

Teal Classroom™:

Food Allergy Awareness Kit



**Lesson plans and
activities to promote
health and inclusion
in K-5 classroom settings**



Asthma and Allergy
Foundation of America



**KIDS WITH
FOOD ALLERGIES**
A Division of the Asthma and Allergy
Foundation of America

For Teachers, School Administrators, and School Nurses

WHAT IS A FOOD ALLERGY?

A food allergy occurs when the body's immune system sees a certain food as harmful and reacts by causing symptoms. This is an allergic reaction. Foods that cause allergic reactions are allergens. About 5 million children in the United States have a food allergy. That means a typical classroom has one to two children with food allergies.

Although a person can be allergic to any food, nine foods cause the most food allergy reactions: milk, egg, peanut, tree nuts, sesame, wheat, soy, fish, and crustacean shellfish. Some food allergies are more common in children than adults and vice versa. Food allergies can cause a life-threatening allergic reaction called anaphylaxis (anna-fih-LACK-sis).¹

Symptoms can include:



Skin rash, itching, hives



Swelling of the lips, tongue, or throat



Shortness of breath, trouble breathing, wheezing (a whistling sound when breathing)



Stomach pain, vomiting, diarrhea



Feeling like something awful is about to happen

Epinephrine is the medicine used to treat anaphylaxis. Epinephrine comes as an auto-injector or pre-filled syringe. It is safe and easy to use. Prompt treatment of anaphylaxis with epinephrine works quickly to stop the symptoms. You may know epinephrine as: EpiPen®, AUVI-Q®, “epi”, or adrenaline.

About 20-25% of allergic reactions requiring epinephrine in schools occur without a prior history of food allergy.² For this reason, most states allow schools to stock undesignated epinephrine to use in case of an allergic emergency.

WHAT IS A TEAL CLASSROOM™?

Teal is the color of food allergy awareness. The Centers for Disease Control and Prevention (CDC) estimates about 6.5% of children in the United States have a food allergy. That means about one in every 15 children has a food allergy.³ Forty-five percent of severe allergic reactions in schools begin in the classroom.⁴ A Teal Classroom means you have a classroom that encourages being safe and inclusive for people (students and staff) with food allergies. One way you can do this is by not using food for lesson plans, celebrations, or rewards. This creates a fun, safe, and inclusive environment for all children with special diet restrictions.

The CDC's *Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs* recommends the “use of non-food incentives for prizes, gifts and awards.”⁵ Other well-respected health organizations, including the Asthma and Allergy Foundation of America, recommend this as well.

While a shift to non-food celebrations and rewards may mean slight changes to school traditions, there are benefits. This practice can help ease anxiety about unexpected food at school and the chance of accidental exposure to allergens for children with food allergies.

Teaching students about food allergies can also help reduce the prevalence of food allergy bullying. Many children with food allergies are bullied because they are seen as different, and other children don't understand the seriousness of food allergies.

Some ways bullies may try to harm a child who has food allergies are:

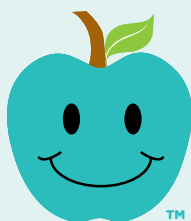
- Teasing the child about foods they can't eat
- Teasing the child for having food allergies
- Teasing the child because their food is “different”
- Hiding the food allergen in safe foods
- Trying to make the child eat something they know contains the food allergen
- Smearing food on the child's skin, desk, or other possessions
- Making threats to harm the child with the food allergen

We encourage all schools to have a zero-tolerance bullying policy that includes food allergy bullying.



HOW YOU CAN RAISE FOOD ALLERGY AWARENESS IN THE CLASSROOM

- Print out and hang our *Food Allergy Awareness* poster on your classroom door.
- Avoid using food in lesson plans. Review *Potential Food Allergens in Preschool and School Activities* guide (page 19) to learn where allergens might hide in your craft or art supplies.
- Use non-food rewards. See our *Non-Food Rewards for Children with Food Allergies* guide (page 21) for ideas for no-cost, low-cost, active, and from-the-heart rewards.
- Develop food allergy awareness lessons based on the information and teaching tools included in this guide.
- Have students “pledge” to be food allergy aware to make sure everyone stays safe. Print *Food Allergy Aware* stickers to give as rewards and reminders.
- Print *Food Allergy Aware* stickers to put on treat bags that contain non-food treats. Share our list of non-food treat ideas with parents.
- Review the Individual Health Care Plan (IHCP) or 504 plan for any students in your classroom. These plans detail how to manage their food allergy safely in the classroom.
- Be aware of all students’ privacy and take care not to bring unwanted attention to any child’s medical condition.



Be food allergy aware!

A food allergy aware classroom can be safer and more inclusive for children on special diets.



FOOD ALLERGY AWARENESS LESSONS FOR K-5

Raising food allergy awareness in school will help students, staff, and volunteers understand the risks associated with food allergies and how to keep all children safe. Use the following information as a guide to create a lesson plan that is age appropriate for your students.

LESSON 1 – FOOD ALLERGY BASICS

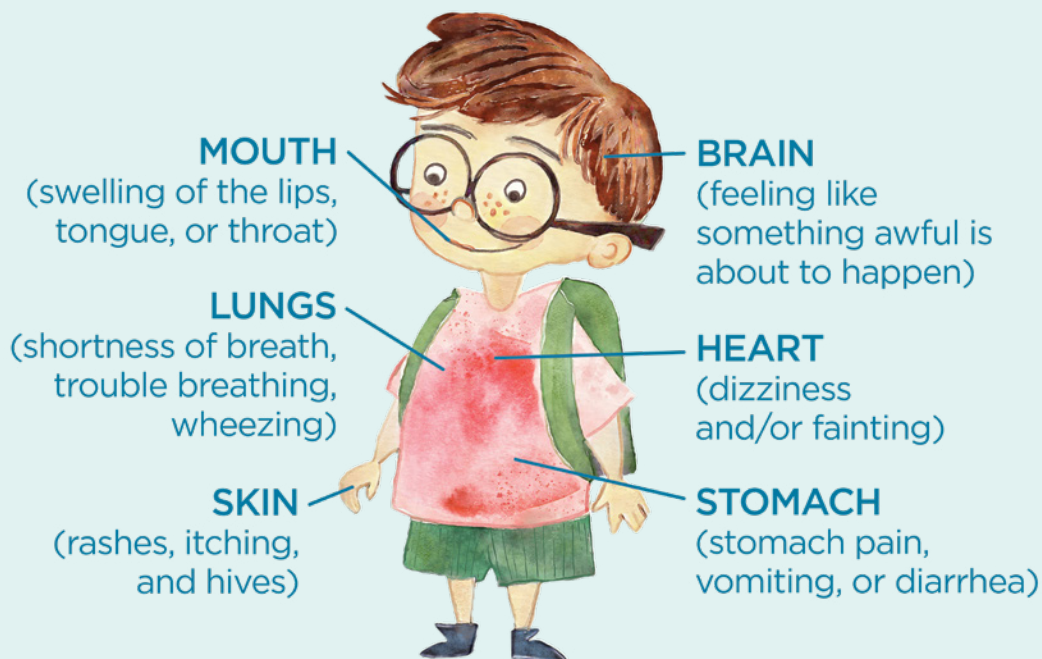
What is a food allergy?

A food allergy happens when the body's defense system (the immune system) sees a certain food as harmful. This is called an allergic reaction. Foods that cause allergic reactions are called allergens. When an allergen gets into the mouth, eyes, or nose, the body starts its defense to fight the allergen. This triggers allergic reaction symptoms. Some children will explain that their food allergens "make them sick."

What happens during an allergic reaction?

Each food allergy reaction can be different. Sometimes the symptoms are mild. Other times, symptoms can be severe. This type of reaction is called anaphylaxis [anna-fih-LACK-sis] and usually involves more than one part of the body. Anaphylaxis can get worse quickly. Anaphylaxis must be treated right away with a medicine called epinephrine.

Symptoms of anaphylaxis usually involve more than one part of the body.
Some symptoms include:



Even if you don't have a food allergy, if you feel these symptoms, you should tell an adult.

How common are food allergies?

Food allergies are common. About one out of every 15 children have a food allergy. You probably know someone who has a food allergy.

What foods cause the most allergic reactions?

People can be allergic to any food, but there are nine foods that cause the most allergic reactions:



Eggs



Soy



Sesame



Milk



Wheat



Fish



Peanuts



Tree nuts (such as almonds, walnuts, pecans, cashews, pistachios)



Crustacean shellfish (such as lobster, shrimp, and crab)

For children, it is more common to be allergic to peanuts, eggs, and milk. For adults, it is more common to be allergic to crustacean shellfish.

Teaching Tools for Lesson 1:

Grades K-2

- Andy's Food Allergy Reaction symptoms matching game (page 11)
- Scooter's Food Allergy Find word search (page 12)

Grades 3-5

- Anaphylaxis word challenge (page 13)
- Ally's Food Allergy Frenzy crossword puzzle (page 14)



LESSON 2 - HOW TO KEEP YOUR FRIENDS WITH FOOD ALLERGIES SAFE

When someone has a food allergy, they have to be careful with what they eat. They have to read the labels on the foods to check the ingredients. To keep them safe, it's best to not share foods. And for everyone to wash their hands before and after eating.

Note for teachers/staff: “Cross contact” between safe foods and allergens can happen when foods are prepared or shared. Always prepare foods separately with clean hands, surfaces, and utensils.

With simple steps, we can prevent allergic reactions and keep our friends safe!

Keep it clean

- Wash hands with soap and water before and after eating. Hand sanitizer kills germs but will not remove food allergens from hands.
- Tell an adult know about a spill or mess so it can be cleaned up properly.

Don't share foods

- Don't share food. Many foods look alike especially if they are not in their original package.

Note to teachers and staff: Sometimes reading a food label to look for allergens can be complicated. The most common allergens must be labeled in plain language on food regulated by the Food and Drug Administration (FDA). However, advisory warnings (such as potential cross-contact during processing) are not required. The warning labels are also not defined or regulated. There is no legal difference between “may contain”, “made on the same equipment as”, or “made in the same facility as” warning statements. Bakery items and home-prepared food may not have an ingredient label and so it is best to avoid serving those foods to children with food allergies.

Don't be a bully

- Sometimes children with food allergies have food that may seem different. Don't make fun of their food. Everyone likes different things, and their food is just as yummy even if it is different.



Get help

- Call for help if you think your friend is having an allergic reaction. It's important to let an adult know. Your friend may try to hide the symptoms of an allergic reaction. If they want to go to the bathroom, offer to go with them.
- If someone is feeling sick and showing signs of an allergic reaction, get help from an adult. The teacher, nurse, or other office staff will know how to help your friend.

Teaching Tools for Lesson 2:

Grades K-2

- Food Allergy Awareness Classroom Pledge / Food Allergy Awareness coloring page (page 15)
- Ask students if they can think of things that contain the most common food allergens – see answer key (page 18) for ideas

Grades 3-5

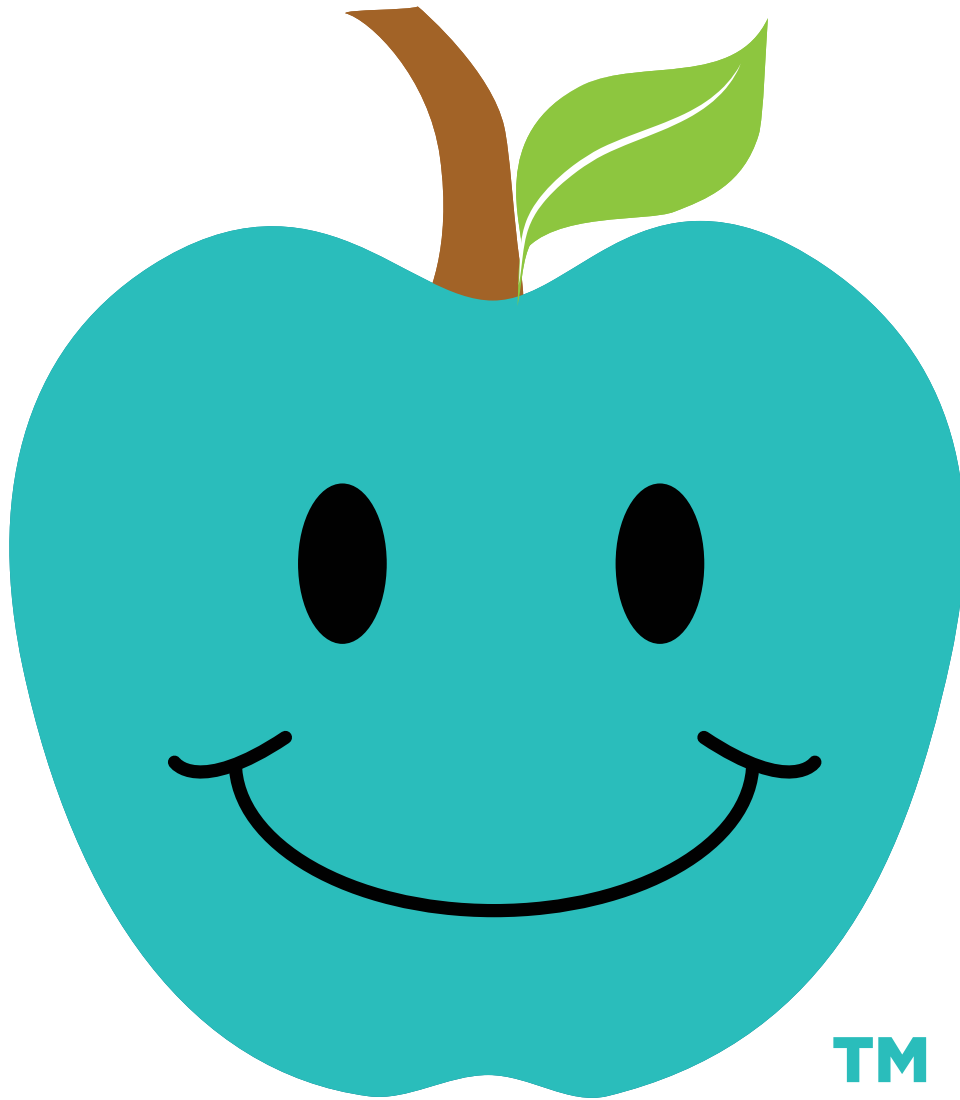
- Food Allergy Awareness Classroom Pledge (page 16)
- Label reading hunt – find foods that contain the most common allergens
Learn about label reading – kidswithfoodallergies.org/read-labels



REFERENCES

1. U.S. Food and Drug Administration. Food Allergies. <https://www.fda.gov/food/food-labeling-nutrition/food-allergies>. (Retrieved July 27, 2021)
2. Sicherer SH, Furlong TJ, DeSimone J, Sampson HA. The US Peanut and Tree Nut Allergy Registry: characteristics of reactions in schools and day care. *J Pediatr*. 2001;138(4):560-565.
3. Black LI, Benson V. Tables of Summary Health Statistics for U.S. Children: 2018 National Health Interview Survey. 2019. Available from: <https://www.cdc.gov/nchs/nhis/SHS/tables.htm>
4. Data Health Brief: Epinephrine Administration in Schools. Massachusetts Department of Public Health Bureau of Community Health Access and Promotion. School Health Unit. 2009-2010.
5. Centers for Disease Control and Prevention. Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs. Washington, DC: US Department of Health and Human Services; 2013.

