

Nutrition and Food Allergies

Geoffrey Axiak M.Sc. Nursing (Manchester), B.Sc.Nursing, P.G.Dip. Nutrition & Dietetics

REGISTERED NUTRITIONIST

Outline of discussion

1. Healthy diet
2. Food allergies & intolerances
3. Symptoms
4. Diagnosis
5. Treating/living with food allergies/intolerances
6. Recommendations

The Old Food Guide Pyramid

Fats, Oils & Sweets
USE SPARINGLY

KEY

■ Fat (naturally occurring and added)

■ Sugars (added)

These symbols show fats and added sugars in foods.

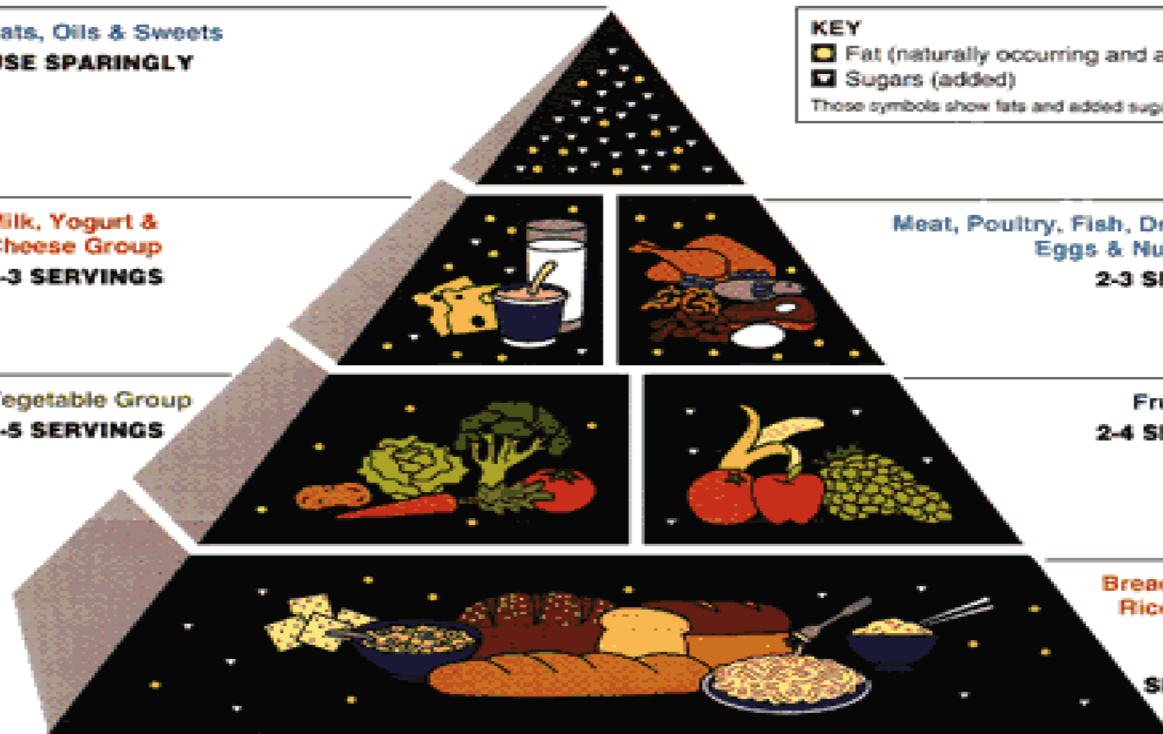
Milk, Yogurt &
Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans,
Eggs & Nuts Group
2-3 SERVINGS

