



Food Allergies and Intolerances Resource List for Consumers December 2010

This publication is a collection of resources on the topic of Food Allergies and Intolerances for consumers. Resources include books, pamphlets, audiovisuals and Web sites. 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 either be borrowed from your local library or purchased from your local book store.

Materials may also be borrowed 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/allergy.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

Table of Contents

- A. General Information on Food Allergies and Intolerances
 - 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
 - 2. Fish and Shellfish
 - 3. Milk Allergies and Lactose Intolerance
 - 4. Peanut/Tree Nut
 - 5. Sesame Seeds
 - 6. Soy
 - 7. Sulfite Sensitivity
 - 8. Wheat/Gluten Allergy and Sensitivity
 - 9. Other Allergies and Sensitivities

- C. Contact Information for Organizations Cited

A. General Information on Food Allergies and Intolerances

1. Brochures and Fact Sheets

Do You Have a Food Allergy?

The Food Allergy & Anaphylaxis Network

Full text: <http://www.foodallergy.org/files/DoYouHaveBrochure.pdf> (PDF)

Description: Learn about the most common food allergens, symptoms of a food allergy and how food allergies are diagnosed.

Food Allergy: An Overview

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

Full text: <http://www.niaid.nih.gov/topics/foodAllergy/Documents/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



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 (Spanish)

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

For a free single copy: <http://www.aaaai.org/misc/inforequestform.stm>

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

Understanding Food Allergy

International Food Information Council Foundation

Full text: http://www.foodinsight.org/Content/6/FINAL_Understanding-Food-Allergy_5-22-07.pdf (PDF)

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.

Flourishing with Food Allergies: Social, Emotional and Practical Guidance for Families with Young Children

A. Anderson

Southbury, CT: Papoose Publishing, 2008. 360 pp.

ISBN: 0615187048

Description: This book includes stories from parents and guidance from medical professionals along with the latest research about food allergies. It includes discussions on shopping with food allergies in mind and advice on coping with food allergies at birthday parties, school and other venues. Suggestions are outlined for avoiding risky foods and re-thinking diet as well as creating a stress-free, safe-haven at home.



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

Johnathan Brostoff and Linda Gamlin
Rochester, VT: Healing Arts Press, 2000. 480 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 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

Food Allergen-Free Baker's Handbook

Cybele Pascal

New York, NY: Celestial Arts. 2009. 200 pp.

ISBN: 1587613484

Description: This cookbook features recipes for baked goods, both sweet and savory, that omit the eight foods responsible for most allergies (milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat). It requires stocking your pantry differently, but provides an extensive list of product resources.

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

Carol Fenster

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

NAL Call Number: RC588.D53 F46 2005

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.



Flying Apron's Gluten-free & Vegan Baking Book

Jennifer Katzinger

Seattle, WA: Sasquatch Books, 2009. 192 pp.

ISBN: 1570616299

Description: Jennifer Katzinger, owner of the Flying Apron Bakery, shares her favorite sweet and savory, gluten-free, vegan recipes.

Great Foods without Worry

Cindy Mosely

Aventine Press, 2003. 164 pp.

ISBN: 1593301162

Description: "Great Foods Without Worry" offers a variety of recipes which omit wheat, eggs, dairy, soy, nuts and gluten. All recipes are suitable for vegetarian diets.

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.

NAL Call Number: RC588.D53 P368 2006

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

Allergens

FoodSafety.gov, a cross-agency portal to food safety information from the U.S. Department of Agriculture and the U.S Department of Health and Human Service

Web site: <http://www.foodsafety.gov/poisoning/causes/allergens/>

Description: This cross-agency food safety site allows consumers to sign up for allergy alerts and has a link to a video on the differences between food allergies and intolerances.

Anaphylaxis

American Academy of Family Physicians

Web site: <http://familydoctor.org/online/famdocen/home/common/allergies/basics/809.html>

Description: This resource discusses anaphylaxis and what you need to know to prevent and treat it.



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 Allergens

Food and Drug Administration (FDA), DHHS

Web site: <http://www.fda.gov/Food/FoodSafety/FoodAllergens/default.htm>

Description: This Web site provides information on food labeling and legislation related to food allergens.