This Is a Food Allergy Aware Classroom



TM

**Our classroom keeps
people with food allergies
safe and included.**



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Make sure your printer is set to print “Actual Size”.



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Andy's Food Allergy Reaction

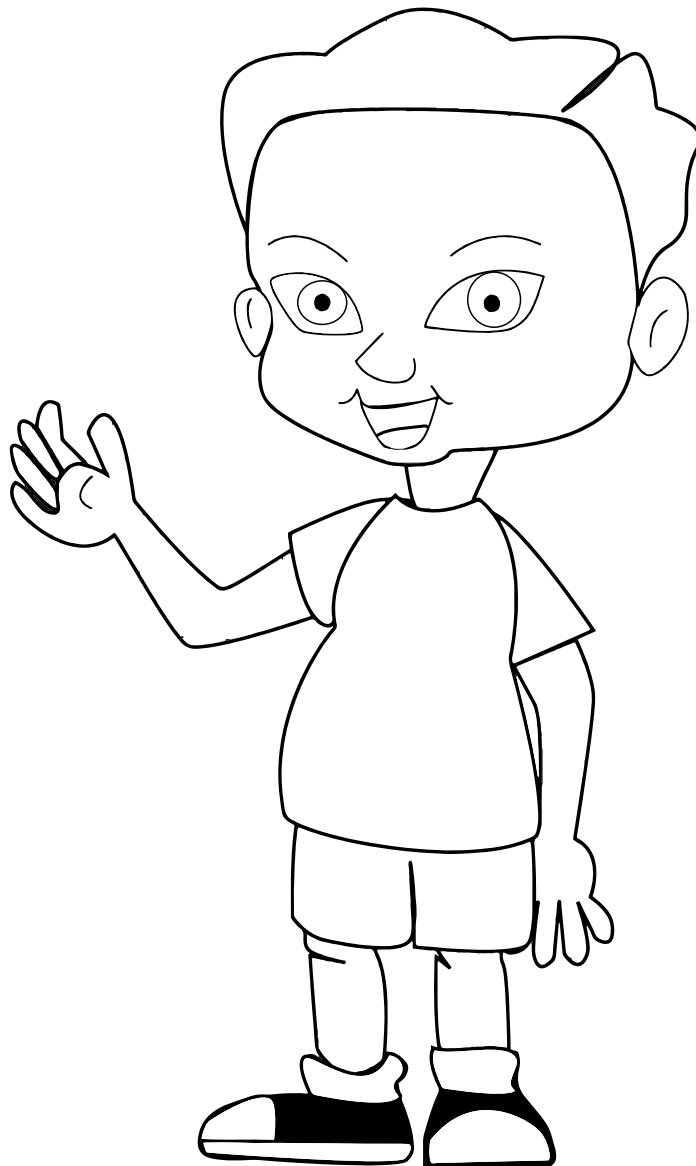
What happens when you have a food allergy reaction?

Draw a line to show where in your body each could happen.
Color Andy when you are done.

Tongue feels funny

Dizzy
(spinning feeling)

Stomach hurts



Thinking that
something bad
is going to happen

Hives (itchy bumps)

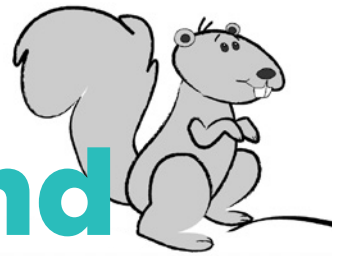
Hard to breathe



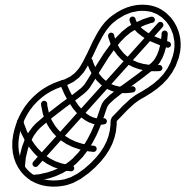
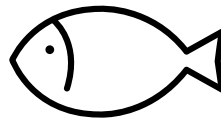
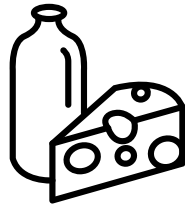
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Scooter's Food Allergy Find

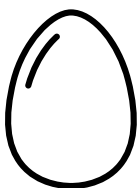


Find the foods listed that people are allergic to, also called allergens.



W	E	G	X	I	W	X	B	K	Y	X	P	S	H	K
I	G	O	K	F	D	D	S	Q	Q	I	L	T	S	Y
O	G	F	I	U	Y	Q	D	X	A	E	H	U	I	J
J	S	S	H	U	R	E	V	G	E	H	B	N	F	H
C	H	S	G	M	K	Y	Z	Q	F	X	B	A	L	Q
U	X	E	S	I	S	G	W	H	E	A	T	E	L	H
N	I	Y	T	L	O	V	I	O	I	S	Q	P	E	Y
P	U	B	U	K	Y	I	X	X	T	Y	Z	E	H	V
N	E	T	N	Q	O	S	L	Z	T	A	G	U	S	V
L	H	V	E	N	J	Z	Y	W	D	H	F	T	V	O
S	P	R	E	H	A	J	E	G	V	A	H	Z	Q	U
V	J	Y	R	A	E	M	L	G	U	U	M	V	O	I
P	S	M	T	C	E	T	L	G	N	N	Y	Q	Y	S
F	P	F	O	X	S	E	S	A	M	E	Z	L	I	I
C	J	A	X	N	Y	B	G	P	N	B	A	C	E	E

EGGS
FISH
MILK
PEANUTS
SESAME
SHELLFISH
SOY
TREENUTS
WHEAT



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ANAPHYLAXIS

It is pronounced anna-fih-LACK-sis.
It is a severe allergic reaction to a food.

**How many words can you make out of the letters in
ANAPHYLAXIS?**

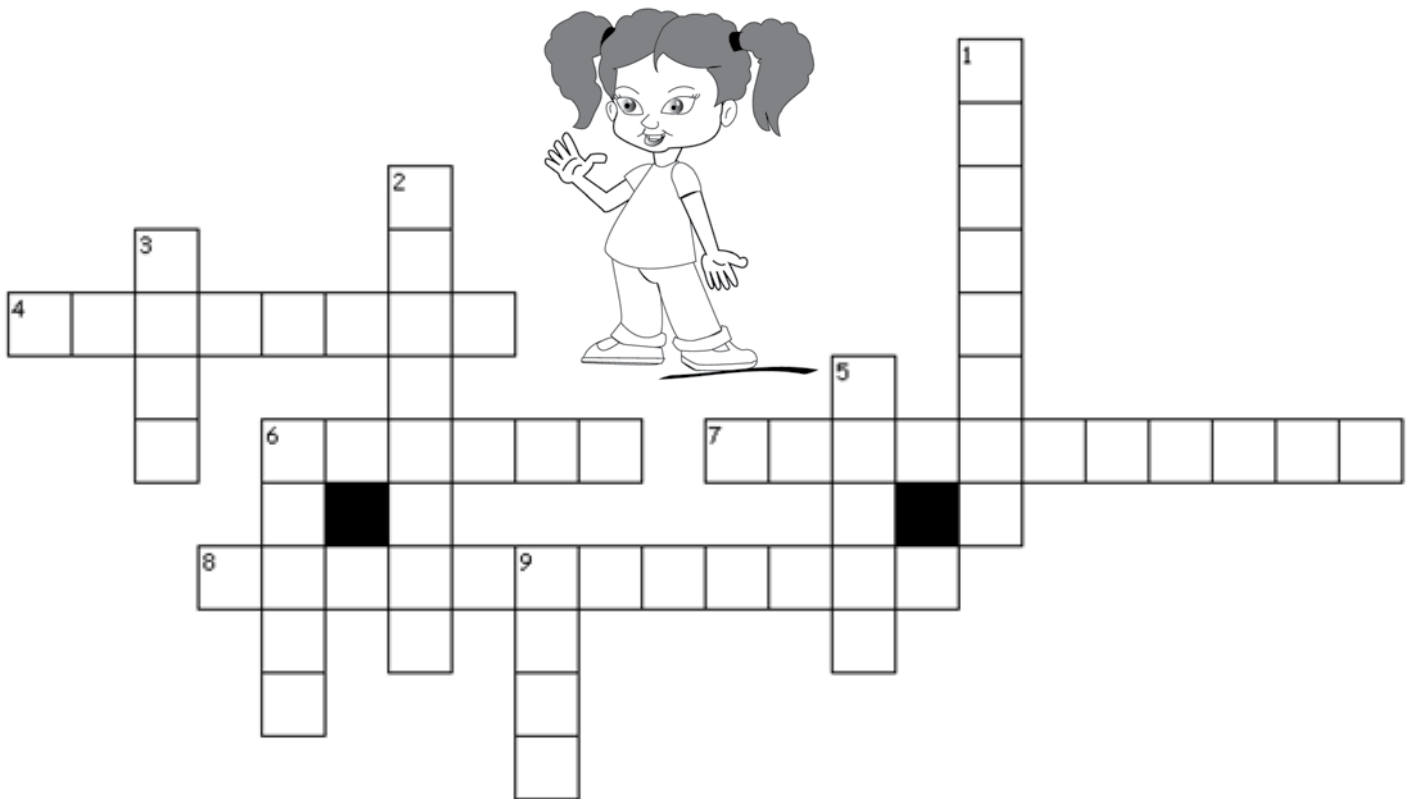


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Ally's Food Allergy Frenzy

Use the clues below to complete the crossword puzzle.



ACROSS

4. Some food allergies are more common in _____ than in adults
6. A common tree nut allergy
7. What you should carry with you at all times
8. Jelly's partner

DOWN

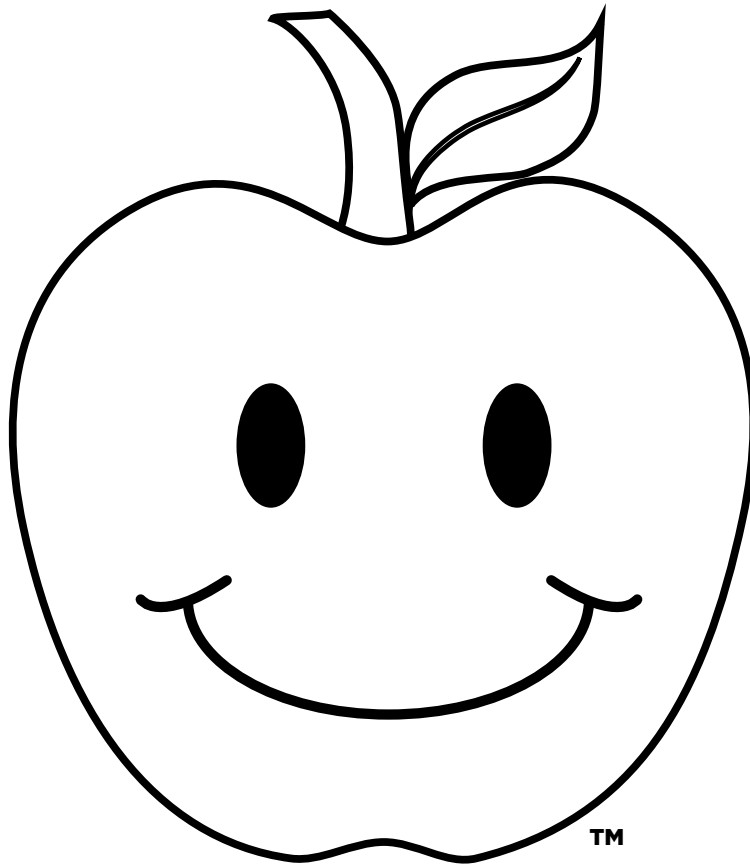
1. Peanuts are an example of an _____
2. Symptom of food allergy
3. What you put in cereal
5. Itchy bumps you may get when you have a reaction
6. Avoid eating crackers if you are allergic to _____
9. A common type of food made from soy



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Food Allergy Awareness Pledge



Teal Classrooms Rock!

Our classroom is a Teal Classroom. Teal is the color of food allergy awareness. Someone in our class has a food allergy and can't eat certain foods. Those foods can make someone with a food allergy very sick.

Our class will have fun celebrations that don't include food. This means my friends with food allergies won't feel left out.

I promise to help make our classroom fun and safe for everyone.

I promise not to tease or bully others about food allergies. I won't make fun of their food because it is different. I will tell an adult if I see someone being a bully.

