



# Managing Food Allergies

## Peanut and Tree Nuts

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Boston Children's Hospital  
Center for Nutrition

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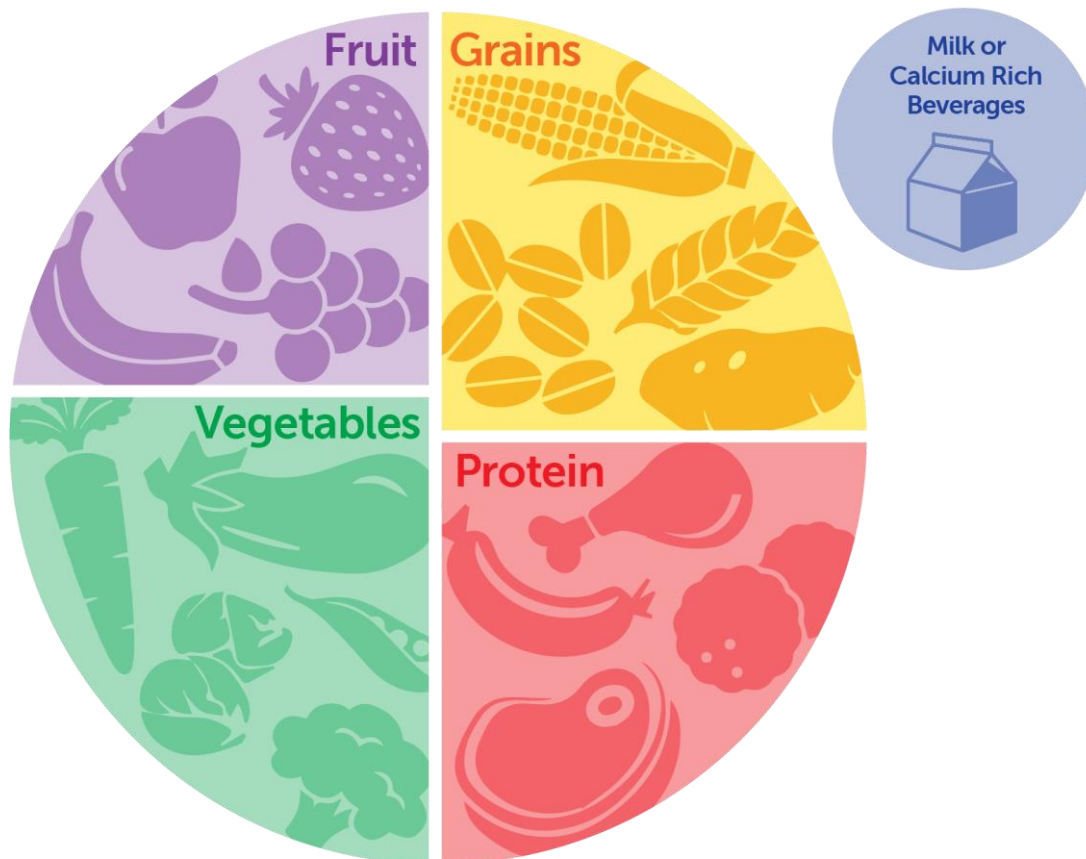
## Introduction

Living with food allergies can be overwhelming. Managing your child's allergies will mean major changes in the way you shop, prepare foods and eat. This may be hard at first, but we are here to help! Your dietitian can help you create a healthful, tasty diet for your child. This booklet has tips for following an elimination diet, which can make it easier to adapt to an allergen-free diet.

It is important to meet with a registered dietitian to plan a well-balanced, allergen-free diet that meets all of your child's nutritional needs.

## The Balanced Plate

**MyPlate** (see Figure 1) was developed by the United States Department of Agriculture. It shows the 5 food groups that are the building blocks of a healthful diet. **Remember, your child may not be able to eat all the foods listed on the MyPlate. Talk to your child's dietitian about special recommendations.**



**Figure 1**

## What is the Food Allergen Labeling and Consumer Protection Act?

This is a law that means companies have to clearly show on the label if a food product has any ingredients made from the top 8 major food allergens.