Food Allergies

Asthma and Allergy Foundation of America

Web site: <http://www.aafa.org/display.cfm?id=9&sub=20>

Description: This Web site provides information on specific food allergies as well as a concise explanation of food allergies and related health issues.

Food Allergy

Mayo Foundation for Medical Education and Research

Web site: <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.

Food Allergy

National Institute of Allergy and Infectious Disease, NIH, DHHS

Web site: <http://www.niaid.nih.gov/topics/foodallergy/pages/default.aspx>

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.

The Food Allergy and Anaphylaxis Network

The Food Allergy and Anaphylaxis Network

Web sites: <http://www.foodallergy.org/>
<http://www.foodallergy.org/section/espanol> (Spanish)

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. FAAN is the world's largest nonprofit organization providing patients information about food allergy and educational resources to schools, health professionals, restaurants, pharmaceutical companies and the food industry.



Food Allergy Initiative

Food Allergy Initiative

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

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, research, training opportunities and a workshop series. It also houses AllergenOnline, 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.

Physician Referral

American Academy of Allergy Asthma & Immunology

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

Description: You enter a zip code or city and state and this Web site provides a list of asthma and allergy doctors in the area.

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/members/msascart-ProductList?majorcat=featured&ONWEBFLG=Y&WHP=productHomeHeader.htm&WBP=productHomeList.htm>



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.

Amy Goes Gluten Free: A Young Person's Guide to Celiac Disease

Children's Hospital Boston

Web site:

<http://www.childrenshospital.org/clinicalservices/Site2166/mainpageS2166P0.html>

Description: A fun comic book designed for children with activities and information to help learn about celiac disease.

Binky Goes Nuts: Understanding Peanut Allergies

PBS Kids

Web site: <http://www.pbs.org/parents/arthur/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.

The Bugabees: Friends with Food Allergies

Amy Recob

Minneapolis, MN: Beaver's Pond Press, 2009. 32 pp.

ISBN: 1592982794

Description: This book tells the story of eight friends with eight different food allergies: peanuts, tree nuts, fish, shellfish, milk, soy, eggs and wheat. Additional activities and talking points are included for parents and teachers.

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.

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 (kids)

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. The Web site also links to more specific pages for children and teens about egg allergies, nut and peanut allergies, milk allergies and lactose intolerance. A printable diet card for each with a list of foods to avoid is included.

- Egg Allergies
http://kidshealth.org/kid/nutrition/diets/egg_allergy.html (kids)
http://kidshealth.org/teen/food_fitness/nutrition/egg_allergy.html (teens)
- Nut and Peanut Allergies
http://kidshealth.org/kid/nutrition/diets/nut_allergy.html (kids)
http://kidshealth.org/teen/food_fitness/nutrition/nut_allergy.html (teens)
- Lactose Intolerance:
http://www.kidshealth.org/kid/health_problems/allergiesimmune/lactose.html (kids)
- Milk Allergy
http://www.kidshealth.org/teen/nutrition/diets/milk_allergy.html (teens)

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.

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.



Lactose Intolerance

Office on Women's Health, DHHS

Web Site: <http://www.girlshealth.gov/nutrition/lactose/index.cfm>

Description: This Web site for teenage girls defines lactose intolerance and provides tips to help girls meet daily calcium requirements.

Mommy, Is this Safe to Eat? A Guide for Preschoolers Allergic to Peanuts and Tree Nuts

Christina Black

R3C Creations, LLC, 2006. 25pp.

ISBN: 1598723871

Description: This picture book teaches preschoolers with food allergies to always ask if a food is safe to eat.

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.

Safe4Kids

Anaphylaxis Canada

Web site: 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 and Ten Tips for Teachers (or parents) 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/Purchase.htm>



6. Other Resources

Food Allergy Among U.S. Children: Trends in Prevalence and Hospitalizations

National Center for Health Statistics, Centers for Disease Control and Prevention (CDC), DHHS

Full text: <http://www.cdc.gov/nchs/data/databriefs/db10.pdf>

Description: This data brief published in 2008 discusses the increase in prevalence of reported food allergy cases among children from 1997 to 2007.