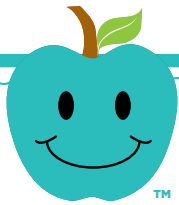
Name

Date



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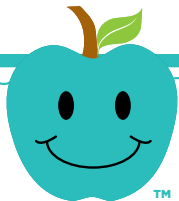
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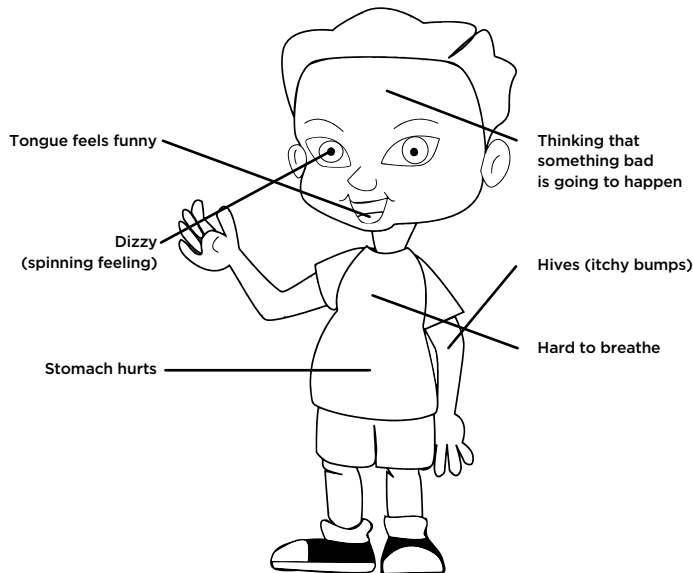
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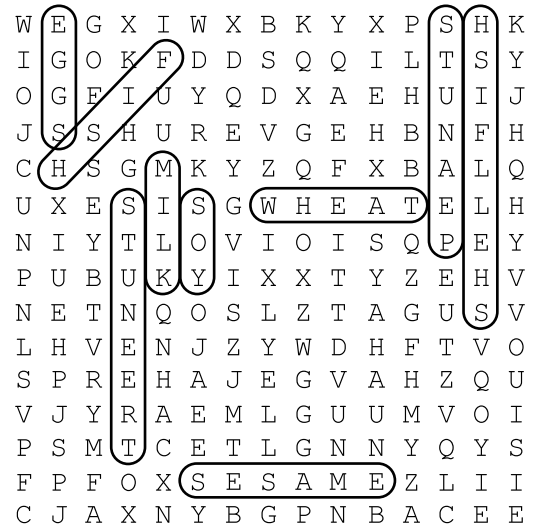
Answer Key

Lesson 1

Andy's Food Allergy Reaction



Scooter's Food Allergy Find



Ally's Food Allergy Frenzy

ACROSS

4. children
6. walnut
7. epinephrine
8. peanut butter

DOWN

1. allergen
2. swelling
3. milk
5. hives
6. wheat
9. tofu

ANAPHYLAXIS Word Challenge

AIL	LIP	PAY	SHIP
AILS	LIPS	PAYS	SHY
ALAS	LISP	PIN	SIN
ALIAS	LYNX	PINS	SIP
ALPHA	NAIL	PIXY	SIX
ALPS	NAILS	PLAIN	SLAIN
ASH	NAP	PLAINS	SLAP
ASH	NAPS	PLAN	SLAY
AXIAL	NASAL	PLANS	SLIP
HAIL	NIP	PLAY	SLY
HAILS	NIPS	PLAYS	SNAIL
HAS	PAIL	PLY	SNAP
HAY	PAILS	SAIL	SNIP
HIP	PAIN	SAP	SPA
HIPS	PAINS	SAX	SPAN
HIS	PAL	SAY	SPIN
INLAY	PALS	SHIN	SPINY
LAP	PAN	SHINY	SPY
LAY	PANSY		



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Answer Key

Lesson 2

Some Foods That Contain the Most Common Allergens (Grades K-2)

EGGS

Cake
Mayonnaise
Pasta
Ranch dip / dressing
Battered and fried foods
Marshmallow fluff
Taffy and chewy candies
Chicken nuggets
Ice cream

FISH

Tuna
Salmon
Mackerel
Fried foods (can be cross contaminated in oil)
Fish sauce

MILK

Cheese
Pizza
Macaroni and cheese
Mashed potatoes
Butter
Ice cream
Chocolates
Bread

PEANUT

Granola bars
Chocolates
Cookies
Bakery items
Ice cream
Fried foods (oil)

SESAME

Hummus
Breads
Cereal
Crackers
Snack mixes
Sauces

SOY

Edemame
Soy sauce
Cookies
Crackers
Fried foods (oil)

TREE NUTS

Cookies
Crackers
Bakery items
Trail mix
Cereal
Ice cream
Pesto
Nutella spread
Chocolates

SHELLFISH

Lobster
Crab
Shrimp
Fried foods (can be cross contaminated in oil)

WHEAT

Bread
Crackers
Chicken nuggets
Cookies
Pasta / noodles
Pie
Ice cream (cookie dough)





POTENTIAL FOOD ALLERGENS

in Preschool and School Activities



The Centers for Disease Control and Prevention’s (CDC) “Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs” says, “Avoid the use of identified allergens in class projects, parties, holidays and celebrations, arts, crafts, science experiments, cooking, snacks, or rewards.”

Below is a list of some unexpected places you may encounter food allergens, along with alternatives and precautions. This is only a general guide and is not inclusive of every potential food allergen. It’s important to verify all ingredients before a child with food allergies engages in an activity that uses food-based materials. Remember, ingredients can and do change!

ACTIVITY/MATERIALS	ALLERGEN(S)	POTENTIALLY SAFE ALTERNATIVES AND APPROPRIATE PRECAUTIONS
Counting/sorting beans, grains, pasta, M&Ms® or other small foods	Potentially all*	<ul style="list-style-type: none">• Read labels to choose food items with safe ingredients• Remember that different-sized packages can have different ingredients
Sensory tables that use grains, pasta, candies or other small foods	Potentially all*	<ul style="list-style-type: none">• Read labels to choose food items with safe ingredients• Use non-food items
Baking projects	Potentially all*	<ul style="list-style-type: none">• Share safe recipes• Request to participate in any baking activities
Projects using empty egg cartons, milk cartons, beverage cartons, yogurt containers, food jars, etc.	Potentially all*	<ul style="list-style-type: none">• Provide safe empty containers
Birthday and holiday celebrations	Potentially all*	<ul style="list-style-type: none">• Provide a non-food celebration (i.e., songs, goodie bags, stickers)• Provide safe cake or cupcakes for the class
Play kitchen	Potentially all*	<ul style="list-style-type: none">• Empty egg cartons, milk cartons, cereal boxes, and baby food jars may contain remnants of food allergens. Use empty containers from “real” products that didn’t use common food allergens or use “fake” food containers made with cardboard or plastic.
Musical instruments – Allergens may be present on mouth-blown musical instruments	Potentially all*	<ul style="list-style-type: none">• Remove mouth-blown musical instruments from classrooms• Provide a designated set of mouth-blown instruments for for each child or for children with food allergies
Handwashing (teachers and children)	Potentially all*	<ul style="list-style-type: none">• Read soap, liquid soap, wipe and lotion labels to determine if allergens are present• Use paper towels to dry hands, since cloth towels may contain food residue
Finger paint	Wheat, Milk, Corn, Oat	<ul style="list-style-type: none">• Read labels to find milk-free finger paints• Read labels to find a safe laundry soap• Laundry starch or soap can be omitted if avoiding corn
Bird feeders	Wheat, Peanut butter, Nuts, Seeds	<ul style="list-style-type: none">• Consider making a hummingbird or butterfly feeder instead using sugar, water and food coloring• Use soy butter, sunflower butter or honey• Use safe seeds or seed mix without wheat seeds or nuts
Planting seeds	Legumes (such as beans, peas or peanuts), Corn, Egg	<ul style="list-style-type: none">• Use any other seeds• Provide safe empty containers to grow seeds
Potting soil	Nuts, Soy	<ul style="list-style-type: none">• Read labels to find safe potting soil

1. Centers for Disease Control and Prevention. Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs. Washington, DC: US Department of Health and Human Services; 2013.

***Potentially all” means that all allergens are possible.*

ACTIVITY/MATERIALS	ALLERGEN(S)	POTENTIALLY SAFE ALTERNATIVES AND APPROPRIATE PRECAUTIONS
Paper-mache	Wheat	<ul style="list-style-type: none"> • Elmer's® Glue solution • Buckwheat flour solution
Play-Doh® (commercial or wheat-based homemade)	Wheat	<ul style="list-style-type: none"> • Kinetic Sand • Homemade rice- or buckwheat-based play dough • Other sensory materials such as goop, slime or oobleck • Homemade play dough or oobleck (see recipe section below) • There are commercial gluten-free play doughs available at discountschoolsupply.com
Craft paste	Wheat	<ul style="list-style-type: none"> • Read labels to choose food items with safe ingredients • Elmer's® Glue sticks
Macaroni art	Wheat, Egg, Legumes (such as beans, peas or peanuts), Corn	<ul style="list-style-type: none"> • Rice macaroni • Quinoa macaroni • Corn macaroni
Tempera paint (homemade and some high-end commercial products)	Egg	<ul style="list-style-type: none"> • Crayola® Kids Paint • Read labels to find egg-free paint since some high-end versions contain egg • Most commercial tempera paints are suitable for children
Crayons	Soy	<ul style="list-style-type: none"> • Read labels to find soy-free crayons • This is only a concern for younger aged children who may still put items in their mouths and eat the crayons
Shaving cream	Milk	<ul style="list-style-type: none"> • Read labels to find dairy-free shaving cream
Making butter	Milk	<ul style="list-style-type: none"> • Use a dairy-free recipe to make a coconut and/or olive oil based alternative
Dustless chalk	Casein (milk)	<ul style="list-style-type: none"> • Use dry erasers or smartboards
Oobleck, goop, slime	Corn	<ul style="list-style-type: none"> • Read labels to choose items with safe ingredients • Create mixture using tapioca starch instead of cornstarch (use less water when using tapioca starch)
Making maracas or shakers	Legumes (such as beans, peas or peanuts)	<ul style="list-style-type: none"> • Fill maracas or shakers with rice, popcorn or sand

RECIPES	ACTIVITY/INGREDIENTS	ALLERGEN(S)/INSTRUCTIONS
	Rice Play Dough 1 ¼ cups rice flour ½ cup salt 2 tsp cream of tartar 1 cup water 1 tbsp oil ¼ tsp vanilla extract Food coloring/sparkles (optional)	Rice <ul style="list-style-type: none"> • Mix flour, salt and cream of tartar in a large pot. Add water and oil. • Cook over medium heat until the mixture pulls away from the sides of the pan (about 5 minutes), stirring constantly. • Add vanilla extract (for smell, not taste). Mix thoroughly. Put play dough on a clean surface. When cool enough to handle, knead lightly and store in airtight container. • Add food coloring to the water to make colored play dough. Add sparkles during the hand mixing time for sparkly play dough.
	Cornstarch Play Dough 1 cup cornstarch 1 lb baking soda 1 cup water ⅛ tsp oil Food coloring (optional)	Corn <ul style="list-style-type: none"> • In a large pot, combine ingredients. Cook over medium heat until "mealy." Allow to cool on a plate, covered by a damp cloth. Knead well and store in an airtight container.
	Sweet Play Dough 3 cups powdered sugar ¼ cup corn syrup ½ cup margarine, melted Splash vanilla Sprinkle salt 5 drops food coloring	Corn <ul style="list-style-type: none"> • Mix all ingredients, except coloring, until mixture is blended and all one color. Then mix in coloring. • You can shape this and eat it, assuming your child is not allergic to any of the ingredients. Do not make this in advance. Make this when you are going to play with it. It will get hard and become inedible.
	Oobleck 1 ½ cups cornstarch 1 cup water Food coloring (optional)	Corn <ul style="list-style-type: none"> • Mix the ingredients together. When children play with the mixture, it will be solid when they squeeze it and liquid when they release it.





NON-FOOD REWARDS AT SCHOOL

for Children With Food Allergies

Written in collaboration with Gina M. Lee, M.Ed.



The Centers for Disease Control and Prevention's (CDC) "Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs" recommends the "use of non-food incentives for prizes, gifts, and awards." Other well-respected health organizations and institutions recommend this approach as well.

While a shift to non-food incentives may require slight changes to school traditions, there are potential benefits. This practice can help ease anxiety surrounding serving of food at school and the chance of accidental exposure to allergens for children with food allergies. **Below is a list of low-cost or no-cost rewards that can be used instead of food.**

NO-COST REWARDS

- Allow extra time for reading, computer, art, games
- Enjoy class lessons or reading time outside
- Allow child to choose class activity or game
- Give a "no homework" pass or no homework for the class
- Present certificate of achievement
- Give free time at the end of the day
- Have a class sing-along
- Create class coupons with special privileges
- Allow child to choose music to play for the class
- Child or teacher can read a favorite book to the class
- Allow child to wear something fun to school according to a theme: pajama day, hat day, sports day, color day, pattern day (for class or grade)
- Allow child to earn prizes or gift certificates donated by local businesses
- Have a reading party (children bring blankets to sit on and read favorite books)
- Allow child to choose a poem, short story or joke to read to the class
- Create a class story (go around the room and each child contributes a line to the story)
- Allow child to use a camera or tablet to create a class or personal picture collage of school activities

LOW-COST REWARDS

Verify that these items do not contain allergens for any of the students. For example, some of these items are made of latex and should not be offered to a student with a latex allergy.

- Awards or medals
- Books, bookmarks
- Bracelets
- Bubbles
- Class crafts
- Crayons
- Finger puppets
- Glow sticks
- Grab bags
- Necklaces
- Notepads
- Pencils
- Pencil cases, grips, sharpeners, toppers, erasers
- Playing cards
- Ribbons
- Rings
- Rubber balls
- Stickers
- Sticky notes
- Stress balls
- Tote bags
- Trinkets/toys: slinkies, small figurines, spinning tops, yo-yos



"The best reward we can give our children is our time and attention."

-Gina M. Lee, M.Ed.



REWARDS FROM THE HEART

- Give the child extra attention: ask about outside interests, smile or give a pat on the back
- Give verbal praise that is specific
- Allow child to sit by a friend
- Attend an afterschool activity of the child's to show you care
- Allow child to share a special item or talent with the class
- Make child the "Student of the Day," "Super Kid," "Line Leader" or "Star of the Day"
- Allow child to sit in a special seat
- Allow child to write or draw on the board
- Allow child to do class (or school) morning announcements
- Recognize child/class achievements during morning announcements, in a school newsletter, on a school (or class) bulletin board or on the school website
- Allow child to help out with a lesson or be a teacher's helper (hand out papers, put away supplies, etc.)
- Give child an important responsibility
- Have each classmate write a compliment about the child, create a compliment book for the child to bring home (index cards on a ring work well)
- Allow child to read or help out in another class or a younger class
- Choose an incentive based on interest (e.g., allow a child that likes to draw to create a class or school sign/poster)
- Write a positive note directly to the child or send a positive note home to child's parents
- Allow child to eat lunch with a favorite teacher, principal or other staff member
- Allow child to invite a special guest to the classroom (as a guest reader or to play a game with the class)
- Donate the child's favorite game or book to the class
- Have classmates sign a T-shirt, Frisbee or ball for the child

ACTIVE REWARDS

- Allow child to pick a song for a class "dance break"
- Allow class to perform a skit
- Allow child to make deliveries to office or other rooms
- Pick a class game to play outside: kickball, whiffle ball, capture the flag, basketball
- Play inside class games: 7-up, charades
- Allow time for fun outside activities: Frisbee, hula-hoop, jump rope
- Create an obstacle course
- Allow child to lead Simon Says
- Have a class scavenger hunt based on a curriculum topic
- Create a walking club during recess
- Allow child to play a game during recess with a staff member
- Allow extra recess
- Host a day of educational activities, games and experiments
- Play curriculum hopscotch (Instead of throwing a rock before you jump, the child must correctly answer a math fact or other fact from a lesson before moving)

References:

Alliance for a Healthier Generation. Non-Food Rewards. <https://www.healthiergeneration.org/take-action/schools/wellness-topics/nutrition-services/non-food-rewards>. (Retrieved July 27, 2021)

Centers for Disease Control and Prevention. 2014. Adolescent and School Health: Childhood Obesity Facts. <https://www.cdc.gov/healthyyouth/obesity/facts.htm>. (Retrieved July 27, 2021)

Centers for Disease Control and Prevention. 2014. Adolescent and School Health: Physical Activity Facts. <https://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>. (Retrieved July 27, 2021)

Center for Science in the Public Interest. Support Healthier School Food. <https://www.cspinet.org/schoolfood>. (Retrieved July 27, 2021)

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Food Allergy Resources

School Related Resources

kidswithfoodallergies.org/school

Free resources for parents, schools, teachers, and staff to use to prepare for the school year to keep students with food allergies safe

Asthma and Allergy Foundation of America

aafa.org/school

Free resources for families managing asthma and allergies

What Is a Food Allergy? (includes printable PDF)

kidswithfoodallergies.org/page/what-is-a-food-allergy.aspx

Learn food allergy basics, such as what a food allergy is, and the different types of food allergies.