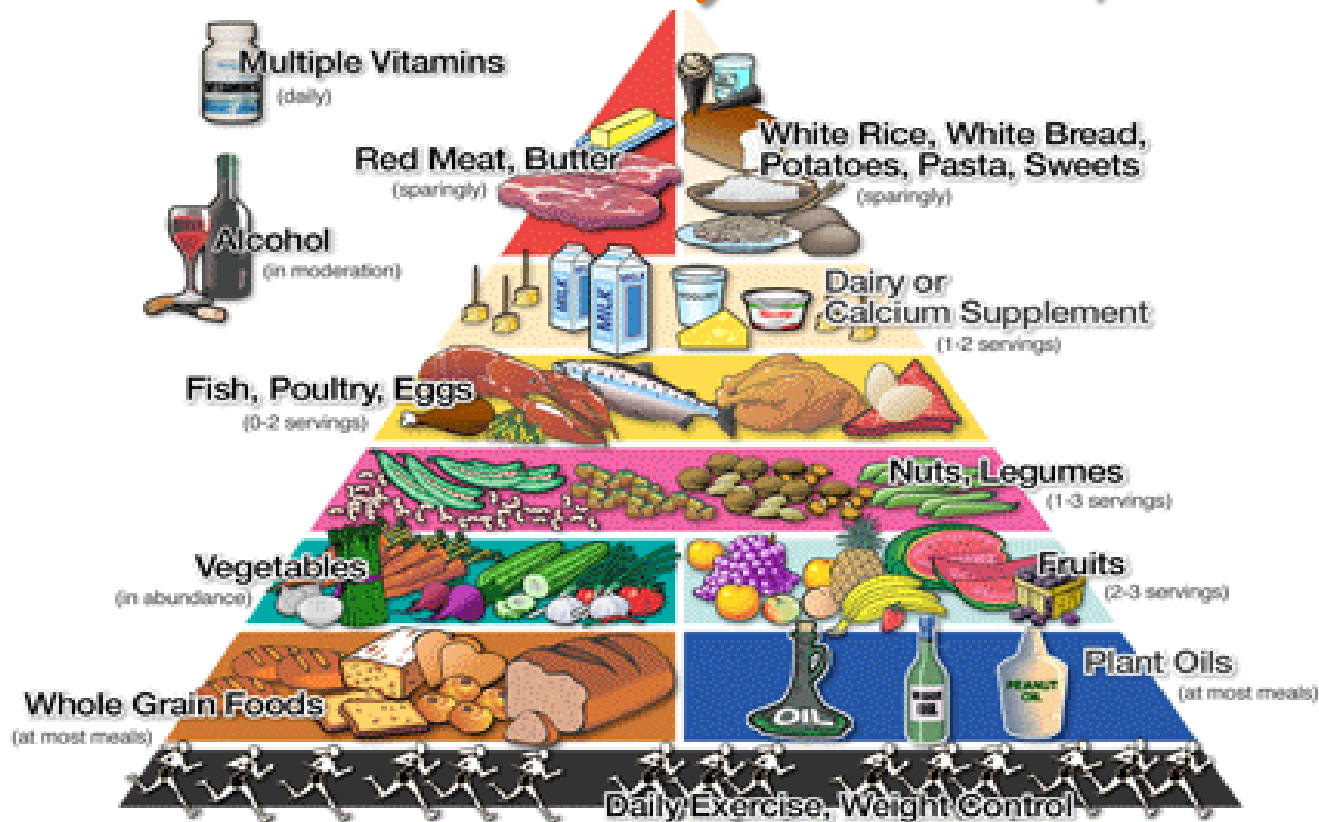
Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal,
Rice & Pasta
Group
**6-11
SERVINGS**