Food Allergy Poster

International Food Information Council

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

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

Description: This poster was developed 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 prepare food service workers to better 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 effectively read 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: <https://www.foodallergy.org/members/msascart-ProductList?majorcat=featured&ONWEBFLG=Y&WHP=productHomeHeader.htm&WBP=productHomeList.htm> (select "Training Materials" and then scroll down to find the "How to Read a Label" card for the allergen you wish to avoid)

Kids with Food Allergies

Web site: 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.

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>



Support Forums

- AllergicChild.com: Food Allergy Support Group
http://www.allergicchild.com/search_for_a_local_support_group.htm
- Kids With Food Allergies, Inc.: Parents of Food Allergic Kids Forum
<http://www.kidswithfoodallergies.org/community.html>

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.

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

1. Egg

Egg Allergy

Cleveland Clinic Foundation

Web site:

http://my.clevelandclinic.org/childrens_hospital/pediatric_health_information/food_allergy_diets.aspx#2

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

Egg Allergy Diet

Oregon Health and Science University

Web site: <http://www.ohsu.edu/xd/health/health-information/topic-by-id.cfm?ContentTypeId=85&ContentId=P00015>

Description: This Web article includes a comprehensive list of foods allowed and not allowed on an egg-free diet, categorized by food group. Also includes possible sources of eggs or egg products to look for on a food label and information for using egg substitutes.

Egg Allergy: The Facts

Allergy/Asthma Information Association of Canada

Full text: http://www.aaia.ca/en/egg_brochure_en.pdf (PDF 3KB)

http://www.aaia.ca/fr/egg_brochure_fr.pdf (French, PDF 5KB)

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



Nutrition and Fitness: Egg Allergy

Seattle Children's Hospital

Web site: <http://www.seattlechildrens.org/kids-health/page.aspx?id=60795>

Description: This Web site discusses how egg allergies are diagnosed and treated, and how an individual can live comfortably with an egg allergy.

Tips for Managing an Egg Allergy

The Food Allergy and Anaphylaxis Network

Web site: <http://www.foodallergy.org/page/egg-allergy>

Description: This online fact sheet provides substitutes for eggs when baking, identifies hidden sources of egg and answers common questions about egg allergies and influenza vaccines.

2. Fish and Shellfish

Fish Allergy

The Food Allergy & Anaphylaxis Network

Web site: <http://www.foodallergy.org/page/fish-allergy>

Description: This Web site lists unexpected sources of fish for allergic individuals to watch for, and answers frequently asked questions about food allergies.

Fish Allergy

Food Allergy Initiative

Web site: <http://www.faiusa.org/?page=fish>

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

Seafood Allergy

Canadian Food Inspection Agency

ISBN: 978-1-100-14805-2

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

<http://www.inspection.gc.ca/english/fssa/labeti/allerg/fispoie.pdf> (PDF 68KB)

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. A104-84/2010E

Shellfish Allergy

Food Allergy Initiative

Web site: <http://www.faiusa.org/?page=shellfish>

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



Shellfish Allergy

Mayo Foundation for Medical Education and Research

Web site: <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.

3. Milk Allergies and Lactose Intolerance

Cow's Milk Allergy versus Lactose Intolerance

National Dairy Council

Full text:

<http://www.nationaldairycouncil.org/Research/DairyCouncilDigestArchives/Pages/dcd77-3Page1.aspx>

http://www.nationaldairycouncil.org/SiteCollectionDocuments/research/dairy_council_digests/2006/dcd773.pdf (PDF 322KB)

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

Milk Allergy

Food Allergy Initiative

Web site: <http://www.faiusa.org/?page=milk>

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

Milk Allergy

Mayo Foundation for Medical Education and Research

Web site: <http://www.mayoclinic.com/health/milk-allergy/DS01008>

Description: This substantial Web site includes information on milk allergy symptoms, causes, risk factors, complications, diagnosis, treatment, prevention and support.

Milk Allergy in Infants

Nemours Foundation

Web site: http://kidshealth.org/parent/medical/allergies/milk_allergy.html

Description: This comprehensive web article contains information specific to milk allergies in infants, including symptoms, diagnosis and treatment information, as well as unsafe formulas and advice for switching formulas.

Milk for Kids with Lactose Intolerance

Food and Nutrition Service, USDA

Web site: <http://www.fns.usda.gov/tn/resources/nibbles/milk.pdf> (PDF 10KB)

Description: This fact sheet for parents defines lactose intolerance, what to do if you suspect lactose intolerance in your child and how to incorporate milk products for a child who is lactose intolerant.