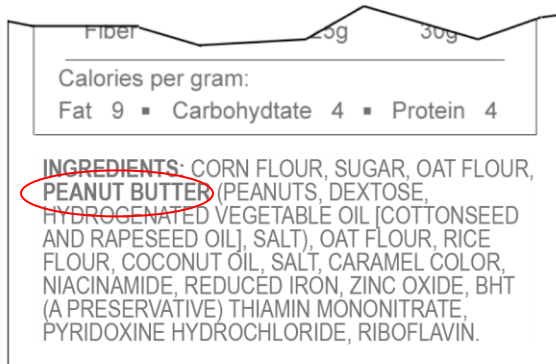
The top 8 major food allergens are:

 Milk	 Soybeans
 Peanuts	 Fish
 Egg	 Wheat
 Tree nuts	 Crustacean shellfish (like shrimp and lobster)

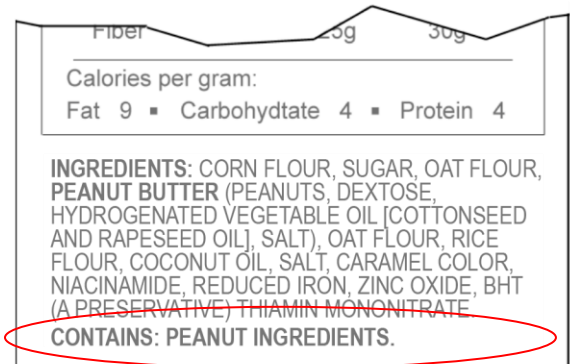
## Label Reading

The kind of tree nut (almonds, pecans, walnuts, etc.), the kind of fish (bass, flounder, cod, etc.) and kind of crustacean shellfish (crab, lobster, shrimp, etc.) must be listed on the label. The words “soy” or “soya” may be used instead of “soybean.”

The above 8 allergens must be stated in plain English on the food label. This is done by **either**:



Listing the ingredient **in bold type** within the ingredient list.



Using a “contains” statement at the end of the ingredient list.

### This law applies to all:

- Conventional foods, dietary supplements, infant formula and medical foods
- Imported and domestic food packaged in the United States
- Prepackaged foods in self-service areas of grocery stores or restaurants
- Spice, coloring, flavoring and incidental additives (processing aids)

### This law **does not** apply to:

- Any food allergen other than the top 8 listed
- Raw agricultural foods regulated by the U.S. Department of Agriculture (USDA), like fresh fruits and vegetables, raw meat and poultry and raw eggs
- Foods that are made to order in restaurants or other food service establishments
- Topical products (like soaps, moisturizers and/or lotions), sunscreens and medications—be sure to carefully read the ingredients on the label of skin products
- Medications taken by mouth

This law helps you more easily see where the above 8 major allergens are found in the foods you buy and serve. **But it's still important to read all ingredients on labels every time you buy a product.** Remember: Labels and ingredients can change at any time without warning.

## Peanut and Tree Nut Allergy Nutrition Therapy

### What is a peanut or tree nut allergy?

Peanuts and tree nuts are the most common food allergens. The body's immune system mistakenly sees the protein in peanuts or tree nuts as a harmful invader and fights against it. This causes the body to have an allergic reaction.

### Why was nutrition therapy prescribed for my child?

The only treatment for a peanut or tree nut allergy is to **completely stay away** from these foods. Even small amounts can cause reactions, so your child must not eat peanuts or tree nuts or anything made with them.

### What should I look for on food labels?

Careful food label reading is necessary to make sure you completely keep peanut and tree nut products out of your child's diet. Look for:

1. The allergen within the ingredient list, such as "arachis oil (peanut oil)"
2. A "contains" statement at the end of an ingredient list, such as *Contains: Peanut*

### Label reading tips

- Stay away from foods that state "may contain peanut or tree nuts" or "processed on same equipment as peanuts or tree nuts."
- Companies often change their ingredients and do this without announcing the change. It is very important to **read food labels every time** you buy something—even if you have bought it before.
- If you are traveling to a country outside of the United States, be aware that they may not have food allergen labeling laws.

## What foods/ingredients contain **PEANUTS**?

These foods contain peanuts or peanut ingredients.

- Arachis oil (peanut oil)
- Artificial nuts
- Beer nuts
- Cold pressed, expeller pressed or extruded peanut oil
- Goobers<sup>®</sup> candy
- Ground nuts
- Mixed nuts
- Monkey nuts
- Nut pieces
- Nutmeat
- Peanut butter
- Peanut flour
- Peanut protein hydrolysate

## What foods/ingredients contain **TREE NUTS**?

These foods contain tree nuts or tree nut ingredients.

