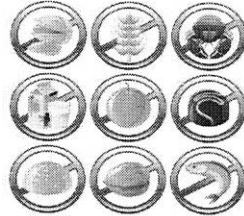


TIPS FOR MANAGING FOOD ALLERGIES



Understand Food Label Advisory Statements:

- Always look for advisory labeling on the back of food packages. Some “safe” foods may still be produced or manufactured in a facility with other allergens and can be contaminated.
- Labeling is not required by law so just because it doesn't list it on the package, doesn't mean it is safe to assume it is completely allergen-free. Call manufacturing companies to verify.

Meal Planning:

- If you suffer from more than 1 allergy is it best to seek the guidance and help from a trained professional such as a Registered Dietitian who can help you develop a balanced meal plan. You may be at greater risk for nutrient deficiencies when eliminating any foods from your diet.
- Eat a balanced diet including whole grains, lean meats, fruits, vegetables and healthy fats.
- Supplementing with a multivitamin may be recommended however talk to your doctor first.

Food Preparation/Cooking:

- Always wash hands before, during and after food preparation, especially if you touch any product with allergens.
- Clean all cooking surfaces and equipment thoroughly to prevent cross contamination.

Grocery Shopping:

- Always read food labels AND ingredient lists for all items including soaps, sunscreens, etc.
- Remain cautious when purchasing prepared foods from delis or markets. Ask staff questions!

Dining Out:

- “Chef cards” are available from the FAAN web site: <http://www.foodallergy.org>. These cards list all ingredients to avoid and can be used at restaurants to ensure your food is safe to eat.
- Avoid complex dishes that are unfamiliar or salad bars that have higher risk of contamination.
- Try to stick with dishes that are as simple and sanitary as possible when eating out.

Traveling:

- Always plan ahead by bringing allergen-free travel snacks, medications and supplies.
- Call the hotel ahead and ask if they can provide any special accommodations.
- Bring your “chef card” in the native language of the country you are traveling to.

Final Tips:

- Always be aware, plan ahead and proceed with caution to prevent any allergic reactions.
- Understand your body as much as possible to avoid the dangers of ingesting food allergies.

For more information and specific advice or guidance, contact Lisa Moskovitz, RD at (646) 495-9910 or your.ny.dietitian@gmail.com. Health insurance accepted!