The New Food Guide Pyramid



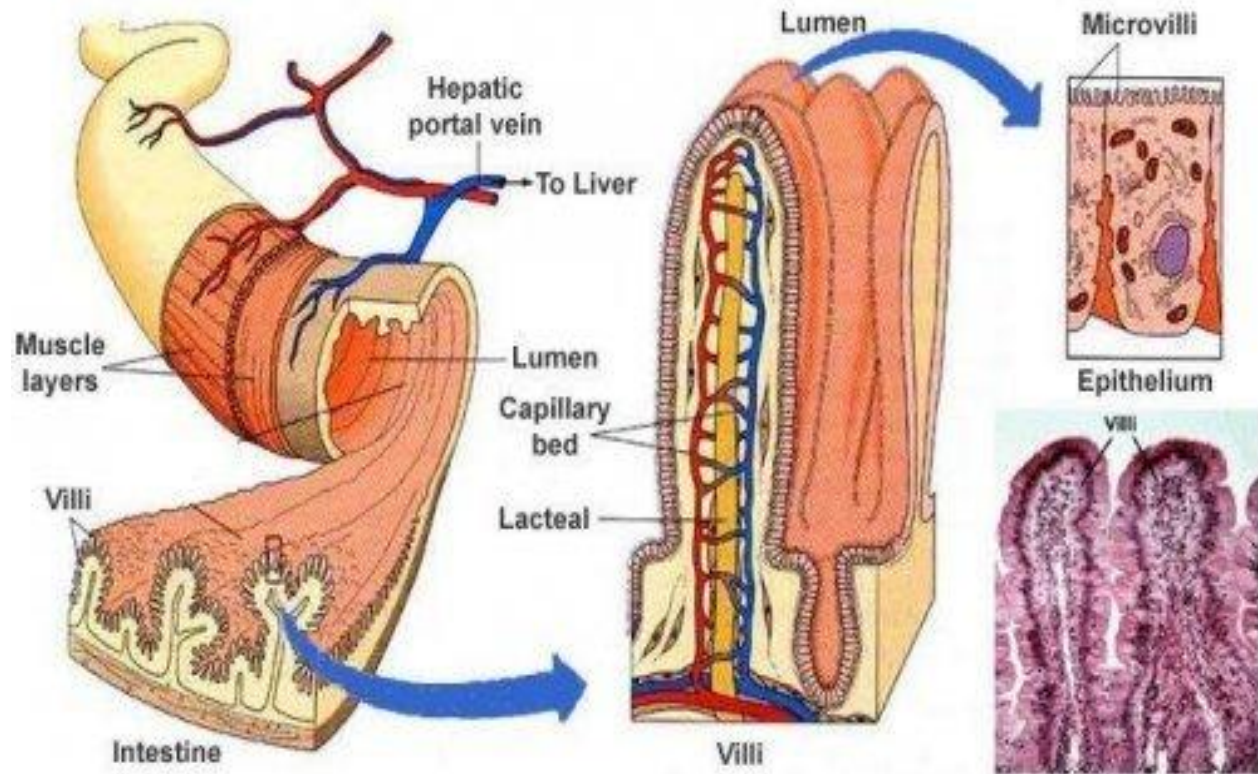
Definition of Food Intolerance

- Food allergy is an adverse immune response to a food protein.

