

# NUTRITION BITS AND BITES

## FOOD ALLERGIES



**Do the *Triple Check* on food products if your child has a food allergy**

- 1. Check food labels and ingredient lists for allergens at the grocery store before purchasing**
- 2. Check again when you get home and put the food away**
- 3. Check one last time before serving the food to your child**

## Managing Food Allergies in School

A new school year is upon us and that means we are back to packing school lunches once again. Packing lunches can be a bit challenging if your child has an allergy or if your school has policies on not allowing certain foods to be consumed at school. Here are a few things to keep in mind when dealing with food allergies at school:

- ✓ If your child has a food allergy inform them early on about their allergy and the signs and symptoms of an accidental exposure. Discuss what may happen if medical intervention is needed ex. Epi Pen use
- ✓ Ensure the school and primary classroom teacher are aware of the food allergy.
- ✓ Discuss with the administration the policy on allergenic foods that are brought into the school and have a plan in place for your child.
- ✓ Encourage your child to tell classmates about their allergy and to never share food with anyone.
- ✓ Once your child is able to read, show them how to identify their allergen on a food label.
- ✓ If your child doesn't have an allergy, please be respectful of any school policies around allergenic foods when packing lunches and snacks.



*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*

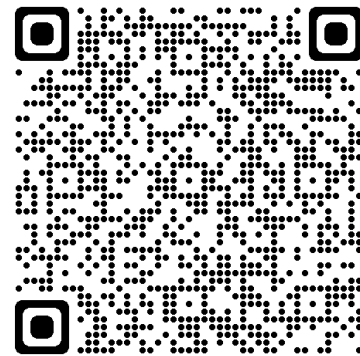
# Allergy Substitutions

<p><b>Dairy</b></p>	<p><b>NOTE:</b> Not all milk alternatives are nutritionally equal. Regular milk and fortified soy milk have comparable amounts of protein while other milk alternatives have limited amounts of protein per serving. Ensure the milk alternative you choose is fortified with calcium and vitamin D.</p> <p><b>Cow's Milk</b></p> <ul style="list-style-type: none"> <li>To replace cow's milk, use fortified milk alternatives such as soy, almond, coconut, cashew, hemp, oat, or rice. These can be substituted 1-for-1 in recipes.</li> </ul> <p><b>Butter</b></p> <ul style="list-style-type: none"> <li>Use a dairy-free or vegan margarine. These can be substituted 1-for-1 in recipes.</li> <li>Try using a cooking oil such as canola, soybean or olive oil. If substituting oil for butter in baking, decrease the amount. For example, if a recipe calls for 1/2 cup butter, try using 1/3 cup oil instead.</li> </ul> <p><b>Buttermilk</b></p> <ul style="list-style-type: none"> <li>Make your own buttermilk using 1 cup of fortified milk alternative such as soy milk, mixed with 1 tablespoon of vinegar or lemon juice.</li> </ul> <p><b>Sour Cream, Yogurt, and Cream Cheese</b></p> <ul style="list-style-type: none"> <li>Try a soy-based or coconut-based sour cream, yogurt and cream cheese.</li> <li>Make your own sour cream using 4 tablespoons of starch (corn starch, rice starch, or potato starch) mixed with 3/4 cup water and 1/4 cup vinegar for each cup of sour cream required.</li> </ul>
<p><b>Egg</b></p>	<p><b>To replace 1 egg, try:</b></p> <ul style="list-style-type: none"> <li>Commercial egg replacements (e.g. Ener-G Egg Replacer- made from tapioca and potato starch)</li> <li>1 tbsp ground flaxseed or ground chia seeds mixed with 3 tbsp of water (let stand for 1 minute)</li> <li>¼ cup (2 oz) tofu</li> <li>¼ cup pureed fruits such as banana (~ ½ ripe banana) or unsweetened apple sauce</li> <li>2 tbsp arrowroot powder mixed with 3 tbsp water</li> </ul>
<p><b>Peanut/ Tree nuts</b></p>	<ul style="list-style-type: none"> <li>Try substituting recipes that call for peanut butter with sunflower seed butter such as SunButter® or a soy alternative like Wowbutter®</li> <li>Pumpkin seeds, sunflower seeds, roasted chickpeas or lentils can be used instead of peanuts or tree nuts in granola bars, cookies, and trail mix</li> </ul>

**\*Remember, even trace amounts can cause a severe allergic reaction**

- For all students to be safe, schools may request that certain foods be consumed at home instead of at school.
- Always read the ingredients section of the label of a product.
- Do not pack any food with ingredients that are restricted at your school.

Scan the QR code for a tasty nut free granola square recipe ↓



For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

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