- Almonds
- Beechnuts
- Brazil nuts
- Cashews
- Chestnuts
- Hazelnuts (also called filberts or cobnuts)
- Hickory nuts
- Macadamia nuts
- Mashuga<sup>®</sup> nuts (candied pecans)
- Pecans
- Pine nuts (pignoli, pinon nuts, pinyon nuts, Indian nuts)
- Pistachios
- Nut butter, nut extract, nut meal, nut oil, nut paste, nut pieces
- Walnuts (black, butternuts, English or Persian, heartnuts)
- Artificial nuts

Peanuts and tree nuts can be found in foods that you may not expect. Foods may be contaminated with peanut or tree nut protein during production at a food plant, while you're preparing food at home, or in a restaurant, ice cream shop or bakery.

**Peanuts and/or tree nuts may be found in:**

- African, Chinese, Indonesian, Mexican, Thai and Vietnamese dishes
- Baked goods, like pastries, cookies, brownies and cakes
- Bulk bin foods (bagels, candies, dried fruits)
- Candy
- Caponata (may include pine nuts)
- Cereals
- Chili or spaghetti sauce (peanuts or peanut butter may be used as a thickening agent)
- Chocolate candy (plain M&Ms are made in the same factory as peanut M&Ms)
- Crackers
- Egg rolls
- Gianduja: a smooth, hazelnut-flavored chocolate or a creamy chocolate/nut
- Ice cream
- Marzipan: almond paste, though may be made from other tree nuts or mixed with nuts/peanuts
- Mortadella: smoked sausage which may contain pistachios
- Nougat
- Nutella<sup>®</sup> (chocolate/nut spread)
- Pesto (sauce made with pine nuts or walnuts)
- Salad bars
- Sunflower seeds or sesame seeds may come in contact with peanuts on production lines or during roasting



## Tips for a **PEANUT**-free diet

- **Check with your allergist before giving your child tree nuts** or foods with tree nuts.
- **Be aware that some craft projects call for peanut butter or other nuts and seeds.** Keep your child from using these.
- **Some soybean, soy nut and sunflower seed butters are made in peanut-free and tree-nut free facilities and may be safe for your child to eat.** Call the companies that make each food to ask how their products are made and whether there are peanuts anywhere in the plant or factory.
- **Your home does not have to be peanut-free.** Follow strict rules to keep your child from having any contact with peanuts. This includes washing hands often and clearly labeling foods that contain peanuts.

## Tips for a **TREE NUT**-free diet

- **Tree nuts are added as ingredients in many prepared foods and dishes.** They are also processed into butters, flours, oils, pastes, milks and coffees.
- **Artificial nuts include a variety of nuts that are ground, reshaped and flavored into other nuts.** An example is Nu-Nuts. Both natural and artificial nuts may contain tree nut protein.
- **Avoid natural extracts,** like almond extract, which has a tree nut protein.
- **Nutmeg and water chestnuts are safe to eat.** They are not in the tree nut family.
- **Most children who are allergic to tree nuts can eat coconut.**
- **Acorns are tree nuts. Your child should not open them or eat them.** It has not been reported that coming into contact with a whole acorn causes a reaction.
- **Lotions often contain almond oil or other nut oils.** Be careful in stores that sell lotion, especially where samples are displayed at toddler height.

# Avoiding Cross Contact with Food Allergens

## What is cross contact?

Cross contact (cross contamination) happens when an allergen-free food comes into contact with a food that has an allergen in it.

## How does cross contact happen?

It can happen when utensils, surfaces and/or oils used for frying are shared during cooking.

For example: If a chef cuts peanuts with a knife, **then** wipes the knife with a paper towel and **then** cuts a piece of chicken with that knife, peanut allergen could still be on the knife. That means it could be in contact with the chicken.



## Food shopping

- **Read all food labels** to make sure you do not use products with food allergens.
- **Do not buy foods from bulk bins.** These bins and scoopers may have been used in other bins that have foods with allergens.
- **Do not eat food from buffets or salad bars.** Serving spoons/utensils and spills can bring allergens into contact with other food.
- **Do not buy sliced meats from the deli counter.** They may be contaminated with allergens on shared slicers, like milk from sliced cheese.



## Food storage

- **If your child is young, keep food with allergens out of your child's reach.** Store these foods in high cabinets.
- **Use a special shelf in a cabinet, pantry and/or refrigerator for allergen-free items.** Be careful when putting products with allergens above the special allergen-free food, as they may drip or leak.
- **Label allergen-free products** with colored stickers or colored markers. You may want to mark them **after reading the labels carefully** as you put them away.
- **When moving packaged foods into a separate container, label the container.** Keep the food label with it.



