteachers/lesson/health/#peanut>

**Description:** The information and activities in this online activity unit help children learn how they can make their school a safe and healthy place for classmates who have peanut or other food allergies. This unit also includes a printable placemat with pictures and activities about peanut allergies.



### **No Nuts for Me! A Preschooler's Guide to Peanut Allergies**

Aaron Zevy and Susan Tebbutt  
Tumbleweed Press, 1996. 20 pp.

**ISBN:** 0968067808

**Web site:** [http://www.foodallergyinitiative.com/section\\_home2.html](http://www.foodallergyinitiative.com/section_home2.html)

**Description:** This story is told by a little boy who doesn't let his nut allergy get in the way of having fun. Story is available as a printed book or online as an animated narrative.

### **Nut and Peanut Allergy**

Nemours Foundation

**Web sites:** [http://www.kidshealth.org/kid/nutrition/diets/nut\\_allergy.html](http://www.kidshealth.org/kid/nutrition/diets/nut_allergy.html) (children)  
[http://www.kidshealth.org/kid/en\\_espanol/comunes/nut\\_allergy\\_esp.html](http://www.kidshealth.org/kid/en_espanol/comunes/nut_allergy_esp.html) (Spanish, children)

[http://www.kidshealth.org/teen/nutrition/diets/nut\\_allergy.html](http://www.kidshealth.org/teen/nutrition/diets/nut_allergy.html) (teens)

**Description:** These web sites explain nut and peanut allergies using easy-to-understand language. Symptoms, diagnosis, treatment, and how to handle allergic reactions are explained. The sites link to their own printable cutout card of foods to avoid which are tailored for their target group.

## **5. Sesame Seeds**

### **Sesame allergy: a growing food allergy of global proportions?**

V Gangur, C Kelly, L Navuluri.

*Annals of Allergy, Asthma & Immunology*, 95:4-11. 2005.

**Description:** A journal article that presents an overview of sesame allergy including a synopsis on its history and prevalence.

### **Sesame seeds - One of the nine most common food allergens**

Canadian Food Inspection Agency

**Full text:** <http://www.inspection.gc.ca/english/fssa/labeti/allerg/sese.shtml>

<http://www.inspection.gc.ca/english/fssa/labeti/allerg/sese.pdf> (PDF)

**Description:** This brochure reviews symptoms and treatment of an allergic reaction and frequently asked questions about sesame seed allergies.

## **6. Soy**

### **Soy Allergy**

Cleveland Clinic Foundation

**Full text:** <http://www.clevelandclinic.org/health/health-info/docs/3300/3322.asp?index=11320>

**Description:** This article provides information on who gets soy allergies, what are the symptoms, how to avoid exposure, and how to be prepared for a reaction.



## **Soy Allergy**

MayoClinic.com

**Full text:** <http://www.mayoclinic.com/health/soy-allergy/DS00970>

**Description:** A Web article that reviews the signs of a soy allergy, causes, risk factors, and products to avoid, including hidden sources of soy.

## **Tips for Managing a Soy Allergy**

The Food Allergy and Anaphylaxis Network

**Web site:** <http://www.foodallergy.org/allergens/soy.html>

**Description:** This web site includes three quick tips for people with soy allergies, a soy-free recipe, and links to an article about the relationship between peanut and soy allergies.

## **7. Sulfite sensitivity**

### **Sulfites: Safe for Most, Dangerous for Some**

FDA Consumer Magazine, 1997

**Full text:** [http://www.fda.gov/fdac/features/096\\_sulf.html](http://www.fda.gov/fdac/features/096_sulf.html)

**Description:** A story of a young woman and a traumatic experience. Tips are provided to minimize the chances of others experiencing the same type of situation.

**Ordering Information:** Publication No. (FDA) 97-2308

### **Sulfite Sensitivity**

Cleveland Clinic Foundation

**Description:** This article gives an overview of where sulfites are found, symptoms of a sulfite allergy, and how it is diagnosed.