Anaphylaxis: Severe Allergic Reactions (includes printable PDF)

kidswithfoodallergies.org/page/what-is-anaphylaxis.aspx

Learn about anaphylaxis, how to recognize it, and what steps to take if a student has a reaction.

Allergen Avoidance Lists (includes printable PDFs)

kidswithfoodallergies.org/page/top-food-allergens.aspx

Learn more about the most common foods that cause allergic reactions.

What's the Big Deal About Food Allergies? (includes printable PDF)

kidswithfoodallergies.org/page/whats-the-big-deal-about-food-allergies.aspx

Print and give out this handout with answers to common questions about food allergies for people who do not live with food allergies.

Tips for Managing Food Allergies at School: Get Active With Food-Free Activities

(includes printable PDF)

community.kidswithfoodallergies.org/blog/tips-for-managing-food-allergies-at-school-get-active-with-food-free-activities

Use this list of non-food rewards in the classroom to keep children with food allergies safe.

Ally & Andy Asthma and Allergies Activity Book (printable PDF)

aafa.org/store

This coloring and activity book gives children a basic understanding of asthma and food allergies. It has word finds, crossword puzzles, word scrambles, mazes, and other activities. It also has a story to read and color and a list of websites on asthma and allergies for parents and kids. You can order a FREE PDF download or a print copy of the book for \$5.

Kindergarten Teacher Turns Food Allergies Into a Teachable Moment (includes printable PDF)

community.kidswithfoodallergies.org/blog/kindergarten-teacher-turns-food-allergies-in-to-a-teachable-moment

Read how one teacher taught her students about food allergies using a simple activity. Download copies of the activity to use in your classroom.

Food Allergy Resources

CDC Tool Kit for Managing Food Allergies in Schools (includes printable PDFs)

cdc.gov/healthyschools/foodallergies/index.htm

This toolkit from the CDC give schools information to help them put plans into place to prevent and manage allergic reactions.

AllergyHome.org School Training Modules

allergyhome.org/schools

AllergyHome.org offers online staff training to assist school nurses or their designees in school-wide food allergy education. Interactive online video modules and written materials are available.

National Educational Association

nea.org

The National Education Association website includes bullying prevention information for various roles within schools, including bus drivers, administration, custodians, food services, and more.

Food Allergy Management Education Toolkit for Schools

stlouischildrens.org/FAME

St. Louis Children's hospital, in collaboration with allergy experts from around the nation, created a free manual for schools to help schools create and adopt food allergy policies consistent with the CDC voluntary guidelines for managing food allergies in schools.

No Appetite for Bullying

noappetiteforbullying.com

No Appetite for Bullying is a campaign to raise awareness about food allergy bullying among teens 13 and older. Its goal is to encourage food allergy acceptance.



Kids With Food Allergies **CARES**

Kids With Food Allergies (KFA) is a division of the Asthma and Allergy Foundation of America (AAFA), the nation's oldest and leading asthma and allergy charity. Since 5 million children have food allergies, families need KFA services more than ever. We are a vital lifeline to families raising children with food allergies.

Community outreach and support drive our most important programs:

Advocacy tools make it easier for you to take action on issues important to you. KFA advocates for better food labeling, improved school policies, affordable medicine and health care, funding for research and public accommodations.

Research on food allergies will help improve the quality of life for families and find ways to prevent the development of food allergies or treat them. KFA believes patients and their families are central to this research. We were the first organization to champion patient-centered research to accelerate better treatment and management of food allergies.

Education saves lives. KFA offers you the tools you need to learn how to reduce risk of allergic reactions and what to do if a reaction happens. We also offer thousands of allergy-friendly recipes and tips on how to cook and bake allergy safe foods.

Support is available 7 days a week. Parents of children with food allergies can receive personalized help on our private support forums. We also offer extensive outreach through our social media channels and our network of local chapters and support groups.

Visit kidswithfoodallergies.org/school for school-related resources.



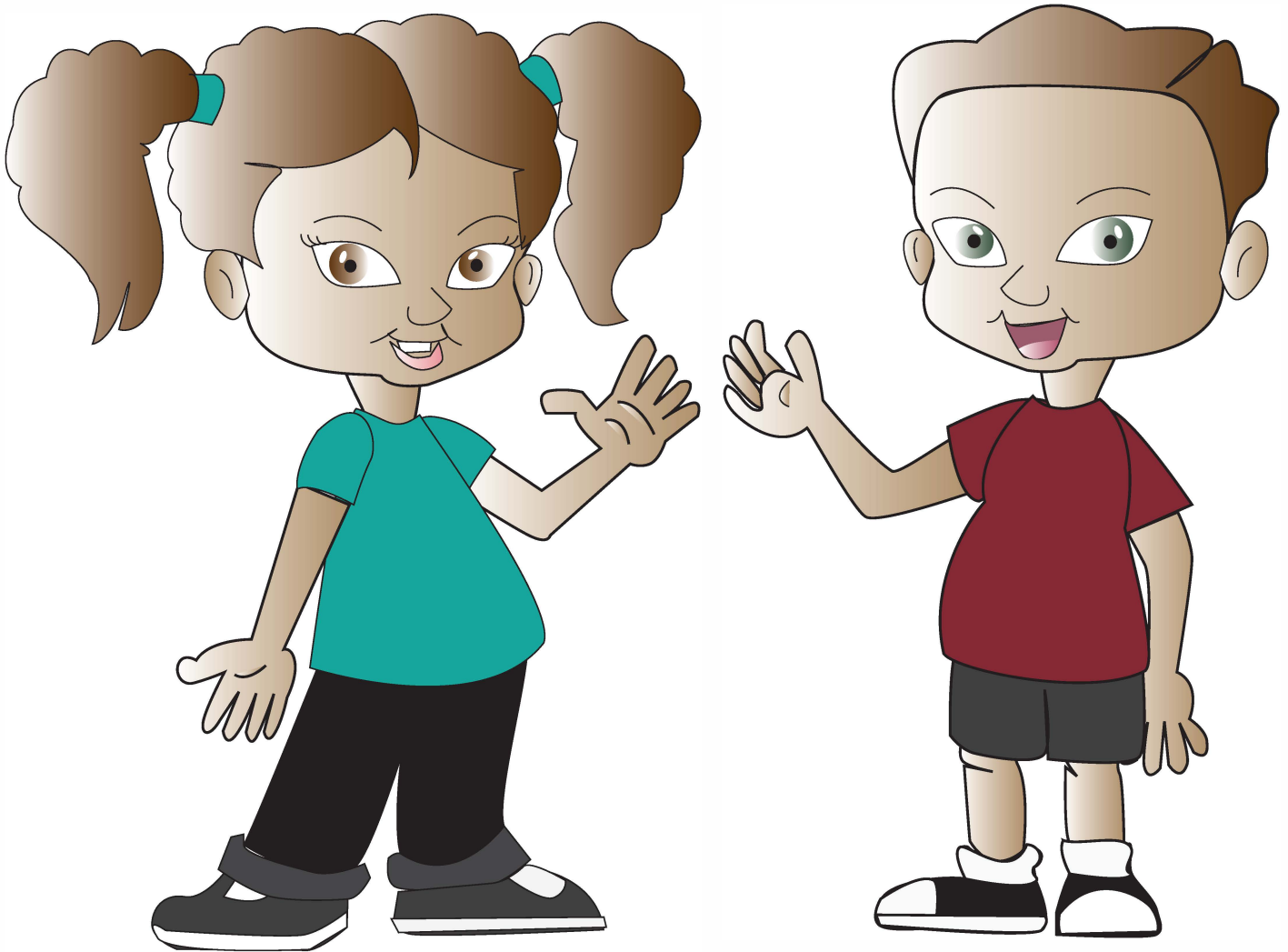
PROUDLY BROUGHT TO YOU BY

**KIDS WITH
FOOD ALLERGIES**

A Division of the Asthma and Allergy
Foundation of America

Ally & Andy's

Awesome Asthma and Allergy Activities



Asthma and Allergy
Foundation of America



**KIDS WITH
FOOD ALLERGIES**
A Division of the Asthma and Allergy
Foundation of America



Dear Parents,

Millions of children in the U.S. have asthma and food allergies. But your child can still live an active life when their asthma is under control. With the right support, they can avoid the foods they are allergic to and stay safe. We created this book to teach your child about asthma and food allergies so you can work together to manage them.

Even though asthma or food allergies can be overwhelming, know you are not alone. It is our mission to improve the quality of life of those with asthma and allergies through education, advocacy, support and research. Visit us at www.aafa.org, www.kidswithfoodallergies.org or call us at 800-727-8462 for more resources.

We hope you and your child enjoy this activity book. We wish you the best as you manage your child's asthma or food allergies. Please reach out to us when you need more support. Together, we can help your child live life to its fullest.

Sincerely,

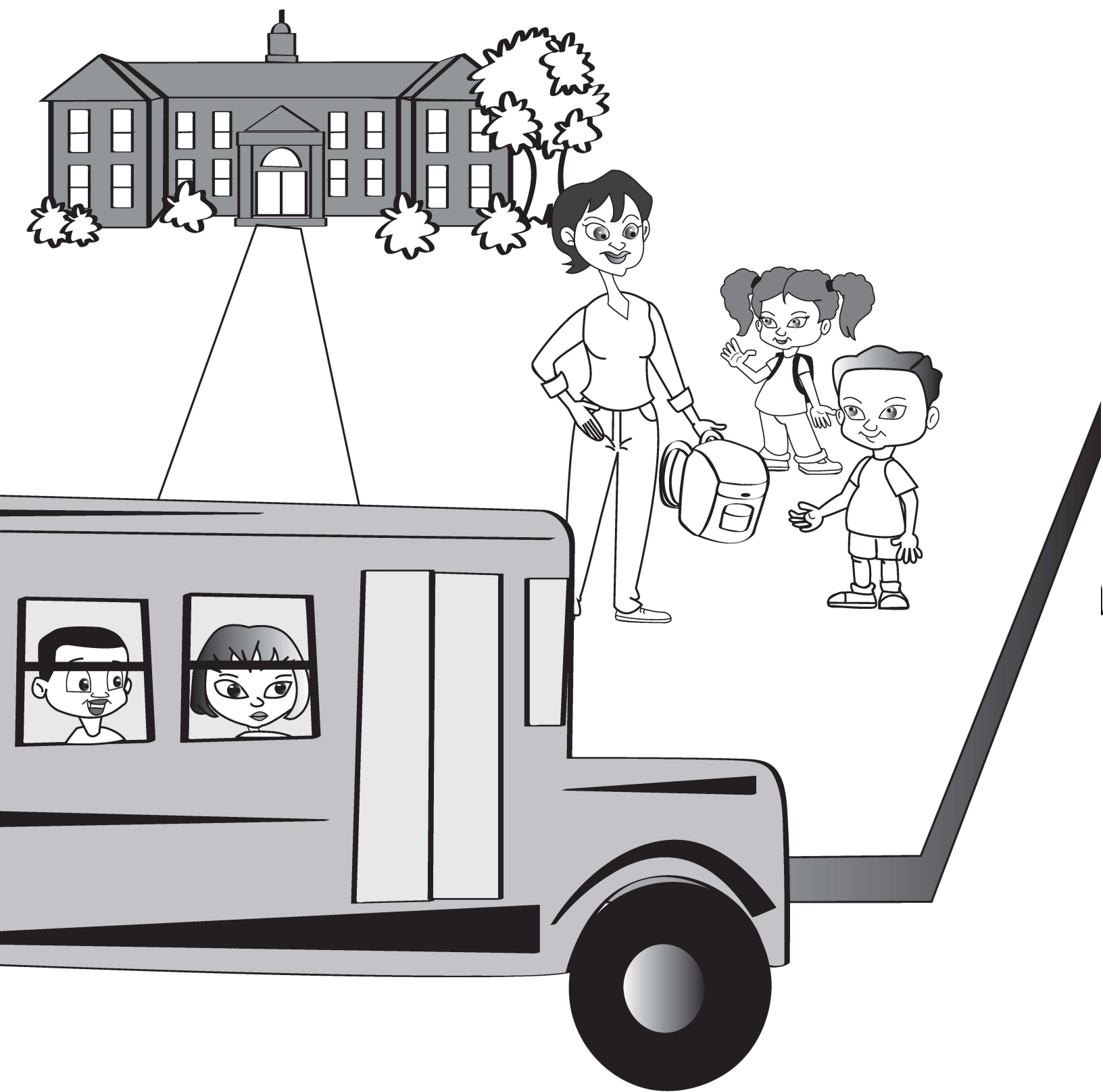
Melanie Carver

Melanie Carver
Vice President, Community Services
Asthma and Allergy Foundation of America

On a bright, sunny day, Ally and Andy, two 8-year-old twins, got ready to go on their class field trip - a nature walk! They were so happy to walk a trail and see all the animals that live in the wild.



As they got on the bus, Miss Walker stopped them in front of the whole class to look in their backpacks. You see, Andy has asthma and must always carry his inhaler with him. Ally is allergic to peanuts and milk, so she must always carry her epinephrine auto-injectors. Epinephrine (ep-uh-NEF-rin) is a life-saving medicine that can quickly treat a severe allergic reaction.