## Working in the kitchen

- **Wash your hands** before cooking or preparing food.
- **Make sure all cooking tools (utensils, counters, cutting boards) are clean.** You can remove allergens by washing cooking tools with hot, soapy water and rinsing well.
- **If your child is allergic to grains like wheat, use a separate colander** just for draining allergen-free pasta and for rinsing allergen-free fruits and vegetables.
- **Do not use a toaster. Crumbs with allergens can get stuck inside.** Instead, use a toaster oven or regular oven. Place the allergen-free item on top of a clean piece of aluminum foil or clean pan.
- **Prepare the allergen-free meal first.** Use special cooking tools (cutting board, utensils and bowls) and a special space on the counter for allergen-free food.
- **Toddler cups or sippy-cups and infant bottles can look similar.** It is a good idea to label your child's cup and/or bottle.
- Allergens can stay on sponges and towels. **When in doubt, use a clean towel or sponge.**



## Meal time rules

- **Ask everyone to wash their hands** before **and** after eating.
- **Eat all foods and drinks (other than water) at the kitchen or dining room table.**
- **Do not share utensils, food, cups or napkins.**



## Condiments

- **Watch out for “double-dipping.”** Condiments (like butter, margarine, cream cheese, sunflower seed butter, jam, jelly, mayonnaise and mustard) can easily be contaminated when people dip their food into it more than once. For example, if someone spreads jelly on wheat bread and then dips the knife into the jelly jar a second time, this jelly may be contaminated with wheat. **Remind people to not double-dip.**
- **For products you use a lot, buy 2 of them.** Label 1 for allergen-free use.
- **Use squeeze top containers when possible.**

Skin products, pet food, vitamins and craft supplies may have allergens. Read all labels and keep products with allergens out of young children’s reach.

## Avoiding Food Allergens When Dining Out

### Food Allergy Awareness Act of Massachusetts 2010

The Food Allergy Awareness Act applies to restaurants and eating establishments in Massachusetts. It has the following requirements:

- This note must be on menus or a menu board: "Before placing your order, please inform your server if a member of your party has a food allergy."
- A food allergy awareness poster must be posted in clear view of all staff.
- At least 1 food protection manager must watch a video on food allergy awareness.

### Prepare in advance

- **Look at the menu** before visiting so you can discuss safe alternatives with the chef or manager.
- **Speak with the chef or manager** before visiting to discuss food allergies and menu items that are safe.
- **Identify what kinds of food** are likely to be safe choices.
- **Do not eat out at peak (popular) times** when restaurants are very busy.
- **Consider using Chef Cards** (found at [www.foodallergy.org](http://www.foodallergy.org)). You can write down the foods your child should avoid on these cards and give them to the chef at the restaurant.

## At the Restaurant

### Before ordering food

- Review your child's food allergies with the manager or chef.

### Ordering food

- Order foods without sauces, gravies, etc.
- Ask for the dish to be prepared in a clean pan, separate from allergen-containing items.
- Consider bringing your own salad dressing, safe margarine or condiments.
- Ask about food preparation techniques. Remind staff about potential cross contamination and "hidden ingredients."
- Ask if any of the seasonings used in the dish have allergens.
- Safe food options (depending on your child's allergies) might include baked chicken breast or meat, steamed vegetables, fresh fruit, baked potato (ask for whole, not cut), steamed rice, corn chips or potato chips.

### When food arrives

- Make sure your order is correct when it is served.

### Resources for dining out

- [foodallergy.org](http://foodallergy.org) lists allergy-friendly restaurants.
- [allergyeats.com](http://allergyeats.com) lists allergy-friendly restaurants across the United States. The listings are rated by people with food allergies. It is intended as a guide, not as a guarantee. Ratings are created by peers, not allergy experts. It is also available as an app.
- *Let's Eat Out Around the World Gluten-Free and Allergy-Free: Eat Safely in any Restaurant Home or Abroad* by Kim Koehler and Robert La France.

## Popular Specialty Food Manufacturers

This is a list of manufacturers that make peanut- and tree nut-free foods. You can look for these products in your supermarket or online.

- Please note that this information can change without warning. This is a guide and not a substitute for careful label reading.** Ingredients change all the time, so reading labels is always the best way to help keep your child from accidentally being exposed to food allergens. The information below may or may not be appropriate for your child, depending on your child's food allergies. The Allergy Information column indicates cross contact information for peanuts and tree nuts (and, as mentioned above, this information can change). If you are not sure about an ingredient or cross contamination or allergen information for foods other than peanuts and tree nuts, please read the label and when in doubt contact the manufacturer.