**Web site:** <http://www.clevelandclinic.org/health/health-info/docs/3300/3323.asp?index=11323>

### **Sulphites - One of the Nine Most Common Food Products Causing Severe Adverse Reactions**

Canadian Food Inspection Agency

**Full text:** <http://www.inspection.gc.ca/english/fssa/labeti/allerg/sulphe.shtml>  
<http://www.inspection.gc.ca/english/fssa/labeti/allerg/sulphe.pdf> (PDF)

**Description:** This brochure answers frequently asked questions about sulphite. It also includes lists of alternate names for sulphite, food and nonfood sources, and tips to prevent cross-contamination.



## 8. Wheat/Gluten Sensitivity

### Celiac Disease

American Celiac Disease Alliance

**Full text:** <http://americanceeliac.org/cd.htm>  
<http://americanceeliac.org/cd-spanish.htm> (Spanish)

**Description:** This Web article discusses the difference between wheat allergy, gluten intolerance and celiac disease.

### Celiac Disease Nutrition Guide Second Edition

Tricia Thompson

Chicago, IL: American Dietetic Association, 2006. 48 pp.

**ISBN:** 0880913061

**Web site:** [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/shop\\_9313\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/shop_9313_ENU_HTML.htm)

**Description:** This edition “survival guide” provides essential information for people diagnosed with Celiac disease.

**Ordering Information:** Order online from the American Dietetic Association call 1-800-877-1600 ext. 5000.

### Guidelines for a Gluten-Free Lifestyle, 4<sup>th</sup> Edition

Celiac Disease Foundation

**Description:** This booklet contains information on the FDA labeling laws for 2006, a nutrition chart, expanded glossary, and resource lists. It is primarily written in question and answer format. Topics include allowed and disallowed foods on a gluten-free diet, the differences between allergy and intolerance, wheat intolerance versus gluten intolerance, shopping hints, preparing the pantry, and avoiding food contamination.

**Online Ordering:** <https://celiac.org/cybersource-new/order-guidelines.php>

### Quick Start Diet Guide for Celiac Disease

Celiac Disease Foundation, Gluten Intolerance Group

**Full text:** <http://www.gluten.net/downloads/print/QuickStartDiet.pdf> (bulletin, PDF)  
[http://www.celiac.org/downloads/Quick%20Start%20Brochure%20FINAL%2010\\_06.pdf](http://www.celiac.org/downloads/Quick%20Start%20Brochure%20FINAL%2010_06.pdf)  
(brochure, PDF)

**Description:** This educational bulletin and/or brochure explains what is allowed and not allowed on a gluten free diet, what to look for on food labels, and how to adjust to a new diet.

### Tips for Managing a Wheat Allergy

The Food Allergy and Anaphylaxis Network

**Web site:** <http://www.foodallergy.org/allergens/wheat.html>

**Description:** This web site answers frequently asked questions about wheat allergies, including the difference between celiac disease and wheat allergy, and how to substitute for wheat flour when baking.



## **Wheat Allergy**

MayoClinic.com

**Full text:** <http://www.mayoclinic.com/health/wheat-allergy/DS01002>

**Description:** This article reviews most aspects of a wheat allergy, including symptoms, causes, risk factors, diagnosis, treatment and prevention. The article includes a list of hidden sources of wheat products and tips for eating out.

## **Wheat Allergy Information**

Food Allergy Initiative

**Full text:**

[http://www.foodallergyinitiative.org/section\\_home.cfm?section\\_id=3&sub\\_section\\_id=5](http://www.foodallergyinitiative.org/section_home.cfm?section_id=3&sub_section_id=5)

**Description:** This Web site defines wheat allergy, and provides a list of common names of wheat and foods containing wheat to avoid. It also lists wheat-free alternatives to explore.

## **Resources for Children and Families**

### **Gluten-Free Friends: An Activity Book for Kids**

Nancy Patin Falini

Centennial, CO: Savory Palate, Inc, 2003. 58 pp.