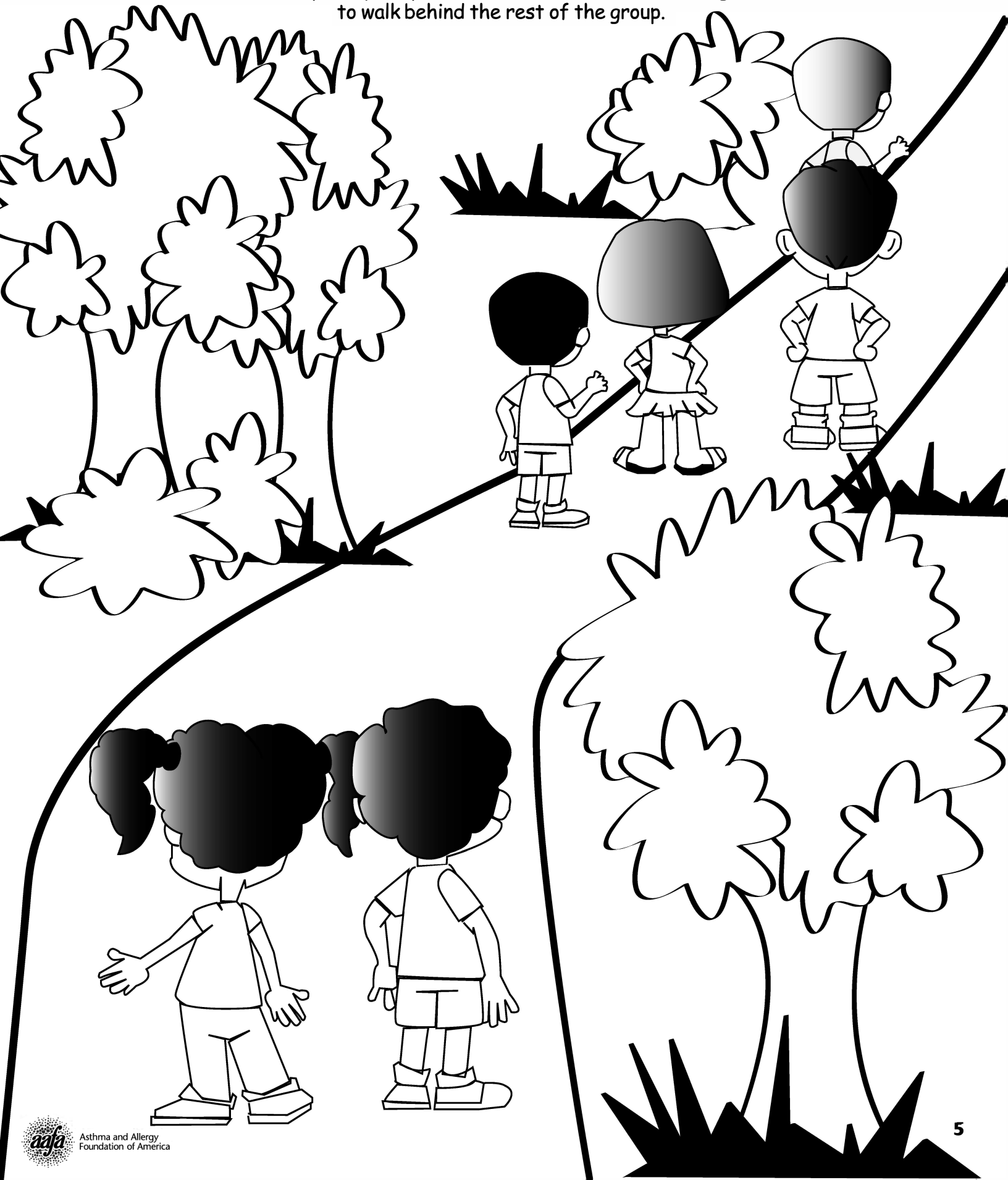


"Do you have your inhaler, Andy?" asked Miss Walker.

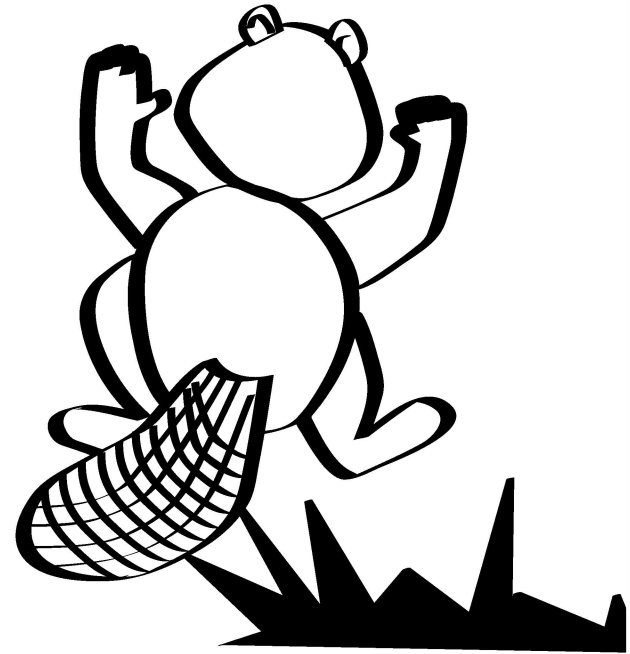
"Yes, Miss W.," Andy mumbled.

"What about you, Ally? Do you have your auto-injectors?" Ally nodded her head "yes."

As they got on the bus, Tara the class bully yelled, "Hurry up, Wheezy and Sneezy. The rest of us want to go and do not want to wait for the 'special kids!'" Ally and Andy sat next to each other, trying to ignore Tara. Having Miss W. stop them and Tara tease them made the twins feel different and sad. They sat quietly on the bus, were the last ones to get off and decided to walk behind the rest of the group.



As they were walking, they heard some noise behind an oak tree that sounded like wrestling. "Who has ever heard of a squirrel who can't eat nuts and a bunny with asthma? Squirrels need nuts to live and bunnies are known for their speed," said Bucky the Beaver as he pushed Scooter the Squirrel and Bink the Bunny against the tree. Bucky shook his head and ran away.



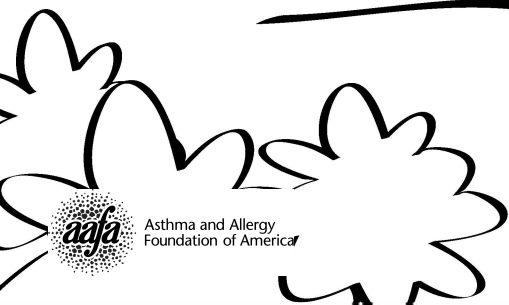
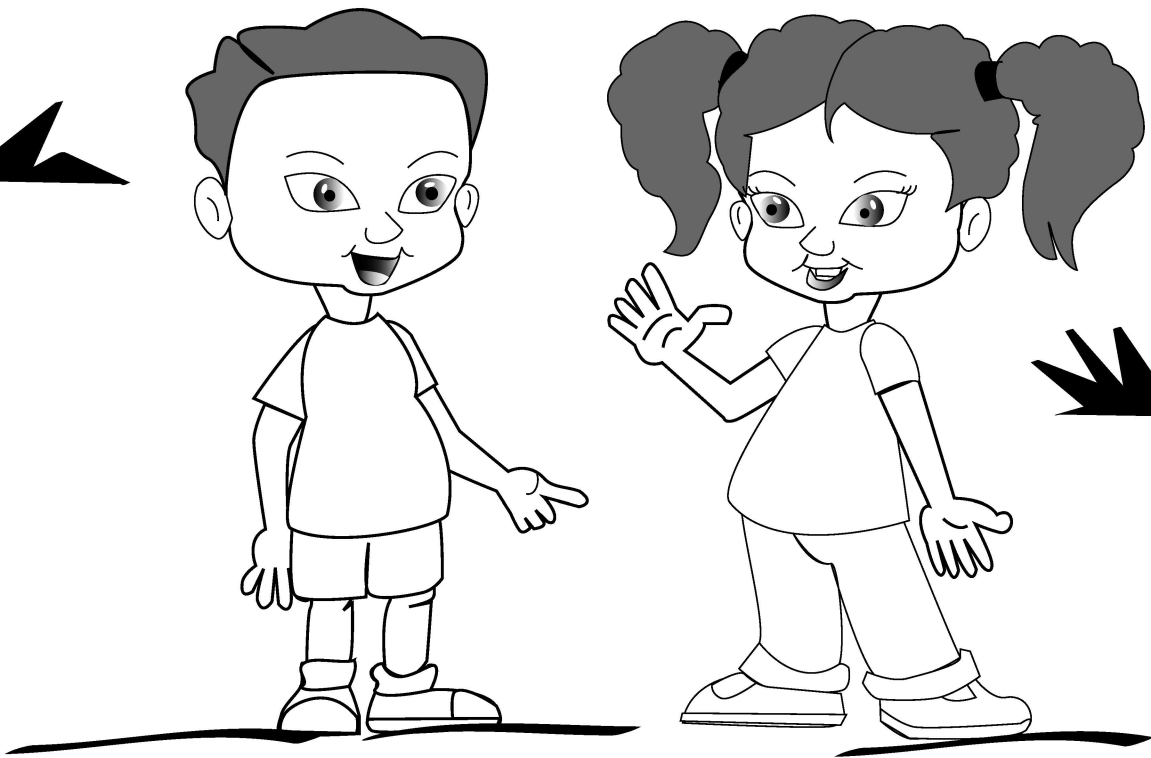
"Scooter, are you allergic to nuts?" gasped Ally.
"Yeah, so what?" said Scooter. "Are you going to make fun of me like Bucky does? Ever since my mom had to give me a shot when a nut fell into my stew of plants, Bucky thinks I'm weird."
Ally smiled at her new friend. "I don't think you are weird, Scooter. I had to use my auto-injector when I ate a brownie that had nuts in it and nobody told me," said Ally.



Andy chimed in, "Bink, do you have asthma?"

Bink responded, "Yes, even animals who are supposed to hop around freely and run fast have trouble breathing sometimes."

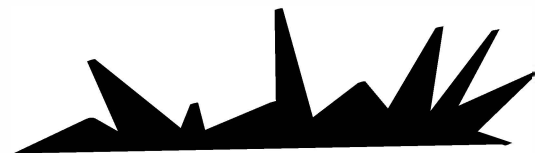
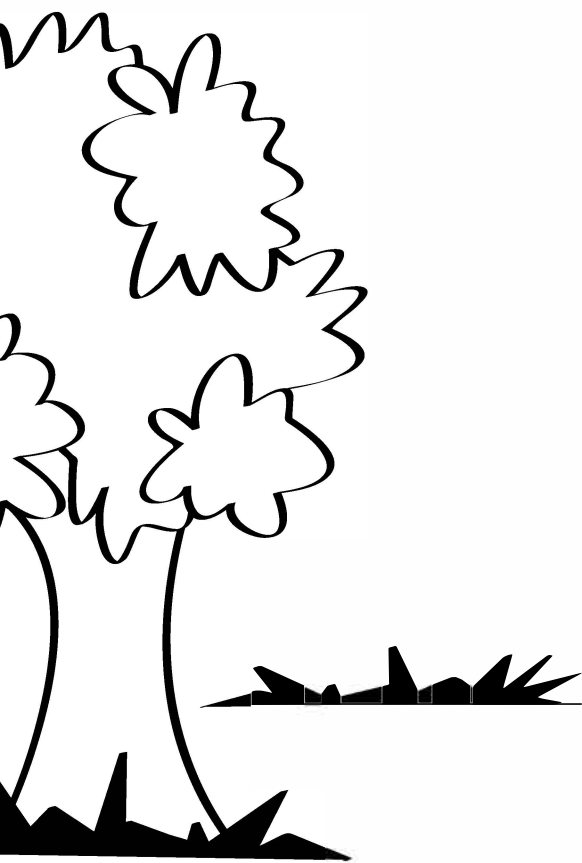
"We didn't know animals could have asthma and allergies, too!" shouted the twins at the same time.



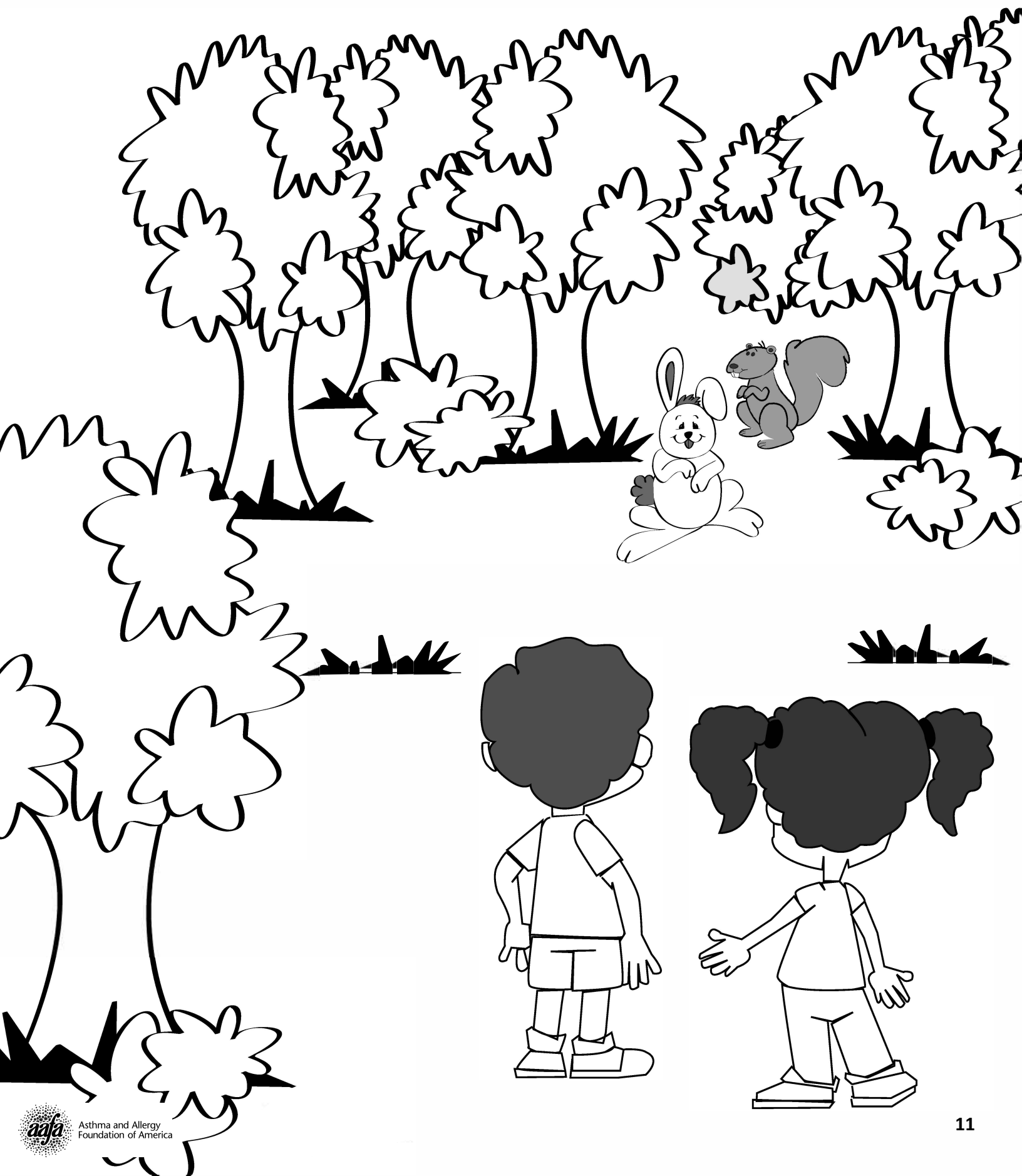
"Anyone can get asthma and allergies," said Bink. "Yeah, my mom said even though I can't eat tree nuts, it just means I get special treats, like honeysuckle and sweet berries more often," said Scooter.