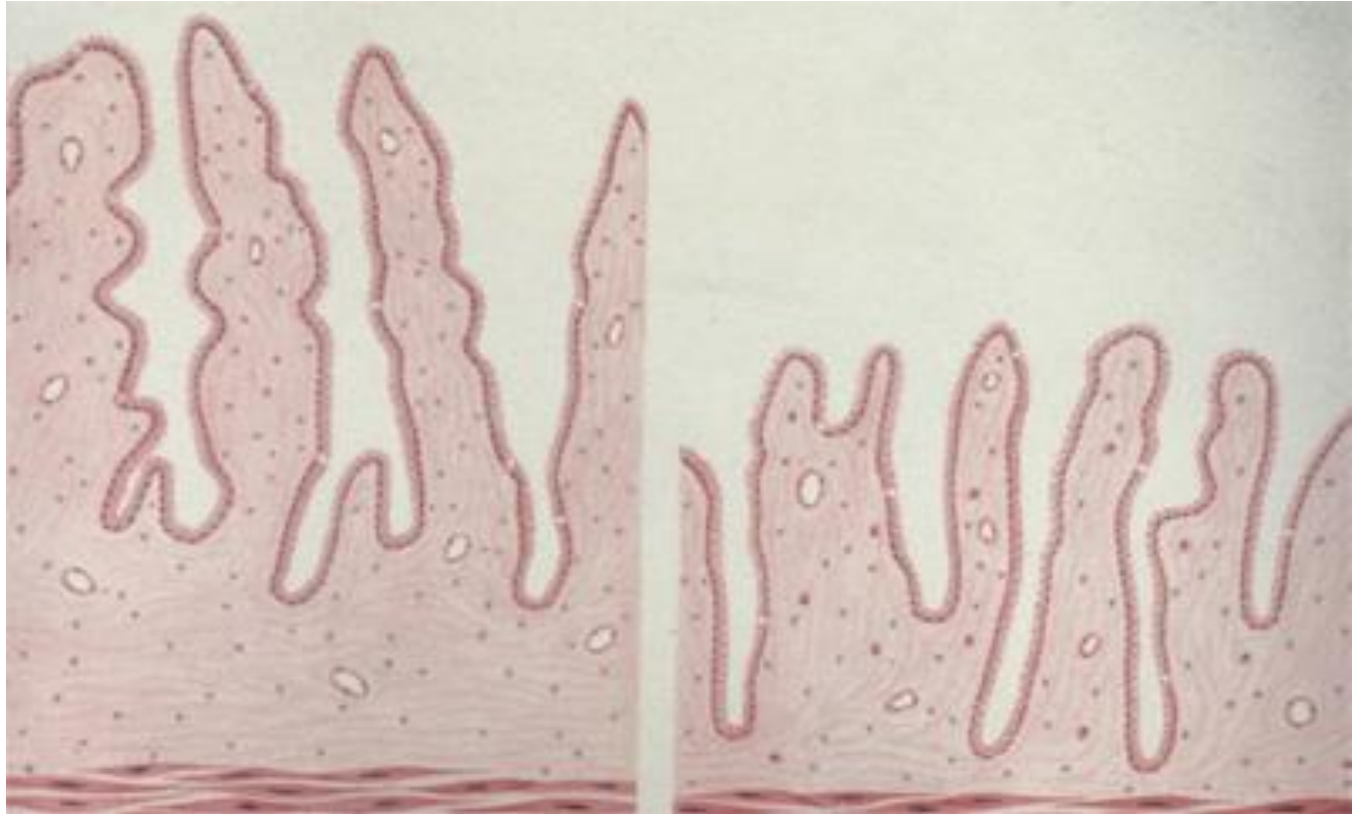
Definition of Food Allergy

- Food intolerance is negative reaction, often delayed, to a food, beverage, food additive, or compound found in foods that produces symptoms in one or more body organs and systems, but it is not a true food allergy.
- A true food allergy requires the presence of Immunoglobulin E (IgE) antibodies against the food, and a food intolerance does not.