**ISBN:** 889374091

**Description:** This kids' coloring and activity book explains celiac disease and gluten intolerance. The book features Megan and Ben, two friendly kids who are following a gluten-free diet. Megan and Ben explain what gluten is in simple, non-technical words; describe how gluten makes kids with celiac disease get sick; decide which foods to avoid on a gluten-free diet; and demonstrate how to make the right food choices to be healthy.

### **Gluten Free Diet Guide for Families**

Children's Digestive Health and Nutrition Foundation

**Full text:** <http://celiachhealth.org/pdf/GlutenFreeDietGuideWeb.pdf> (PDF)

**Description:** This booklet is a starter guide for newly diagnosed celiac patients and their families. The topics covers where gluten is found, what patients can eat, a shopping guide and more.

### **Raising Your Celiac Child**

Children's Hospital Boston

**Web site:**

<http://www.childrenshospital.org/clinicalservices/Site2166/mainpageS2166P12.html>

**Description:** This video resource was developed to help families learn more about managing celiac disease. The entire DVD can be ordered or segments of the DVD can be watched online.

**Online ordering:**

[http://www.docsbynet.com/chb/chb\\_order.asp?itemnumber=CELIAC](http://www.docsbynet.com/chb/chb_order.asp?itemnumber=CELIAC)



### **What I Need to Know About Celiac Disease**

U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), National Digestive Diseases Information Clearinghouse

**Full text:** [http://digestive.niddk.nih.gov/ddiseases/pubs/celiac\\_ez/index.htm](http://digestive.niddk.nih.gov/ddiseases/pubs/celiac_ez/index.htm)  
[http://digestive.niddk.nih.gov/spanish/pubs/celiac\\_ez/index.htm](http://digestive.niddk.nih.gov/spanish/pubs/celiac_ez/index.htm) (Spanish)

**Description:** An easy-to-read booklet defining celiac disease and outlining its symptoms, diagnosis, and treatment. The booklet includes some examples of a gluten-free diet.

**Ordering Information:** Publication number (DD-224)

**Online Ordering:** <http://catalog.niddk.nih.gov/detail.cfm?ID=899>

## **C. Contact Information for Organizations Cited** (in alphabetical order)

### **Allergy/Asthma Information Association of Canada**

111 Zenway Boulevard, Unit 1

Vaughan, ON L4H 3H9

Phone: 1-800-611-7011 or 905-265-3322 Fax: 905-850-2070

E mail: [admin@aaia.ca](mailto:admin@aaia.ca)

Web site: <http://aaia.ca/en/index.htm>

### **American Academy of Allergy, Asthma & Immunology**

555 East Wells Street, Suite 1100

Milwaukee, WI 53202-3823

Phone: 800-822-2762 or 414-272-6071

Email: [info@aaaai.org](mailto:info@aaaai.org)

Web site: <http://www.aaaai.org/>

### **American Academy of Family Physicians**

P.O. Box 11210

Shawnee Mission, KS 66207-1210

Phone: 800-274-2237

Email: [fp@aafp.org](mailto:fp@aafp.org)

Web site: <http://www.aafp.org/>

### **American Celiac Disease Alliance**

2504 Duxbury Place

Alexandria, VA 22308

Phone: (703) 622-3331

Email: [info@americanceliac.org](mailto:info@americanceliac.org)

Web site: <http://americanceliac.org/>



**Anaphylaxis Canada**

2005 Sheppard Avenue East, Suite 800

Toronto, Ontario M2J 5B4

Canada

Phone: 416-785-5666 Fax: 416-785-0458

Email: [info@anaphylaxis.ca](mailto:info@anaphylaxis.ca)

Web site: <http://www.anaphylaxis.org/>

**Asthma and Allergy Foundation of America**

1233 20th Street, NW, Suite 402

Washington, DC 20036

Phone: 800-7-ASTHMA (800-727-8462)

Email: [Info@aafa.org](mailto:Info@aafa.org)

