

FOOD ALLERGY BASICS

Many residents of Northern California are familiar with seasonal allergies and symptoms such as runny nose, congestion, and irritated eyes. Though they may not be aware of it, many people's allergies are triggered or intensified by the foods they eat. Food allergies can also result in symptoms such as headaches, constipation or diarrhea, fatigue and mood swings.

The most common food allergens are wheat, gluten, dairy products, peanuts, tree nuts, corn, and shell fish. These

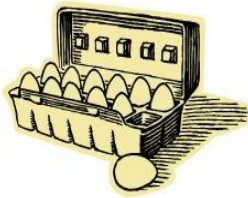
foods, and products refined from them, are common ingredients in processed foods. If you have been diagnosed with a food allergy, it is important to know all the names of by-products and additives that are derived from the foods that trigger your response.

Food allergies can develop at any time. They should be distinguished from food intolerances, which are common but produce less intense reactions. If you are concerned about possible food allergies, consult your health care provider.

The good news is that there are lots of alternatives to allergenic foods, and Community Market makes a point of stocking items that meet the needs of people with allergies. We also label many of our gluten-free and dairy-free foods.



Peanuts



Egg



Milk



Fish



Shellfish



Wheat



Soy



Tree Nuts

Don't just guess, get diagnosed.

If you think you might have a food allergy, consult your doctor for a diagnosis.

SYMPTOMS of Food Allergy

Symptoms of an allergic reaction can include:

- ✓ Atopic eczema
- ✓ Loose and/or frequent stools
- ✓ Constipation
- ✓ Gastro-oesophageal reflux
- ✓ Blood or mucus in the stools.
- ✓ Redness around the anus.
- ✓ Tiredness and pallor
- Poor growth.



Symptoms of food intolerance can include:

- ✓ Bloating and abdominal pain
- ✓ Diarrhoea or loose stools
- ✓ Skin rashes
- ✓ Itching

SYMPTOMS of Food Intolerance

Intolerance or Allergy?

Historically, humans have based their diets on whole foods found in nature and minimally processed foods fresh from the farm. Over the last 50 years, the human diet has changed dramatically. With the increase in processed and pre-packaged foods, people are eating fewer whole foods that come with enzymes and minerals that aid in digestion.

One symptom that all allergies share is inflammation. If it occurs in your brain cells you will most likely have mental and emotional symptoms. In your joints this may mean stiffness or arthritis, and in your lungs this may lead to respiratory problems.

Cravings for certain foods, followed by feelings of stimulation or euphoria once you satisfy the urge, may indicate a food allergy that your body is managing by preventing withdrawal symptoms. This is a good time to identify and address an allergy before the symptoms worsen.

TAKE NOTE!

If you have a food allergy, be sure to carefully check the label on homeopathic remedies and supplements, they may contain ingredients you should avoid!

Dairy

Up to 25% of children and adults suffer from dairy allergies and lactose intolerance, experts estimate that many more than that go undiagnosed. Humans need breast milk until they triple their birth weight (usually by age one). After weaning, the enzyme lactase, which aids in milk digestion, dissipates from the digestive tract, leading to an intolerance or allergic reaction to dairy. Digestive disturbances from milk products are most often a sign of lactose intolerance. Signs of an allergic reaction to dairy products sometimes involve the respiratory system or the skin. Specific reactions may include diarrhea, eczema, vomiting, fatigue, irritability, anemia, acne, a weakened immune system, bronchitis, and ear infections. Chronic ear infections may indicate that your child has dairy sensitivities.

LOOK OUT FOR:

Butter, casein, caseinate, cheese, cream, curds, lactose, lactalbumin, milk/milk solids, nonfat dry milk, whey.

LOOK FOR:

A wide variety of milk alternatives including soy, rice, oat, almond, hazelnut and hemp as well as dairy-free cheese and dairy-free yogurt .

Nuts

Eliminating nuts and/or peanuts from the diet is simpler than most allergens. Label reading is still an important precaution. Nut allergies can cause anything from mild unpleasantness to sudden death, even with only trace quantities of nuts.

Nut butters and oils. Also be aware of products with labels, reading "May contain traces of nuts" or, "Processed on equipment also used to process nuts..."

Corn

Corn derivatives are incredibly pervasive in the standard American diet, and can pop up in unexpected places. Allergies are more commonly associated with corn derivatives and by-products than with whole corn on the cob.

LOOK OUT FOR:

Caramel coloring, cornmeal, corn oil, cornstarch, corn syrup, dextrose, fructose, maltodextrin, maltodextrose, masa, and polenta.

Wheat

Some people are allergic to wheat, and reactions can range from mild to severe. Because wheat is such a pervasive ingredient, it can be tricky to avoid, but in the past few years, wheat free products have become much more available, and labeling has improved as well. Community Market makes a point of stocking as many alternatives as possible in every department. Most people diagnosed with a wheat allergy have reactions to common wheat (*Triticum Sativum*), and find that they can tolerate relatives of wheat such as spelt and kamut, along with other grains like , buckwheat, corn, millet, , rice, rye, teff, and triticale, oats and amaranth.

Gluten is a grain protein that occurs at high levels in wheat, and at lower levels in barley, kamut, rye, spelt and triticale. Tiny amounts also exist (due to processing) in amaranth, buckwheat, quinoa and oats. People with gluten allergies must avoid gluten even when it exists in very small quantities. Celiac sprue (gluten-sensitive enteropathy) is a malabsorption syndrome, technically not an allergy. A strictly gluten-free diet is vital to managing this disease, as even tiny amounts of gluten can cause damage.

LOOK FOR:

Gluten Free Foods: Arrowroot, bean flours, corn starch, nut flours, potato starch, rice and rice flours, tapioca flour, and xanthum gum.

Making Healthy Choices



- Resist overeating in onesitting.
- Avoid refined sugar, as it rapidly depletes the body of minerals and digestive enzymes. Eat foods that are whole and unprocessed.
- Raw foods retain more of their vitamin and enzyme content.
- Diversify your diet. Repetitive eating habits don't allow your body to recover from a food sensitivity.
- Build up your immune system with exercise and superfoods such as: spirulina, chlorella, herbs and supplements.