

# FAIRFIELD COUNTY ALLERGY, ASTHMA & IMMUNOLOGY ASSOCIATES, P.C.

ADULT AND PEDIATRIC ALLERGY, ASTHMA AND CLINICAL IMMUNOLOGY

DIPLOMATES OF THE AMERICAN BOARD OF ALLERGY & IMMUNOLOGY

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## How to Survive on an Allergen Restricted Diet

- Home made is the way to go.
- Use fresh, unprocessed foods as much as possible.
- Limit the number of packaged/processed foods to a minimum.
- Read all labels, “all sides of the package”.
- Familiarize yourself with food labeling laws & manufacturers claims.
- Familiarize yourself with terms used in the food industry.
- Kosher symbols can help with food selection for milk allergic children.  
Be careful with *Pareve* labeled foods, as they may not be 100% safe for milk allergic individuals.
- Call manufacturers often to check on the status of “safe” foods and document the information.
- Supplement the diet with complete formulas if needed.
- Complete avoidance is critical.

## At Home:

- Always have a plan.
- Designate a shelf in the refrigerator and in the pantry for “safe” foods.
- Use stickers (green/red) to identify safe/unsafe foods.
- Prepare “safe” foods first, cover and put away; then start the meal for the whole family.
- Use cookie cutters to cut the foods into different shapes.
- Be creative and have fun with food.
- Give your child choices.
- Encourage your child to be part of the decision making.
- Empower your children.
- Always remember why you are doing what you are doing.
- Have quality time set aside for other siblings.
- Have quality time set aside for you and your spouse.

## When Eating Out:

- Have safe foods with you in case you are delayed.
- Check out the restaurant ahead of time.
- Ask to speak with a manager, not a waiter.
- Ask questions about ingredients and preparation of a dish.
- “Chef cards”
- Go at off hours and off days.
- If your special request cannot be accommodated, ask if you can bring your child’s food with you.
- Enjoy your time away from home.

## When Traveling:

- Call ahead to destination and check on available accommodations.
- Depending on the length of your travel and mode of transportation, take supplies with you.
- Contact local stores at your destination to see if some of your staple foods are carried there.
- A small pot and hot plate may come in handy.
- Feed your child before visiting friends and family who may not fully understand the ramifications of a taste of an “unsafe” food.