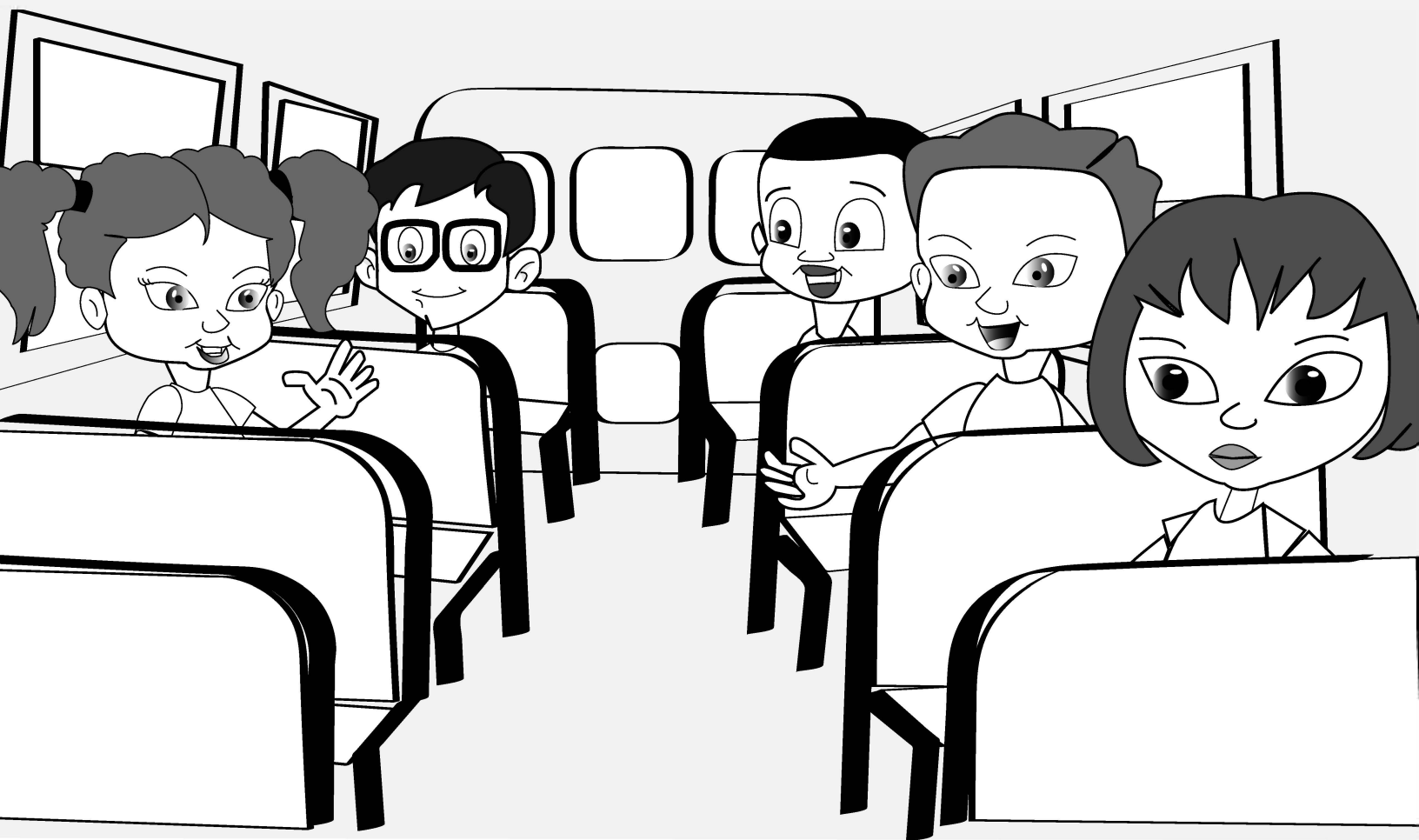
“You guys are right! Even though I can’t eat peanuts or have milk, I get my own special kind of ice cream and brownies that are only for me,” said Ally. “And even though I have asthma, I’m one of the fastest kids on my soccer team and the leading scorer!” shouted Andy.



Then all the new friends shared a big hug as they realized they were not so different after all. Their differences are what made them unique. Bink and Scooter scampered back into the woods, glad they had met their new human friends.



As Ally and Andy got back on the bus, they saw that two of their friends had saved them seats. When they sat down next to their buddies, they realized they had their asthma and allergies, but they had their friends too. And most of all, they had each other.



Scooter's Food Allergy Find

Find the foods listed that people are allergic to, also called allergens.

EGGS
FISH
MILK
PEANUTS

W	E	G	X	I	W	X	B	K	Y	X	P	S	H	K
I	G	O	K	F	D	D	S	Q	Q	I	L	T	S	Y
O	G	F	I	U	Y	Q	D	X	A	E	H	U	I	J
J	S	S	H	U	R	E	V	G	E	H	B	N	F	H
C	H	S	G	M	K	Y	Z	Q	F	X	B	A	L	Q
U	X	E	S	I	S	G	W	H	E	A	T	E	L	H
N	I	Y	T	L	O	V	I	O	I	S	Q	P	E	Y
P	U	B	U	K	Y	I	X	X	T	Y	Z	E	H	V
N	E	T	N	Q	O	S	L	Z	T	A	G	U	S	V
L	H	V	E	N	J	Z	Y	W	D	H	F	T	V	O
S	P	R	E	H	A	J	E	G	V	A	H	Z	Q	U
V	J	Y	R	A	E	M	L	G	U	U	M	V	O	I
P	S	M	T	C	E	T	L	G	N	N	Y	Q	Y	S
F	P	F	O	X	B	K	L	C	W	V	Z	L	I	I
C	J	A	X	N	Y	B	G	P	N	B	A	C	E	E

SHELLFISH
SOY
TREE NUTS
WHEAT

BINK's WORD SCRAMBLE

NOPLEL

--	--	--	--	--	--	--

10

KOMSE

--	--	--	--	--	--

12

COAKEHROCSC

--	--	--	--	--	--	--	--	--	--	--	--

8 1 4

MANLIA RADDEN

--	--	--	--	--	--	--	--	--	--	--	--

6

DLMO

--	--	--	--

HAKLC DUTS

--	--	--	--	--	--	--	--	--

2 7

STDU SEIMT

--	--	--	--	--	--	--	--	--

3 9

FUMREPE

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11 5

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1 2 3 4 5 6

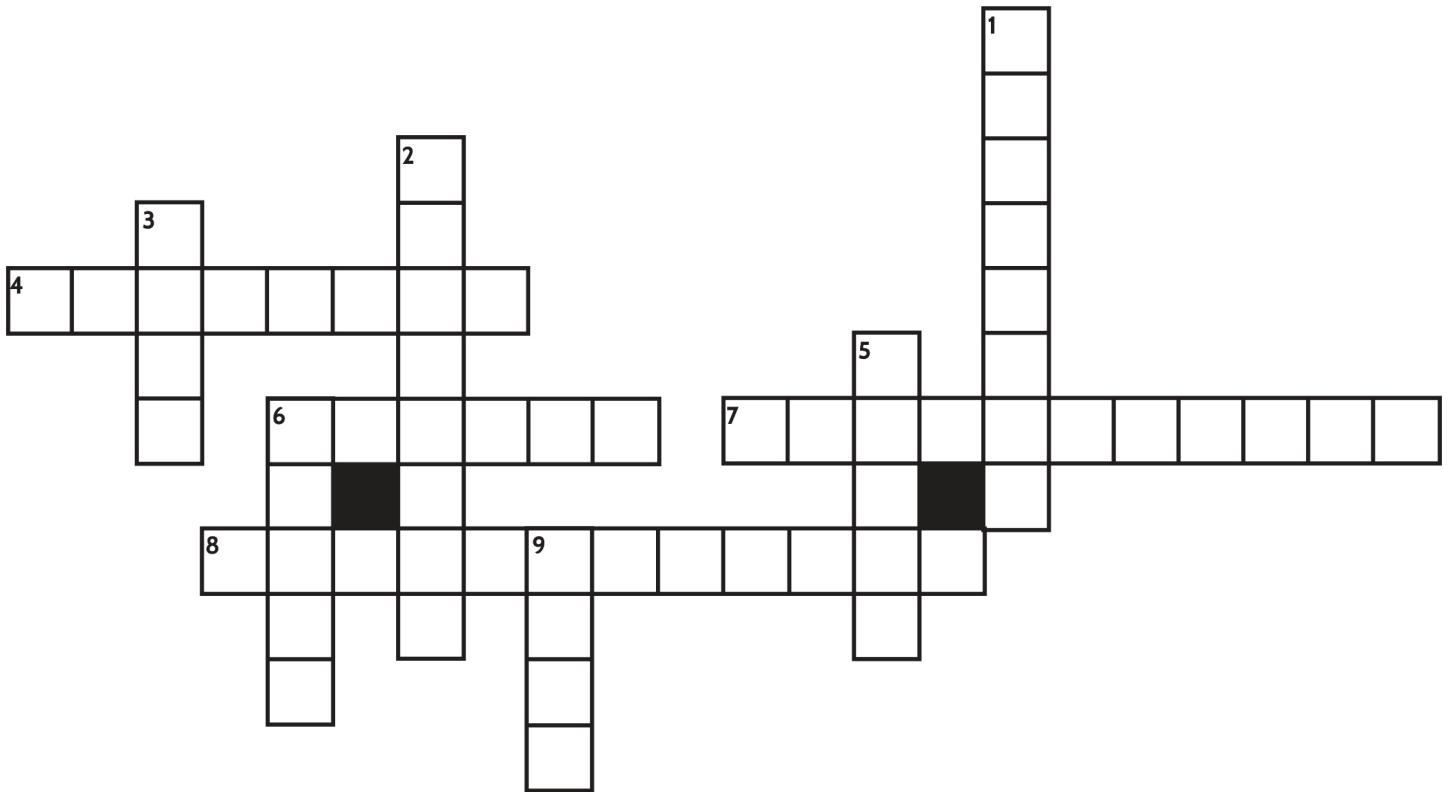
			G	G			
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7 8 9 10 11 12



Ally's Food Allergy Frenzy

Use the clues below to complete the crossword puzzle.



Across

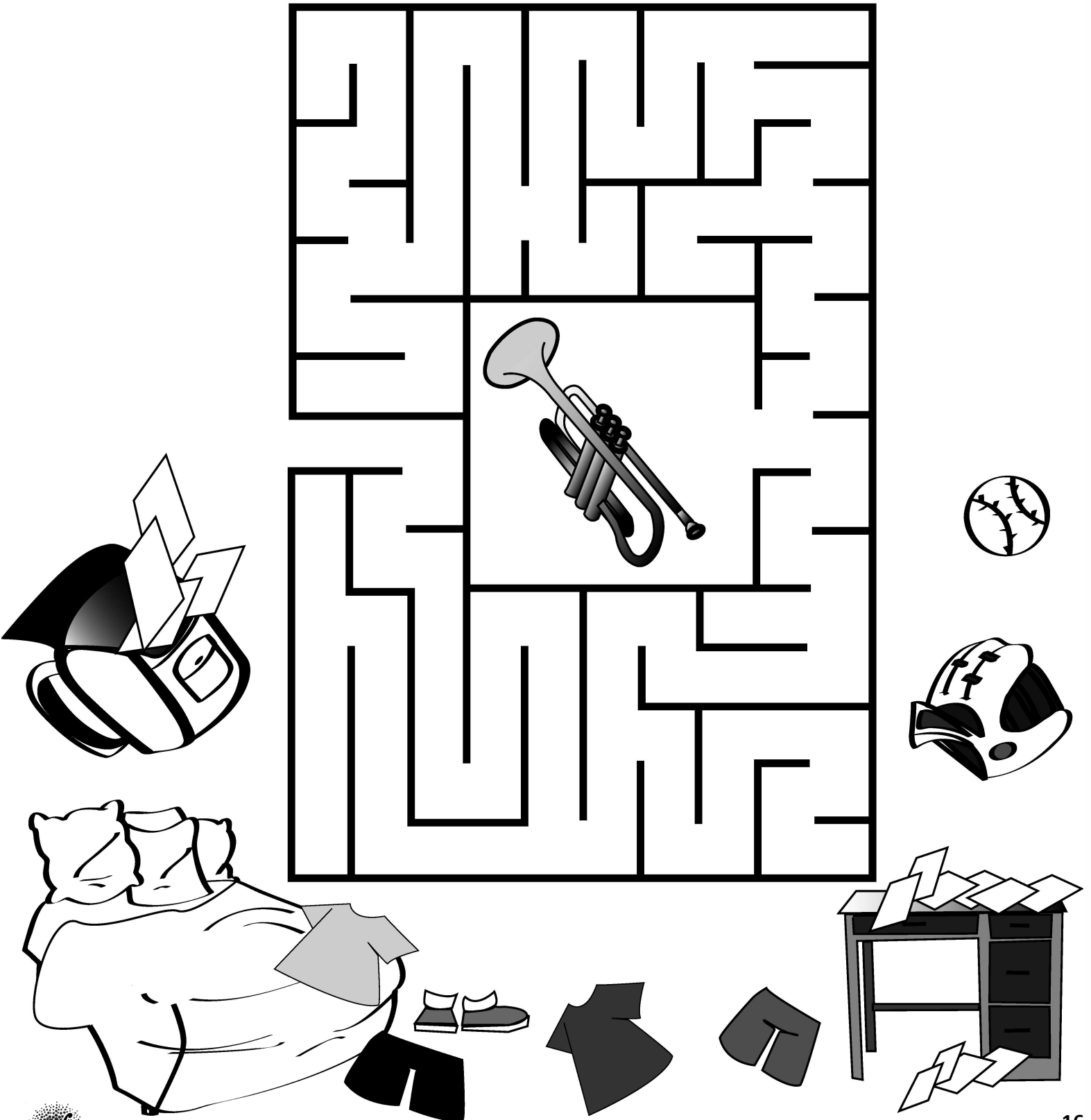
- 4. The largest age group of people with food allergies
- 6. A common tree nut allergy
- 7. What you should carry with you at all times
- 8. Jelly's partner

Down

- 1. Peanuts are an example of an _____
- 2. Symptom of food allergy
- 3. What you put in cereal
- 5. Itchy bumps you may get when you have a reaction
- 6. Avoid eating crackers if you are allergic to _____
- 9. A common type of food made from soy

Andy's Messy Maze

Andy uses a peak flow meter to help him control his asthma. A peak flow meter measures how well air moves out of your lungs. It can tell if your airways are closing in and if you need to take your medicine. Ever since Andy started keeping a peak flow diary, he has been able to go back to playing his trumpet. But he lost it in his messy room. Help Andy find his trumpet so he can play it again.