What I Need to Know About Lactose Intolerance

National Digestive Diseases Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), NIH, DHHS

Full text: http://digestive.niddk.nih.gov/ddiseases/pubs/lactoseintolerance_ez/
http://digestive.niddk.nih.gov/ddiseases/pubs/lactoseintolerance_ez/lactoseintolerance.pdf
(PDF 30KB)

Description: An easy to read publication with colorful illustrations which outlines important points related to lactose intolerance, including symptoms of lactose intolerance, management of symptoms, identifying sources of lactose and getting enough calcium.

Ordering Information: NIH Publication No. 10-2751

What People with Lactose Intolerance Need to Know About Osteoporosis

National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institutes of Health (NIH) Osteoporosis and Related Bone Diseases ~ National Resource Center, NIH, DHHS

Full Text:

http://www.niams.nih.gov/health_info/bone/Osteoporosis/Conditions_Behaviors/lactose_intolerance.asp

http://www.niams.nih.gov/Health_Info/Bone/chinese/lactose_chinese.asp (Chinese)

Description: This web article defines the link between lactose intolerance and osteoporosis and provides bone health strategies to help strengthen bones when lactose intolerant.

4. Peanut / Tree Nut

Beyond a Peanut

Mind Flight LLC

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

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.



Flying with a Food Allergy

The Food Allergies and Anaphylaxis Network

Web site: <http://www.foodallergy.org/page/7>

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

Peanut Allergy

Mayo Foundation for Medical Education and Research

Web site: <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: 2nd 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.

Tree Nuts - One of the Nine Most Common Food Allergens

Canadian Food Inspection Agency

Catalogue No.: A104-84/2010E

ISBN: 978-1-100-14805-2

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 10KB)

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

5. Sesame Seeds

Seed Allergy

Food Allergy Initiative

Web site: <http://www.faiusa.org/?page=seeds>

Description: This Web site contains information about how to avoid eating sesame seeds, and includes a list of ingredients and foods that indicate the presence of sesame seed protein.



Sesame Allergy Facts

Kids with Food Allergies

Web site:

http://www.kidswithfoodallergies.org/resourcespre.php?id=107&title=sesame_allergy

Description: Web article on the growth of sesame seed allergies in children.

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 4KB)

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

Web site: [http://www.clevelandclinic.org/health/health-](http://www.clevelandclinic.org/health/health-info/docs/3300/3322.asp?index=11320)

[info/docs/3300/3322.asp?index=11320](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

Mayo Foundation for Medical Education and Research

Web site: <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

Sulfite Sensitivity

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 1KB)

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



Sulfite Sensitivity

Cleveland Clinic Foundation

Web site:

http://my.clevelandclinic.org/disorders/sulfite_sensitivity/hic_sulfite_sensitivity.aspx

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

Sulfites

Food Marketing Institute

Web site: <http://www.fmi.org/media/bg/?fuseaction=sulfites>

Description: This web article defines what sulfites are and how they are used in food. It describes how to detect sulfites on food labels and lists food sources of sulfites.

8. Wheat/Gluten Allergy and Sensitivity

Celiac Disease

American Celiac Disease Alliance

Web site: <http://americanceliac.org/celiac-disease/>

<http://americanceliac.org/celiac-disease/cd-spanish/> (Spanish)

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

Celiac Disease News

Celiac Disease Awareness Campaign

Full Text: <http://www.celiac.nih.gov/Newsletter.aspx>

Description: This email newsletter features news about celiac disease, special events, patient and professional meetings and new publications. Available in html and PDF format.

Online Ordering: <http://www.celiac.nih.gov/NewsletterSubscription.aspx>

Celiac Disease Nutrition Guide, 2nd Edition

Tricia Thompson, MS, RD

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

ISBN: 0880913061

Web site: <http://www.eatright.org/Shop/Product.aspx?id=5052>

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.