PF: peanut-free

TNF: tree nut-free (except for coconuts)

### Specialty Food Manufacturers Free of Peanuts and Tree Nuts

Company	Information	Allergy Information (Peanut and Tree nut)
Angelica's Bakehouse <a href="http://angelicbakehouse.com">angelicbakehouse.com</a>	Breads made without peanuts, tree nuts or seeds. Crisps made in a factory that processes allergens.	PF TNF
Beyond the Equator <a href="http://beyondtheequator.com">beyondtheequator.com</a>	Seed butters (Chia, flax, pumpkin, sunflower and hemp)	PF TNF
Blacker's Bakeshop <a href="http://blackersbakeshop.com">blackersbakeshop.com</a>	Bakery in Newton, Mass.	PF TNF
Cakes for Occasions <a href="http://cakes4occasions.com">cakes4occasions.com</a>	Bakery in Danvers, Mass. With cakes, cookies and pastries	PF TNF

Company	Information	Allergy Information
Cherry Brook Kitchen <a href="http://cherrybrookkitchen.com">cherrybrookkitchen.com</a>	Baking mixes for cakes, cookies, brownies, pancakes and muffins; prepared cookies and frostings.	PF TNF
Divvies <a href="http://divvies.com">divvies.com</a>	Cupcakes, cookies, popcorn, party favors, candy.	PF TNF
Don't Go Nuts <a href="http://dontgonuts.com">dontgonuts.com</a>	Energy bars and soy butters	PF TNF
Enjoy Life <a href="http://enjoylifefoods.com">enjoylifefoods.com</a>	Chocolate chips and bars, cookies, trail mix, baking mixes	PF TNF
Fancy Pants Baking Co. <a href="http://fancypantsbakery.com">fancypantsbakery.com</a>	Nut-free bakery	PF TNF
Free2B <a href="http://free2bfoods.com">free2bfoods.com</a>	Sunbutter and chocolate candies, chocolate chips	PF TNF
Gerbs <a href="http://mygerbs.com">mygerbs.com</a>	Seeds, seed butters, dried fruits, granola, coffee, grains and trail mixes	PF TNF
Kevala <a href="http://kevala.net">kevala.net</a>	Peanut- and tree nut-free sesame seeds and tahini; the company does make nut butters but sesame products are made in a different facility that is sesame-only	PF TNF
Pascha Organic Dark Chocolate <a href="http://paschachocolate.com">paschachocolate.com</a>	Organic dark chocolate bars and chips	PF TNF



Company	Information	Allergy Information
Peanut Free Planet <a href="http://peanutfreeplanet.com">peanutfreeplanet.com</a>	Variety of peanut-free and tree nut-free foods and treats from various manufacturers	PF TNF
Rebecca's Nut Free <a href="http://rebeccanutfree.com">rebeccanutfree.com</a>	Cookies and cookie dough free of peanuts and tree nuts. Sold at stores and in bulk.	PF TNF
Sunbutter <a href="http://sunbutter.com">sunbutter.com</a>	Nut-free sunflower seed butter and sunflower seeds	PF TNF
Sunshine International Foods <a href="http://sunshinefood.com/store">sunshinefood.com/store</a>	Sesame seeds and tahini made in a peanut- and tree nut-free facility	PF TNF
Tipping Cow Ice Cream <a href="http://tippingcowicecream.com">tippingcowicecream.com</a>	Ice cream shop in Somerville, MA	PF TNF
Twist Bakery <a href="http://twist-bakery.com">twist-bakery.com</a>	Gluten, peanut and tree nut free bakery and café in Millis and Burlington MA	PF TNF
Vermont Nut Free Chocolates <a href="http://vermontnutfree.com">vermontnutfree.com</a>	Chocolate and candy free of peanuts and tree nuts	PF TNF
Wowbutter <a href="http://soybutter.com">soybutter.com</a>	Soy-based peanut butter alternative	PF TNF
88 Acres <a href="http://88acres.com">88acres.com</a>	Granola bars free of peanuts and tree nuts	PF TNF

## Peanut Products Free of Tree Nuts

Company	Information	Allergy Information
America's Best Nut Co. <a href="http://americasbestnutco.com">americasbestnutco.com</a>	Peanuts made in a tree nut-free facility	TNF
Hampton Farms <a href="http://hamptonfarms.com">hamptonfarms.com</a>	In-shell peanuts are free of tree nuts; products with shelled peanuts are processed in a different facility that <b>does</b> process tree nuts	Varies
Jif Peanut butter <a href="http://jif.com">jif.com</a>	Company labels all allergens involved in potential cross contact; peanut butters have historically been tree nut-free	Varies
Skippy Peanut Butter	Produced in a tree nut free facility	TNF
Smuckers <a href="http://smuckers.com/products/peanut-butter">smuckers.com/products/peanut-butter</a>	Smuckers labels all allergens involved in potential cross contact; peanut butters have been tree nut-free	Varies