Normal Intestinal Lining



Inflamed Intestinal Lining

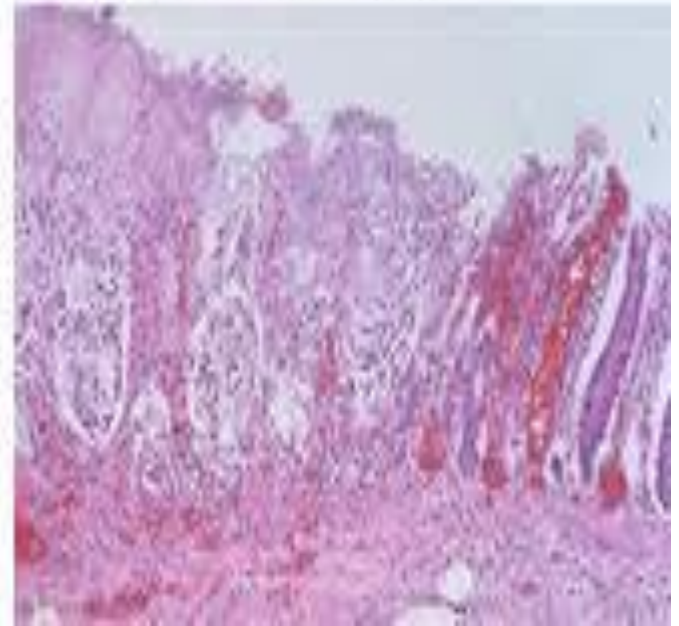


Intestinal Lining

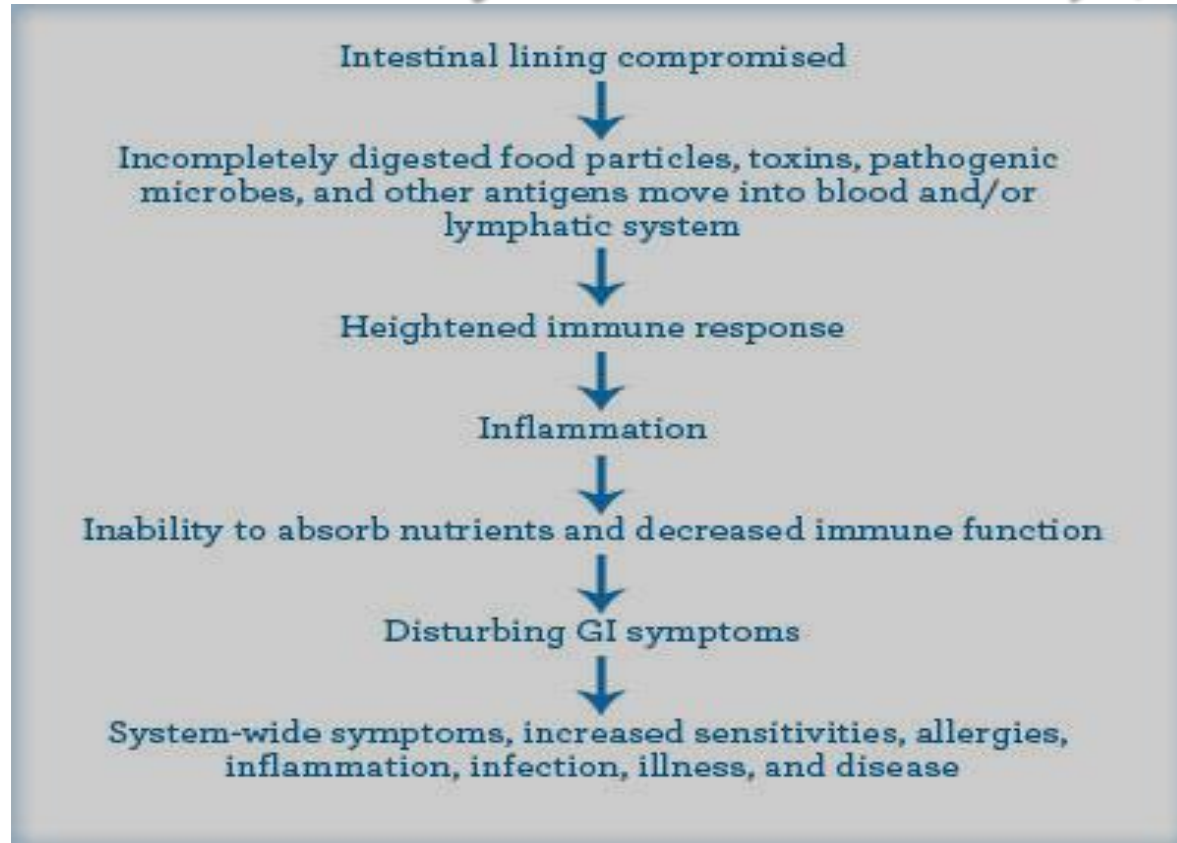
Healthy villi



Damaged villi

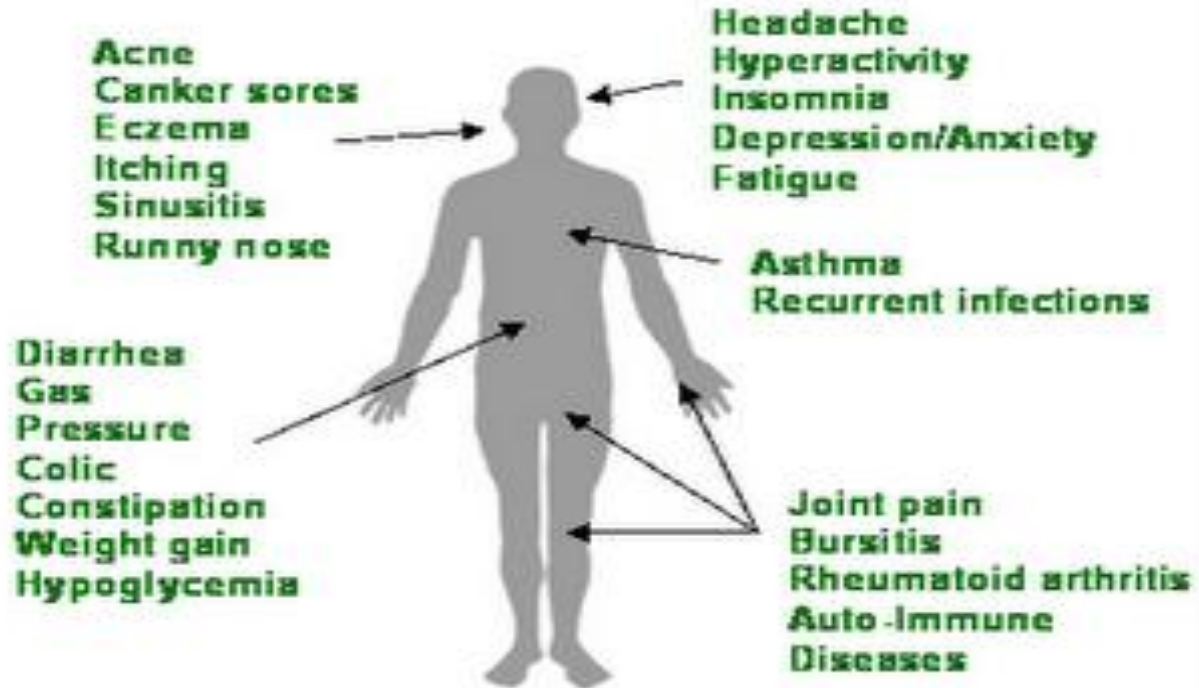


Process of Food Allergy



Food Allergy Symptoms

Common Symptoms of Food Allergies



Food Allergies in children

Food allergies

In 2007, approximately 3 million children under age 18 years were reported to have a food or digestive allergy, according to a study.

Hospital discharges per year among children diagnosed with food allergies (average)

| | |
|-----------|-------|
| 1998-2000 | 2,615 |
| 2001-2003 | 4,135 |
| 2004-2006 | 9,537 |

Children with food or digestive allergies (in the past 12 months)

| | |
|------------|------|
| AGE | |
| <5 years | 4.7% |
| 5-17 years | 3.7 |

| | |
|--------|-----|
| SEX | |
| Male | 3.8 |
| Female | 4.1 |

| | |
|----------------|-----|
| RACE/ETHNICITY | |
| White | 4.1 |
| Black | 4 |
| Hispanic | 3.1 |



SOURCE: Centers for Disease Control and Prevention

AP

High Risk Situations

- Buffets and salad bars
 - Most allergies
- Bakeries & ice creams
 - Nut, milk, egg & wheat allergies
- Asian restaurants
 - Nut, wheat & fish
- Sea food restaurants
 - Fish and shell fish

Diagnosing Food Allergies

- Consultation with a nutritionist
- Dietary analysis
- Food diary