Gluten Free Diet Guide for Families

Children's Digestive Health and Nutrition Foundation

Full text: <http://www.cdhnf.org/user-assets/documents/pdf/GlutenFreeDietGuideWeb.pdf>
(PDF 6 KB)

<http://www.cdhnf.org/user-assets/documents/pdf/GlutenFreeDietGuideWebSpanish.pdf>
(Spanish, PDF 196KB)

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

Gluten Intolerance Group Publications

Gluten Intolerance Group of North America

Full text: <http://www.gluten.net/publications.php>

Description: A variety of consumer-friendly articles, brochures, recipes and other resources on topics related to celiac disease. All publications may be downloaded free of charge in PDF file format. Some resources are available in Spanish.

Quick Start Diet Guide for Celiac Disease

Celiac Disease Foundation, Gluten Intolerance Group

Full text: <http://www.gluten.net/downloads/print/QuickStartDiet.pdf> (PDF 385 KB)

Description: This educational bulletin 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.

Raising Your Celiac Child

Children's Hospital Boston

Web site:

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

Description: This 12-segment video resource was developed to help families learn more about managing celiac disease. The video topics are varied and include how to start and maintain a gluten free diet, how to eat out at school and restaurants, how to adjust & cope emotionally and more. Individual segments of the DVD can be viewed online or the entire DVD can be ordered.

What I Need to Know About Celiac Disease

National Digestive Diseases Information Clearinghouse, National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), NIDDK, NIH, DHHS

Full text: http://digestive.niddk.nih.gov/ddiseases/pubs/celiac_ez/index.htm

http://digestive.niddk.nih.gov/ddiseases/pubs/celiac_ez/WINTKACeliacDisease.pdf (PDF)

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: NIH Publication No. 07-5755

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



Wheat Allergy

The Food Allergy and Anaphylaxis Network

Web site: <http://www.foodallergy.org/page/wheat-allergy>

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

Mayo Foundation for Medical Education and Research

Web site: <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

Web site: <http://www.faiusa.org/?page=wheat>

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.

9. Other Allergies and Sensitivities

Corn Allergies

Children's Hospital for the King's Daughters

Web site: <http://www.chkd.org/HealthLibrary/Facts/Content.aspx?pageid=0458>

Description: This Web site lists foods that are likely to have corn products, ingredients that may indicate a presence of corn and foods to use vs. foods to avoid.

Food Additives

Asthma and Allergy Foundation of America

Web site: <http://www.aafa.org/display.cfm?id=9&sub=20&cont=285>

Description: This Web site explains adverse reactions to food additives, possible symptoms, diagnosis and prevention. It also lists and defines the eight most common food additives that may cause reactions.

Oral Allergy Syndrome

Allergy UK, British Allergy Foundation

Web site: http://www.allergyuk.org/fs_oralallergy.aspx

Description: This Web site includes symptoms, causes and management of oral allergy syndrome. Also includes a chart comparing recognized associations between pollen and food allergies



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

Allergy/Asthma Information Association of Canada

295 The West Mall, Suite 118

Toronto, ON M9C 4Z4

Phone: 1-800-611-7011 or 416-621-4571

Fax: 416-621-5034

E mail: admin@aaia.ca

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

Allergy UK, British Allergy Foundation

Planwell House

LEFA Business Park

Edgington Way

Sidcup, Kent

DA14 5BH

Phone: 01322 619898

Email: info@allergyuk.org

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

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

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: contactcenter@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

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

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

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

Beyond A Peanut

Phone: 720-482-0384

Email: info@beyondapeanut.com

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

Canadian Food Inspection Agency

Phone: 1-800-442-2342

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

Web site: <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

Web site: 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

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

Web site: www.csaceliacs.org

Center for Disease Control and Prevention (CDC)

1600 Clifton Rd.

Atlanta, GA 30333

Phone: 800-232-4636

Email: cdcinfo@cdc.gov

Web site: <http://www.cdc.gov/>

Center for Food Safety and Applied Nutrition

Food and Drug Administration

CFSAN Outreach and Information Center

5100 Paint Branch Parkway HFS-009

College Park, MD 20740-3835

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

Web site: <http://www.fda.gov/Food/default.htm>

Children's Digestive Health and Nutrition Foundation

1501 Bethlehem Pike

P. O. Box 6

Flourtown, PA 19031

Phone: 215-233-0808

Email: cdhnf@cdhnf.org

Web site: <http://www.cdhnf.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: 617-355-6000