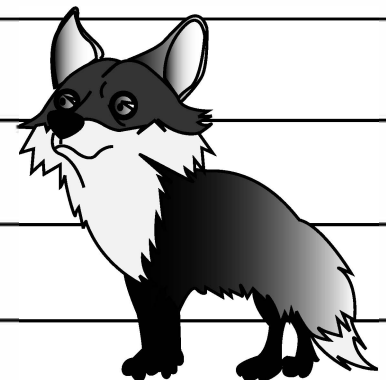
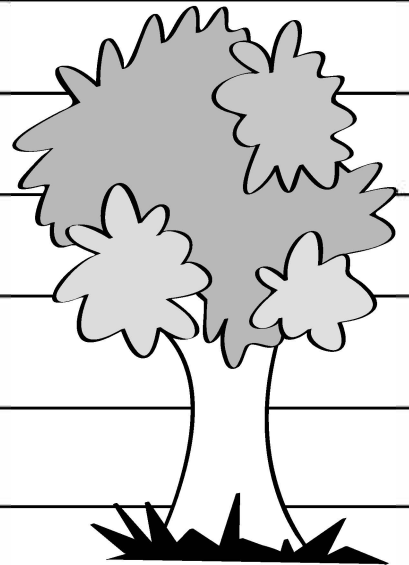
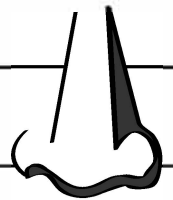


ANAPHYLAXIS

It is pronounced anna-fih-LACK-sis. It is a severe allergic reaction to a substance like foods, stinging insects, medicines and latex.

How many words can you make out of the letters in
ANAPHYLAXIS?

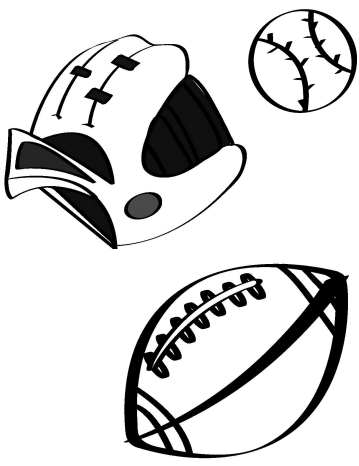
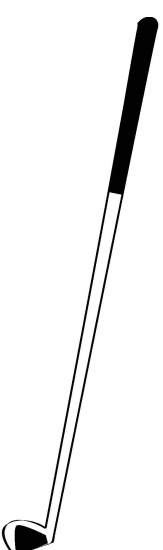
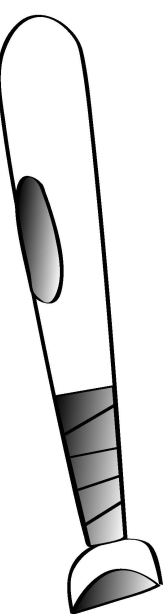
Some clues are drawn for you.



Athletes with Asthma

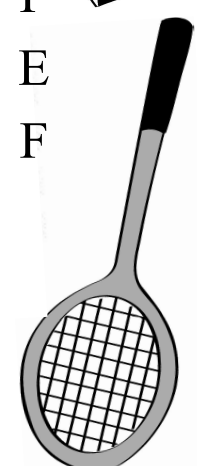
You CAN play sports even if you have asthma. Try to find Andy and Bink's friends who are well known athletes with asthma in the word search. These athletes all know that sports or activities that call for short bursts of activity are least likely to cause asthma symptoms. When there are built-in rest periods - like those available in baseball, football, wrestling, volleyball, softball, tennis, downhill skiing, golf and some track-and-field events - it may be easier to regain breathing control.

S A S X R V T F T D V T F Z O F G M Y P
I M R E H C S I F J T Q O D S A T F A A
N Y Y Q L A C M Z H W U A M R T J A A U
A V E D D I E L A C Y V W S D V T Q K L
G A T Z U I F A N U I G W I N O A K R A
U N Q C B E V E D D I Q H B P U L I E R
O D A S I T T E B E M O R E J X Q A D A
L Y U X V L D E N N I S R O D M A N N D
G K T B P Q C U G F J H Y T I Z N D A C
E E S R E K R E N Y O J E I K C A J V L
R N V Q H H Y F C F P J P E S N F L R I
G R I A R K T I K N Z H R J S H F J E F
G Q M Y F O D B B S Y E N B Y I V P T F
R A S H A D J E N N I N G S T T G E E E
S Y N H D U D H S M T K P I Y C G O P F



David Beckham
Jerome Bettis
Tom Dolan
Amy Van Dyken
TJ Fischer
Rashad Jennings

Jackie Joyner-Kersey
Eddie Lacy
Greg Louganis
Paula Radcliffe
Dennis Rodman
Peter Vanderkaay



Help Ally Write a Letter to Grandma

Fill in the blanks below to complete Ally's letter to their Grandma about what the twins did today.

Dear Grandma,

Today we went on a _____ with our class. We made sure to bring Andy's

_____ and my _____ just in case. While walking in the woods, we

met two new friends, _____ the Bunny and _____ the Squirrel. We

were surprised to find that Scooter was allergic to _____ and Bink had

_____. We talked about how our differences did not make us weird at all.

Scooter told us his mom gives him special treats like _____ and _____.

Then Andy told Bink that his asthma doesn't keep him from being one of the

fastest kids on the _____ team. We never knew that animals could have

asthma and allergies too! Maybe our class will go on another nature walk so we can

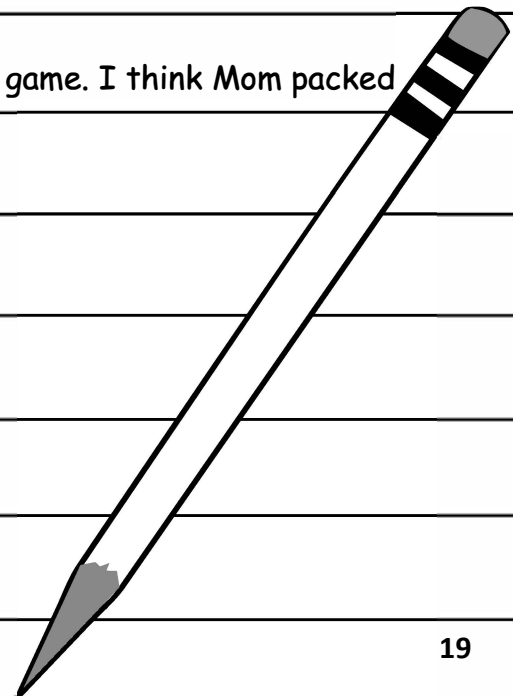
meet up with our new friends.

I have to go because it is time for Andy's soccer game. I think Mom packed

some special _____ just for me. See you soon!

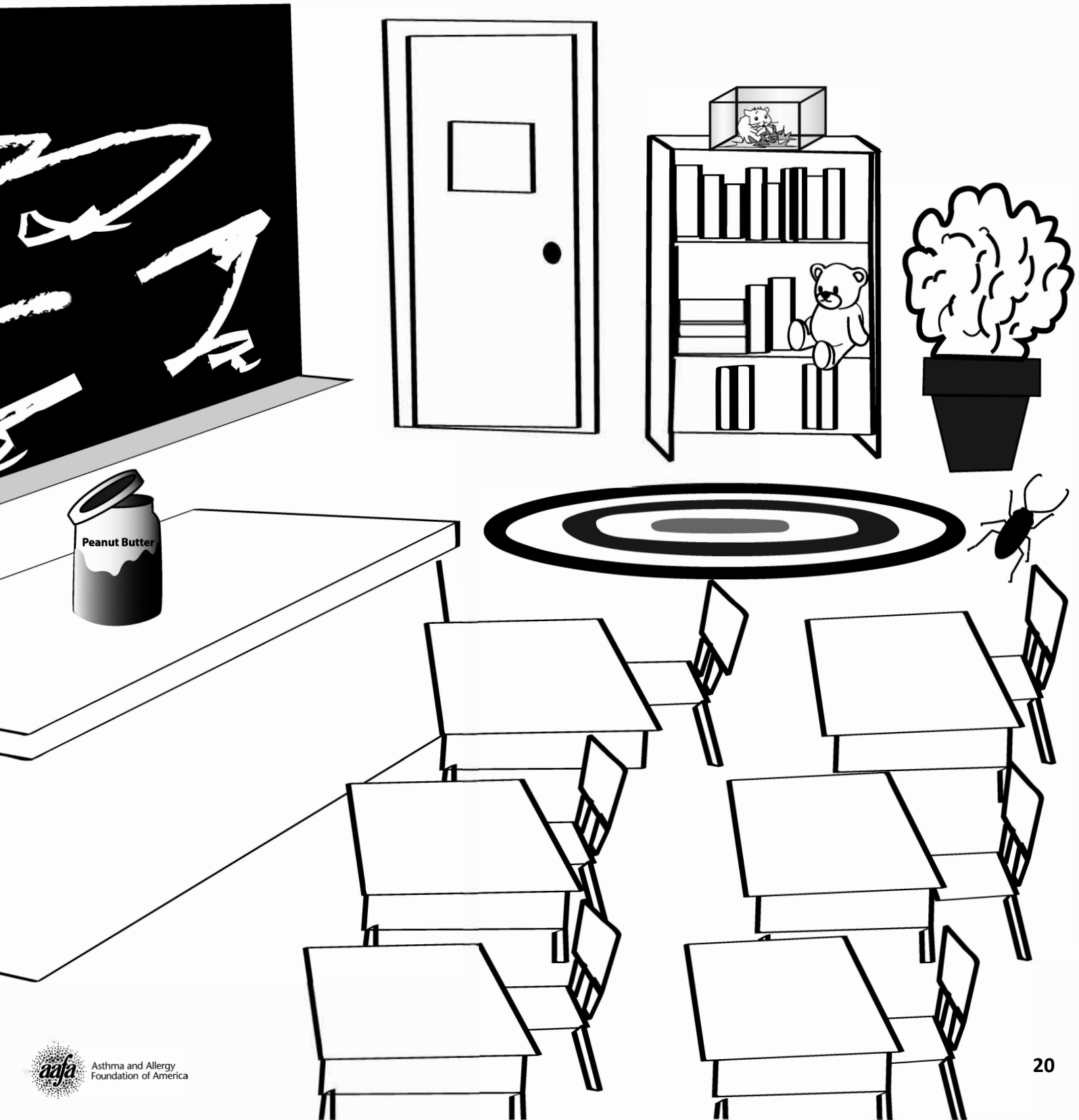
Love,

Ally



Attack of the Allergens

Help Ally and Andy find possible allergens in their classroom.



What Triggers My Asthma?

Asthma attacks (or episodes) are usually triggered by things you are allergic to (allergens), like a pet or by irritants like tobacco smoke. Decorate the bookmark with pictures of the things that sometimes set off your asthma. Is it from laughing too hard at your friend's joke or visiting your grandma who has a cat? Whatever it is, it will help to have a reminder with you in case you forget.

Directions: Color and cut out the pictures that trigger your asthma and then glue each of them to your bookmark. Cut out the bookmark and use it to help keep your place while reading a story.

Hint: To make the bookmark last longer, glue the bookmark to a piece of cutout cardboard, like from an old cereal box.

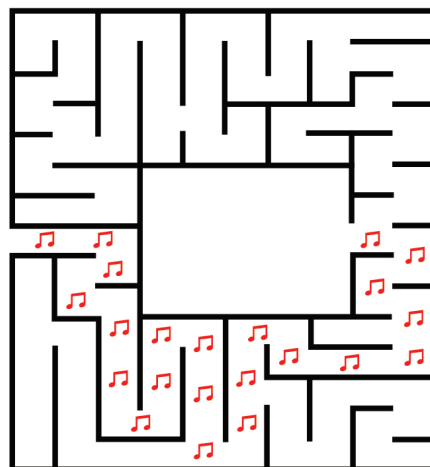


Answer Key

Scooter's Food Allergy Find

W E G X I W X B K Y X P S H K
I G O K E D D S Q Q I L T S Y
O G F I U Y Q D X A E H U I J
J S S H U R E V G E H B N F H
C H S G M K Y Z Q F X B A L Q
U X E S I S G W H E A T E L H
N I Y T L O V I O I S Q P E Y
P U B U K Y I X X T Y Z E H V
N E T N Q O S L Z T A G U S V
L H V E N J Z Y W D H F T V O
S P R E H A J E G V A H Z Q U
V J Y R A E M L G U U M V O I
P S M T C E T L G N N Y Q Y S
F P F O X B K L C W V Z L I I
C J A X N Y B G P N B A C E E

Andy's Messy Maze



Bink's Word Scramble

NOPLLE **POLLEN**
KOMSE **SMOKE**
COAKEHROSC **COCKROACHES**
MANLIA RADDEN **ANIMAL DANDER**
DLMO **MOLD**
HAKCL DUTS **CHALK DUST**
STDU SEIMT **DUST MITES**
FUMREPE **PERFUME**
ASTHMA TRIGGERS

Anaphylaxis

AIL	LAY	PAN	SHINY
AILS	LIP	PANSY	SHIP
ALAS	LIPS	PAY	SHY
ALIAS	LISP	PAYS	SIN
ALPHA	LYNX	PIN	SIP
ALPS	NAIL	PINS	SIX
ASH	NAILS	PITY	SLAIN
ASHY	NAP	PLAIN	SLAP
AXIAL	NAPS	PLAINS	SLAY
HAIL	NASAL	PLAN	SLIP
HAILS	NIP	PLANS	SLY
HAS	NIPS	PLAY	SNAIL
HAY	PAIL	PLAYS	SNAP
HIP	PAILS	PLY	SNIP
HIPS	PAIN	SAIL	SPA
HIS	PAINS	SAP	SPAY
INLAY	PAL	SAX	SPIN
LAP	PALS	SAY	SPINY
		SHIN	SPY

Ally's Food Allergy Frenzy

Across

4. children
6. walnut
7. epinephrine
8. peanut butter

Down

1. allergen
2. swelling
3. milk
5. hives
6. wheat
9. tofu

Athletes with Asthma

S A S X R V T F T D V T F Z O F G M Y P
I M R E H C S I F J I O O S A T F A A
N Y Y Q L A C M Z H W U A M R T J A A U
A V E D D I E L A C Y W S D V T Q K L
G A T Z U I F A N U I G W I N O A K R A
U N Q C B E V E D D I Q H B P U L I E R
O D A S I T T E B E M O R E I A Q A D A
L Y U X V L O E N N I S R O D M A N D
G K T B P O C U G F J H Y T I Z N D A C
E H S R E K K E N Y O J E I K C A I Y L
R N V O H H Y F C F P J P E S N F L R I
G R I A R K T I K N Z H R J S H F J E F
G O M Y F O D B B S Y E N B Y I V P T F
R A S H A D J E N N I N G S T T G E E E
S Y N H D U D H S M T K P I Y C G O P F

Help Ally Write a Letter to Grandma

1. nature walk
2. inhaler
3. epinephrine auto-injector
4. Bink
5. Scooter
6. nuts
7. asthma
8. honeysuckle
9. sweet berries
10. soccer
11. ice cream or brownies

Attack of the Allergens

Chalk dust on the blackboard
Peanut butter on the desk
Rug on the floor
Hamster cage
Stuffed animal
Potted plant
Cockroach

Website Resources for Kids

Preschool Age (Ages 3 to 6)

AAAAI Just for Kids

The main kid's resource page has links to a coloring book, storybook, videos, puzzles and more.

www.aaaai.org/patients/just4kids/default.stm

EPA Dusty the Asthma Goldfish Activity Book

This activity book includes a variety of games (mazes, word finds, coloring, etc.).