Web site: <http://www.aafa.org/>

**Beyond A Peanut**

Phone: 720-482-0384

Email: [info@beyondapeanut.com](mailto:info@beyondapeanut.com)

Website: <http://beyondapeanut.com>

**Canadian Food Inspection Agency**

Phone: 1-800-442-2342

Email: <http://www.inspection.gc.ca/english/tools/feedback/commene.shtml>

Website: <http://www.inspection.gc.ca/>

**Celiac Disease Awareness Campaign**

c/o National Digestive Diseases Information Clearinghouse

2 Information Way

Bethesda, MD 20892-3570

Phone: 800-891-5389 Fax: 703-738-4929

Email: [celiac@info.niddk.nih.gov](mailto:celiac@info.niddk.nih.gov)

Web site: [www.celiac.nih.gov](http://www.celiac.nih.gov)

**Celiac Disease Foundation**

13251 Ventura Blvd. #1

Studio City, Ca. 91604

Phone: 818-990-2354 Fax: 818-990-2379

Email: [cdf@celiac.org](mailto:cdf@celiac.org)

Web site: <http://www.celiac.org/>



**Celiac Sprue Association/United States of America, Inc.**

P.O. Box 31700

Omaha, NE 68131-0700

Phone: 877-CSA-4-CSA (877-272-4272) or 402-558-0600

Email: [celiacs@csaceliacs.org](mailto:celiacs@csaceliacs.org)

Web site: [www.csaceliacs.org](http://www.csaceliacs.org)

**Center for Food Safety and Applied Nutrition (CFSAN), Food and Drug Administration, U.S. Department of Health and Human Services**

CFSAN Outreach and Information Center

5100 Paint Branch Parkway HFS-555

College Park, MD 20740-3835

Phone: 800-SAFEFOOD (800-723-3366)

Web site: <http://www.cfsan.fda.gov/>

**Children's Digestive Health and Nutrition Foundation**

Phone: 215-233-0808

Web site: <http://www.celiachealth.org/>

**Children's Hospital Boston**

Children's Hospital Celiac Support Group c/o

Division of Gastroenterology and Nutrition

300 Longwood Avenue

Boston, MA 02115

Phone: 617-355-2127

Web site: <http://www.childrenshospital.org/>

**Cleveland Clinic Foundation**

Cleveland Clinic

9500 Euclid Avenue

Cleveland, OH 44195

Phone: 800.223.2273 ext. 42200

Website: <http://www.clevelandclinic.org/>

**FDA Consumer Magazine**

5600 Fishers Lane, Room 15A-29

Rockville, MD 20857

Phone: 1-888-INFO-FDA (1-888-463-6332)

Web site: <http://www.fda.gov/FDAC/>

For more information on print orders, please see:

<http://www.fda.gov/opacom/catalog/order.html>



**The Food Allergy and Anaphylaxis Network**

11781 Lee Jackson Hwy., Suite 160  
Fairfax, VA 22033-3309  
Phone: 800-929-4040 Fax: 703-691-2713  
Email: [faan@foodallergy.org](mailto:faan@foodallergy.org)  
Web site: <http://foodallergy.org/>

**Food Allergy Initiative**

1414 Avenue of the Americas, Suite 1804  
New York, NY 10019  
Phone: 212-207-1974 Fax: 917-338-5130  
Email: [info@foodallergyinitiative.org](mailto:info@foodallergyinitiative.org)  
Web site: <http://www.foodallergyinitiative.com>

**Food Allergy Research and Resource Program**

143 H.C. Filley Hall  
University of Nebraska  
Lincoln, NE 68583-0919  
Phone: 402-472-2833 (Steve Taylor, Ph.D.) Fax: 402-472-5307  
Email: [farrp@unl.edu](mailto:farrp@unl.edu)  
Web site: <http://farrp.org/>

**Gluten Intolerance Group of North America**

31214 124th Ave SE  
Auburn, WA 98092-3667  
Phone: 253-833-6655 Fax: 253-833-6675  
Email: [info@gluten.net](mailto:info@gluten.net)  
Web site: [www.gluten.net](http://www.gluten.net)