- Food allergy test

Treating Food Allergies

- Diet plan
 - Detoxify body
 - Avoid strictly allergic food for 2 months
 - Reduce slightly allergic/intolerant food for 1 month
- Elimination diet
 - Start with basic diet
 - Rice, vegetables, fruit
 - Introduce items gradually and check for allergic symptoms

Living with Food Allergies

- Avoid allergy-forming food
- Instead of wheat products:
 - Gluten-free
 - Natural wheats e.g. Spelt, Kamut, buckwheat products
 - Rice products
- Instead of cow's milk dairy products:
 - Lactose-free products
 - Products from other types of milk, e.g. rice, soya
 - Soya products

Kamut grain

- Ancient grain
- High in protein
- High in Selenium, Zinc, Magnesium
- Easily digestible for people with slight allergic tendencies.



Spelt grain

- 57% carbs, 17% protein, 3% fat
- Contains moderate amount of gluten.
- Many people with wheat allergy/intolerance (not coeliacs) can tolerate spelt.



Soya bean

- A legume native of East Asia
- A healthy source of protein
- A low-fat source of oil (fat)



Healthy Recommendations

1. Eat a healthy balanced diet
2. Watch out for symptoms of food allergies
3. Check if in doubt
4. Consult a nutritionist for a healthy personalised diet
5. Avoid dangerous/suspicious food
6. Check for problems regularly
7. Watch out for children
8. Replace food as necessary

Thank you