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

Children's Hospital of the King's Daughters

601 Children's Lane

Norfolk, VA 23507

Phone: 757-668-7000

Email: <http://chkd.org/Contact.aspx>

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



Cleveland Clinic Foundation

Cleveland Clinic
9500 Euclid Avenue
Cleveland, OH 44195
Phone: 800.223.2273 ext. 55580
Web site: <http://www.clevelandclinic.org/>

FDA Consumer Magazine

Food and Drug Administration
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: <http://www.foodallergy.org/page/contact>
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@faiusa.org
Web site: <http://www.faiusa.org/>

Food Allergy Research and Resource Program

143 Food Industry Complex
University of Nebraska
Lincoln, NE 68583-0919
Phone: 402-472-2833 (Steve Taylor, Ph.D.) Fax: 402-472-5307
Email: farrp@unl.edu
Web site: <http://farrp.org/>

Food and Drug Administration

10903 New Hampshire Ave.
Silver Spring, MD 20993
Phone: 888-463-6332
Email: webmail@oc.fda.gov
Web site: <http://www.fda.gov/>



Food and Nutrition Service

U.S. Department of Agriculture
3101 Park Center Drive
Alexandria, VA 22302
Phone: 703-305-2062
Web site: <http://www.fns.usda.gov/fns/>

Food Marketing Institute

2345 Crystal Drive, Suite 800
Arlington, VA 22202
Phone: 202-452-8444
Email: <http://www.fmi.org/?fuseaction=contact>
Website: <http://www.fmi.org/>

Food Safety and Inspection Service

U.S. Department of Agriculture
1400 Independence Ave., S.W.
Washington, DC 20250-3700
Phone: 800-233-3935
Email: http://www.fsis.usda.gov/contact_us/Electronic_Mailboxes_Available/index.asp
Website: <http://www.fsis.usda.gov/>

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
Web site: 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: info@foodinsight.org
Web site: <http://www.foodinsight.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

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

Living Without Magazine

PO Box 1998

Sun Valley, Idaho 83353

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

Mayo Foundation for Medical Education and Research

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: <http://www.nationaldairycouncil.org/AboutNDC/Pages/ContactUs.aspx>

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

National Digestive Diseases Information Clearinghouse

National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), National Institutes of Health

NIDDK Clearinghouses Publications Catalog

5 Information Way

Bethesda, MD 20892-3568

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

Email: catalog@niddk.nih.gov

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

National Institute of Allergy and Infectious Disease

National Institutes of Health

NIAID Office of Communications and Government Relations

5601 Fishers Lane, MSC 9806

Bethesda, MD 20892-9806

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

E-mail: http://www3.niaid.nih.gov/links_policies/contact_us.htm

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



National Institute of Arthritis and Musculoskeletal and Skin Diseases

National Institutes of Health
1 AMS Circle
Bethesda, MD 20892-3675
Phone: 301-495-4484; 877-226-4267
Email: NIAMSinfo@mail.nih.gov
Website: <http://www.niams.nih.gov>

Nemours Foundation

Email (Kid's Health): comments@KidsHealth.org
Web site: <http://www.nemours.org/>
Web Site (Kid's Health): <http://www.kidshealth.org/index.html>

Office on Women's Health

U. S. Department of Health and Human Services
Phone: 800-994-9662
Email: <http://www.womenshealth.gov/contact/index.cfm?sawquestions=yes>
Websites: <http://www.womenshealth.gov/> ; <http://www.girlshealth.gov/>

Oregon Health and Sciences University

3181 S.W. Sam Jackson Park Rd.
Portland, Oregon 97239-3098
Phone: 503-494-5274
Email: <http://www.ohsu.edu/xd/about/contact.cfm>
Website: <http://www.ohsu.edu/xd/>

PBS Kids

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

Seattle Children's Hospital

4800 Sand Point Way NE
Seattle, WA 98105
Phone: 206-987-2000
Email: <http://www.seattlechildrens.org/about/contact-form/>
Web site: <http://www.seattlechildrens.org/>

Select Wisely

PO Box 289
2 Main Street
Sparta, New Jersey 07871 USA
Phone: 888-396-9260
Email: orders@selectwisely.com
Web site: <http://www.selectwisely.com/>



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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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