**International Food Information Council Foundation**

1100 Connecticut Avenue, N.W., Suite 430  
Washington, DC 20036  
Phone: 202-269-6540 Fax: 202-269-6547  
Email: [foodinfo@ific.org](mailto:foodinfo@ific.org)  
Web site: <http://www.ific.org>

**Kids With Food Allergies**

73 Old Dublin Pike, Ste 10, #163  
Doylestown, PA 18901  
Phone: 215-230-5394 Fax: 215-340-7674  
Email: <http://www.kidswithfoodallergies.org/email.php?to=info>  
Web site: <http://www.kidswithfoodallergies.org/>



**La Leche League International**

PO Box 4079

Schaumburg, IL 60168-4079

Phone: 1-800-LaLeche (800-525-3243) Fax: 847-969-0460

Email: [http://www.llli.org/contact/contact\\_us](http://www.llli.org/contact/contact_us)

Web site: <http://www.llli.org/>

**Living Without Magazine**

PO Box 1998

Sun Valley, Idaho 83353

Web site: <http://www.livingwithout.com>

**MayoClinic.com**

Email: <http://www.mayoclinic.com/health/contact-us/contactus>

Web site: <http://www.mayoclinic.com/>

**National Dairy Council**

10255 W. Higgins Rd., Suite 900

Rosemont, IL 60018

Email: [ndc@dairyinformation.com](mailto:ndc@dairyinformation.com)

Website: <http://www.nationaldairycouncil.org/>

**National Digestive Diseases Information Clearinghouse, National Institutes of Health,  
National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), U.S.  
Department of Health and Human Services**

NIDDK Clearinghouses Publications Catalog

5 Information Way

Bethesda, MD 20892-3568

Phone: 800-860-8747 Fax: 703-738-4929

Email: [catalog@niddk.nih.gov](mailto:catalog@niddk.nih.gov)

Web site: <http://catalog.niddk.nih.gov/>

**National Institute of Allergy and Infectious Disease (NIAID), National Institutes of  
Health, U.S. Department of Health and Human Service**

NIAID News and Public Information Branch

6610 Rockledge Drive, MSC 6612

Bethesda, MD 20892-6612

Phone: 866-284-4107 Fax: 301-402-3573

E-mail: [http://www3.niaid.nih.gov/links\\_policies/contact\\_us.htm](http://www3.niaid.nih.gov/links_policies/contact_us.htm)

Web site: <http://www.niaid.nih.gov/>



**Nemours Foundation**

Email (Kid's Health): [comments@KidsHealth.org](mailto:comments@KidsHealth.org)

Web site: <http://www.nemours.org/>

Web Site (Kid's Health): <http://www.kidshealth.org/index.html>

**PBS Kids**

Email: <http://www.pbs.org/parents/feedback.html>

Web site: <http://pbskids.org/>

**Select Wisely**

PO Box 289

2 Main Street

Sparta, New Jersey 07871 USA

Phone: 888-396-9260

Email: [orders@selectwisely.com](mailto:orders@selectwisely.com)

Web site: <http://www.selectwisely.com/>

**The Food Allergy and Anaphylaxis Network**

11781 Lee Jackson Hwy., Suite 160

Fairfax, VA 22033-3309

Phone: 800-929-4040 Fax: 703-691-2713

Email: [faan@foodallergy.org](mailto:faan@foodallergy.org)

Web site: <http://www.foodallergy.org>

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Food and Nutrition Information Center  
Agricultural Research Service, USDA  
National Agricultural Library, Room 105  
10301 Baltimore Avenue  
Beltsville, MD 20705-2351  
Phone: 301-504-5414  
Fax: 301-504-6409  
TTY: 301-504-6856  
Contact: <http://fnic.nal.usda.gov/contact>  
Web site: <http://fnic.nal.usda.gov>

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