Company	Information	Allergy Information
Blue Diamond <a href="http://bluediamond.com">bluediamond.com</a>	Almonds, almond butter, almond milk and crackers made in a peanut-free facility	PF
Georgia Grinders <a href="http://georgiagrinders.com">georgiagrinders.com</a>	Almond butter made in an almond-only facility. This company does make peanut, pecan and cashew butters but in a separate facility.	PF
Wonderful Almonds  <a href="http://wonderfulpistachiosandalmonds.com">wonderfulpistachiosandalmonds.com</a>	Almond-only facility in the United States. This company sells pistachios as well but they are processed in a different facility.	
Zinke Orchards <a href="http://zinkeorchards.com">zinkeorchards.com</a>	Almonds and almond butter; no peanuts or tree nuts other than almonds in the facility	PF

## Cashews

Company	Information	Allergy Information
Sunshine Nut Company <a href="http://sunshinenuts.com">sunshinenuts.com</a>	This company produces only cashews. No other tree nuts and no peanuts are in the facility. Some products contain sunflower oil.	PF

## Hazelnuts

Company	Information	Allergy Information
<b>Freddy Guy's Hazelnuts</b> <a href="http://freddyguys.com">freddyguys.com</a>	Dedicated hazelnut-only facility	PF
<b>Nutella</b> <a href="http://nutella.com/en/us">nutella.com/en/us</a>	Nutella spread is made with hazelnuts, palm oil, milk solids, sugar and cocoa. The company also processes products with almond and coconut.	PF

## Macadamia Nuts

Company	Information	Allergy Information
<b>Hamakua Macadamia Nuts</b> <a href="http://hawnut.com">hawnut.com</a>	Macadamia nuts. Peanut-free facility. Company does process products with milk, soy, wheat, egg and coconut	PF

## Pecans

Company	Information	Allergy Information
<b>Green Valley Pecans</b> <a href="http://greenvalleypecan.com">greenvalleypecan.com</a>	Pecan halves and pieces free from potential cross contact with peanuts and tree nuts other than pecan. Candied pecans processed in different facilities and may contain peanuts and tree nuts.	Varies by product

Company	Information	Allergy Information
Pearson Farm <a href="http://pearsonfarm.com/georgia-pecans">pearsonfarm.com/georgia-pecans</a>	Pecans-only facility	PF
Purely Pecans <a href="http://purelypecans.com">purelypecans.com</a>	Pecan butter made without peanuts and tree nuts, other than pecan. Sweetened variety of pecan butter contains coconut. Granola and other products may contain peanuts and tree nuts.	Varies by product

## Pistachios

Company	Information	Allergy Information
The Pistachio Factory <a href="http://thepistachiofactory.com">thepistachiofactory.com</a>	Pistachio-only facility	PF
Santa Barbara Pistachio Company <a href="http://santabarbarapistachios.com">santabarbarapistachios.com</a>	Pistachio-only facility	PF
Wonderful Pistachios <a href="http://getcrackin.com">getcrackin.com</a>	Pistachio-only facility. The company makes almonds but in a separate facility	PF

## Pine Nuts

Company	Information	Allergy Information
<b>Whole Sale Pine Nuts</b> <a href="http://wholesalepinenuts.com">wholesalepinenuts.com</a>	The company only processes pine nuts	PF

## Walnuts

Company	Information	Allergy Information
<b>Crazy Go Nuts</b> <a href="http://crazygonutswalnuts.com">crazygonutswalnuts.com</a>	Walnuts and walnut butters are produced in a facility with milk, eggs, and coconut, but on separate lines. The company does have strict allergen protocols to help limit the chances of cross-contamination. However, they report that they cannot 100% guarantee that complete separation was achieved.	PF
<b>Derby Walnuts</b> <a href="http://derbywalnuts.com">derbywalnuts.com</a>	Walnut-only facility	PF

## Peanut and Tree Nut Allergy Resources

Please visit the Boston Children's Hospital Food Allergy Program Facebook page for information about food allergy events and resources.

[facebook.com/BCHAllergy](https://facebook.com/BCHAllergy)

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### National Food Allergy Support Organizations

#### **Allergy and Asthma Network (AANMA)**

[aanma.org](https://aanma.org)

800-878-4403

The Allergy & Asthma Network Mothers of Asthmatics (AAANMA) is a non-profit whose mission is to end suffering due to asthma, allergies and related conditions through education, advocacy and outreach. It offers up-to-date information, education materials, resources and outreach programs through a magazine, e-newsletter, website and social media. It is actively involved in efforts to pass state and federal legislature related to the treatment of asthma, allergies and anaphylaxis.

#### **AllergyHome**

[allergyhome.org](https://allergyhome.org)

AllergyHome's mission is to bring food allergy awareness and education to the community. The website offers free, downloadable print and video teaching tools (for parents, children, educators, school nurses, babysitters and relatives) about managing food allergies and training others to manage them. There is a section on managing food allergies in schools and links to trusted websites, organized by topics of interest (basic allergy management, managing allergies in other settings, social issues and coping).

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

[aaaai.org](https://aaaai.org)

414-272-6071

This website offers tips for managing allergies and asthma, including school-related resources.

## **Asthma and Allergy Foundation of America**

[aafa.org](http://aafa.org)

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

The Asthma and Allergy Foundation of America (AAFA) is a non-profit organization for people with asthma and allergies. AAFA develops health education, organizes state and national advocacy efforts and funds research to find treatments and cures. The website offers educational products, links to food allergy-related resources and links to its network of chapters and support groups.

## **The Consortium of Food Allergy Research**

[web.emmes.com/study/cofar](http://web.emmes.com/study/cofar)

The Consortium of Food Allergy Research (CoFAR) was established by the National Institute of Allergy and Infectious Diseases to conduct research to answer questions related to food allergies. CoFAR has free, downloadable educational materials (Food Allergy Educational Program) with topics such as label reading, avoiding cross-contact, emergency treatment, managing allergies at home, in restaurants, in school/childcare and at camp.

## **Food Allergy Research & Education (FARE)**

[foodallergy.org](http://foodallergy.org)

800-929-4040

Food Allergy Research & Education (FARE) is a national non-profit established to ensure the safety and inclusion of people with food allergies while seeking a cure through education, advocacy and research. The website includes educational materials and resources on managing food allergies, including resources for school/daycare, camp, restaurants and travel. FARE runs conferences for patients/families, a teen conference and camps for children with food allergies. Its publications are checked for scientific accuracy by a medical advisory board. There are sections of the website for children and teens.

## **Kids with Food Allergies**

[kidswithfoodallergies.org](http://kidswithfoodallergies.org)

215-230-5394

Kids with Food Allergies (KFA) is a national non-profit food allergy support organization dedicated to improving the day-to-day lives of families raising children with food allergies. Its website offers practical resources for managing children's food allergies (at home, at school/daycare, travel), a searchable recipe database and a directory of allergy-friendly businesses. KFA offers webinars on allergy management topics and an online peer support program. A medical advisory team reviews educational materials and the links on the website.



## Support Groups

### **Asthma and Allergy Foundation of America, New England Chapter**

[asthmaandallergies.org](http://asthmaandallergies.org)

781-444-7778 or 877-2-ASTHMA

The website provides contact information for local parent support groups in the New England area, as well as resources and information for managing food allergies. The educational support group meetings feature speakers such as allergists, nutritionists, nurses, psychologists and educational consultants, and run monthly through the school year.

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## Food allergy databases

These websites have searchable databases of food allergy support groups across the country.

### **Asthma and Allergy Foundation of America**

[aafa.org](http://aafa.org)

### **Food Allergy Research & Education**

[foodallergy.org](http://foodallergy.org)

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## Resources for managing food allergies in school

### **Educating for Food Allergies, LLC**

[foodallergyed.com](http://foodallergyed.com)

781-982-7029

Created to help schools and families manage food allergies at school. EFFA provides 1-1 support and education to staff and families, as well as educational workshops for school staff and parent groups. EFFA offers assistance in developing practical Individual Healthcare Plans (IHPs) and 504 plans for students with food allergies.

## Managing Life Threatening Food Allergies in Schools

[doe.mass.edu/cnp/allergy.pdf](https://doe.mass.edu/cnp/allergy.pdf)

Developed by the Massachusetts Department of Education.

## School Guidelines for Managing Children with Food Allergies

[foodallergy.org/document.doc?id=135](https://foodallergy.org/document.doc?id=135)

Developed by National Association of School Nurses, Food Allergy & Anaphylaxis Network, American School Food Services Association, National Association of Elementary School Principals and National School Boards Association.

## Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Educational Programs

[foodallergy.org/document.doc?id=249](https://foodallergy.org/document.doc?id=249)

Developed by the Centers for Diseases Control and Prevention, Food Allergy Research & Education and the National Association of School Nurses.

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## Other resources

### AllergyEats

[allergyeats.com](https://allergyeats.com)

AllergyEats is a peer-reviewed directory of restaurants across the United States, rated by people with food allergies. This site is intended as a guide, not as a guarantee. Ratings are created by peers, *not* allergy experts. Also available as an app.

### Food Allergy Music for Children

[kyledine.com](https://kyledine.com)

Kyle Dine is a songwriter who has food allergies. He performs school allergy awareness assemblies and concerts for support groups.

## Food Allergy Travel Translation Cards

Food allergy translation cards help communicate information about allergies and diet needs in other languages when you travel.

- [allergytranslation.com](http://allergytranslation.com)
- [selectwisely.com](http://selectwisely.com)
- [allergyfreepassport.com](http://allergyfreepassport.com)

## MedicAlert

[medicalert.org](http://medicalert.org)

888-633-4298

MedicAlert sells personalized identification jewelry (bracelets, necklaces, sports bands, shoe tags, etc.) with information about a person's food allergies for emergency responders and others.

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## Books about food allergies

- *The Bouncing Worry Ball and Mighty Mitt* by Leslie Brody (2007)
- *Eating Isn't Always Easy: Ben's story about his Eosinophilic Esophagitis* by Nancy S. Rotter, PhD, and Qian Yuan, MD, PhD (2012)
- *Food Allergies: A Recipe for Success at School: Information, Recommendations and Inspiration for Families and School Personnel* by Jan Hanson (2012)
- Food Allergy Research & Education's line of children's books:  
[foodallergy.org/section/kids](http://foodallergy.org/section/kids)
- *Living Confidently with Food Allergy: A Guide for Parents and Families* by Michael Pistiner, MD, MMSc and Jennifer LeBovidge, PhD, in collaboration with Anaphylaxis Canada. This free, downloadable handbook provides practical strategies for managing food allergies. It was reviewed by allergists and other medical professionals.  
[allergyhome.org/handbook](http://allergyhome.org/handbook)

## Books about caring for a child with food allergies

- *The Food Allergies Experience* by Ruchi Gupta, MD, MPH, and Denise Bunning (2012)
  - *Food Allergies for Dummies* by Robert A. Wood, MD (2007)
  - *The Peanut Allergy Answer Book* by Michael C. Young, MD (2013)
  - *Understanding and Managing Your Child's Food Allergies* by Scott H. Sicherer, MD (2006)
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## Books about nutrition

- *Child of Mine: Feeding with Love and Good Sense* by Ellyn Satter (2000)
  - *Feeding Your Child for Lifelong Health: Birth Through Age Six* by Susan B. Roberts, PhD, and Melvin B. Heyman, MD (1999)
  - *Mommy Made and Daddy Too! Home Cooking for a Healthy Baby and Toddler* by Martha and David Kimmel and Suzanne Goldenson (2000)
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## Recipes for restricted diets

- *A Consumer's Dictionary of Food Additives* by Ruth Winter, MS (2009)
- *Dictionary of Food Ingredients* by Robert S. Igoe (2011)
- *Wellness Foods A to Z: An Indispensable Guide for Health-Conscious Food Lovers* by Sheldon Margen, MD (2002)

*These resources should not replace the services of a doctor. You should consult with your child's doctor before making any changes to diet or medications based on information found in these books or websites.*

## Services Available at Boston Children's

### Center for Nutrition

Getting the right nutrition is very important for your child's growth and development, and eliminating food allergens can make it challenging. Our expert registered dietitians work with families one-on-one to make sure that children are getting all of their nutritional needs met. Our dietitians help families come up with tasty, safe and balanced eating plans that are free of allergens. Schedule an appointment at our Boston, Lexington, South Shore, Waltham or Peabody locations: call 617-355-4677 or email [nutritiondept@childrens.harvard.edu](mailto:nutritiondept@childrens.harvard.edu).

### FACETS (Food Allergy Comprehensive Evaluation Treatment and Support) Clinic

The FACETS program is a multidisciplinary clinic for children with multiple food allergies. The team supports families with healthy lifestyle changes; helps children and teens develop confidence in allergy management skills; works with families to manage food allergies at home, school and in social settings; and helps with anxiety about food allergies. There are also groups for children with food allergies and their parents. Call 617-355-6117 to schedule a visit with the FACETS program or Allergy Program.