It also has information on asthma triggers and prevention. Available in PDF format.

<https://www.epa.gov/asthma/dusty-asthma-goldfish-and-his-asthma-triggers-funbook>

The Breathe Easies

Learn about childhood asthma from activity books and videos from The Breathe Easies.

<http://noattacks.scgcorp.com>

The Lung Association – Asthma Action Program

The Canadian Lung Association operates these sites, where you can download materials for 2 to 6 year olds or 7 to 10 year olds. Fact sheets are available in several languages.

<https://www.on.lung.ca/sslpage.aspx?pid=526>

<http://lung.healthdiary.ca/Guest/SearchResults.aspx?C=27&M=0&K=&N=&S=1&P>

Elementary Age (Ages 7 to 12)

NIEHS Kid's Pages – Asthma & Allergies

This site has basic information and a link to a dust game. Resources are also available in Spanish.

<https://kids.niehs.nih.gov/topics/pollution/asthma-and-allergies/index.htm>

Asthma Kids

The Asthma Society of Canada sponsors this colorful and interactive site for kids, with information, games, a “kids like you” section and resources for parents.

<http://www.asthmakids.ca/>

KidsHealth for Kids – Asthma

Find great general information on asthma, as well as explanations of what it is and how it's treated. Use the search tool to look up other articles on asthma and allergies, too. Also available in Spanish.

http://www.kidshealth.org/kid/asthma_basics/what/asthma.html

Asthma & Allergy Resource Directory

Asthma and Allergy Foundation of America (AAFA)

info@aafa.org

support@aafa.org

www.aafa.org

800-7-ASTHMA

Kids With Food Allergies

www.kidswithfoodallergies.org

215-230-5394

American Academy of Allergy Asthma & Immunology (AAAAI)

www.aaaai.org

414-272-6071

American College of Allergy, Asthma & Immunology (ACAAI)

www.acaai.org

Asthma Camps

For asthma camps nationwide check the regularly updated list at

www.asthmacamps.org or **651-227-8014.**

Acknowledgements

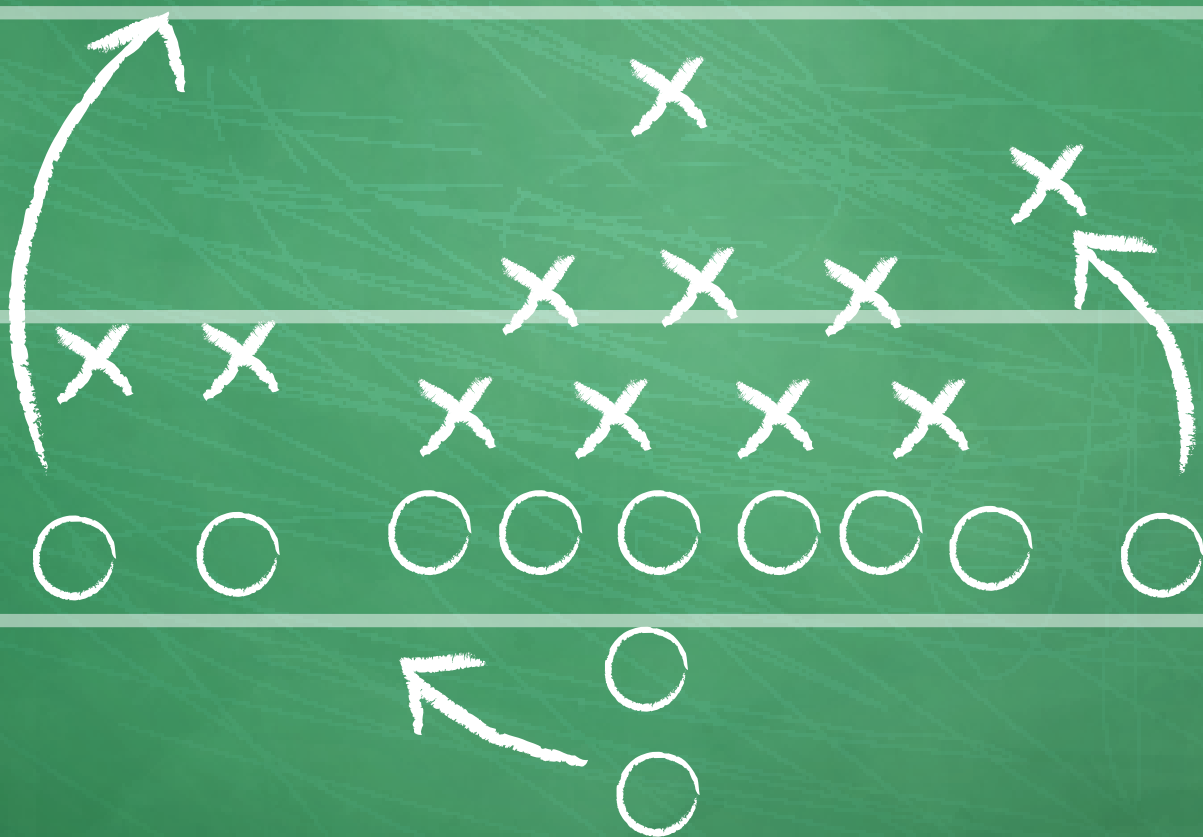
Thank you for your contributions to this project.

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Betsy Stoller
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The #TackleAsthma Playbook

Your game plan so you can
exercise safely with asthma.



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rashad jennings
FOUNDATION



#1

Have an Asthma Action Plan

Name	Date
Doctor	Medical Record #
Doctor's Office Phone #: Day	Night/Weekend
Emergency Contact	
Doctor's Signature	



The Colors of a traffic light will help you use your asthma medicines.

Green means **Go Zone!**
Use preventative medicine.

Yellow means **Caution Zone!**
Add quick-relief medicine.

Red means **Danger Zone!**
Get help from a doctor.

Personal Best Peak Flow _____

GO

You have all of these:

- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work and play

Peak flow from _____ to _____

CAUTION

You have any of these:

- First signs of a cold
- Exposure to known trigger
- Cough
- Tight chest
- Mild wheeze
- Coughing at night

Peak flow from _____ to _____

DANGER

Your asthma is getting worse fast:

- Medicine is not helping
- Breathing is hard and fast
- Nose opens wide
- Ribs show
- Can't talk well

Peak flow reading below _____

Use these daily preventive anti-inflammatory medicines:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

For asthma with exercise, take:

--	--	--

Continue with green zone medicine and add:

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

CALL YOUR PRIMARY CARE PROVIDER.

Take these medicines and call your doctor now.

MEDICINE	HOW MUCH	HOW OFTEN/WHEN

GET HELP FROM A DOCTOR NOW! Do not be afraid of causing a fuss. Your doctor will want to see you right away. It's important! If you cannot contact your doctor, go directly to the emergency room. **DO NOT WAIT.**

Make an appointment with your primary care provider within two days of an ER visit or hospitalization.



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#2

Tackle Asthma in the Zone

Know your asthma zones so you can prevent and defend asthma episodes. Take medicines as instructed by your doctor.

KNOW YOUR ASTHMA ZONES



BREATHING IS GOOD

SIGNS: No cough, wheeze, chest tightness or shortness of breath during day or night. Can work, play, sleep.

ACTION: Take your long-term control medicine daily. You may need quick-relief medicine before you exercise.



BREATHING IS GETTING WORSE

SIGNS: Cough, wheeze, chest tightness or shortness of breath during day or night. Can do some activities.

ACTION: Take your green zone medicine daily and add your quick-relief medicine. If you do not return to the green zone after one hour of treatment, refer to your asthma action plan and call your doctor. Using a rescue inhaler more often is a sign of worsening asthma.



BREATHING IS DIFFICULT

SIGNS: You have *any* of these symptoms: Breathing is hard and fast. Nose opens wide. Ribs show. Can't talk well. Can't do normal activities. Medicine is not helping.

ACTION: CALL YOUR DOCTOR NOW. Go to the hospital or call an ambulance if you are still in the red zone after taking medicines as instructed by your doctor.



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#3

Scope Out the Playing Field

Check the weather, air quality and pollen counts before you exercise outside. There are mobile apps you can use. If air quality or pollen is bad, you may want to exercise indoors. If it is cold and dry outside, cover your mouth and nose with a face mask or scarf.

Air Quality Index Levels of Health Concern

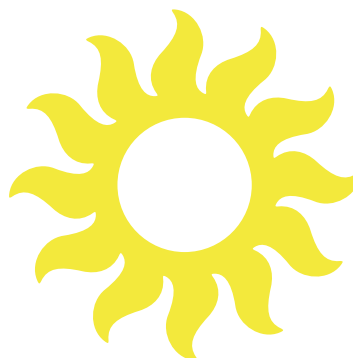
Good

Moderate

Unhealthy for Asthma

Unhealthy for Everyone

Very Unhealthy



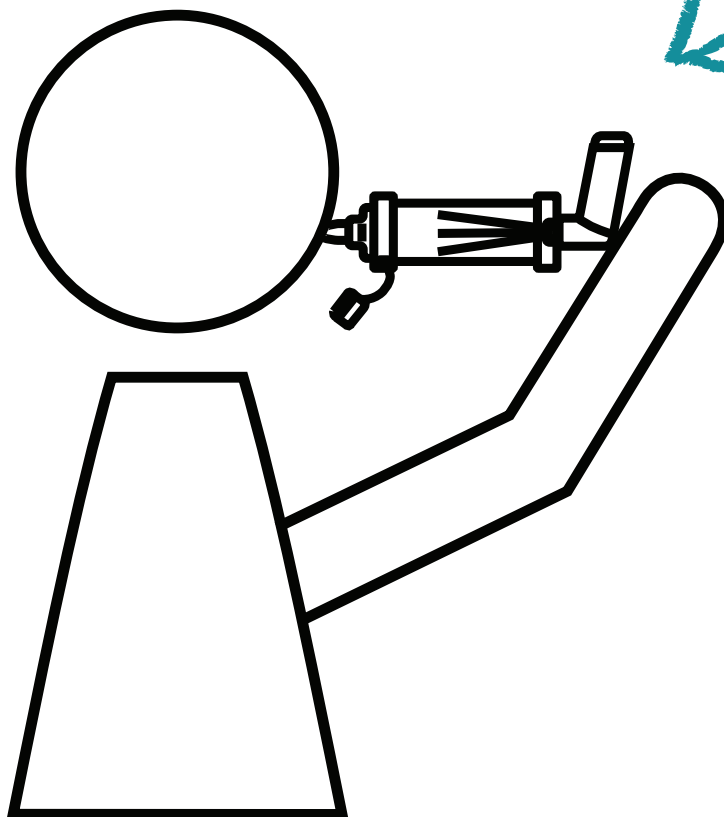
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#4

Bring Your Gear

Carry your quick-relief inhaler (rescue inhaler) and cell phone with you.



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#5

Prepare Your Body



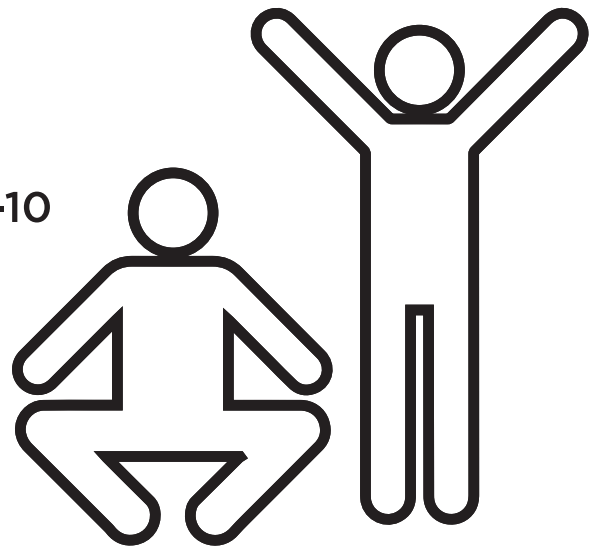
Eat healthy foods.
Drink plenty of water.



Before you exercise,
you may need to treat
your lungs with your
quick-relief inhaler to
prevent an asthma attack.



Be sure to do a 6-10
minute warm-up.



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#6

Take Care of the Player

Watch for signs of asthma before, during and after exercise. Alert your teammates, coaches or exercise buddies if you are having an asthma attack. Follow your asthma action plan and take your medicine.



Common symptoms of asthma include:

- Coughing
- Wheezing (a whistling, squeaky sound when you breathe)
- Shortness of breath
- Rapid breathing
- Chest tightness

Asthma may lead to a medical emergency.



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**#7**

Have Fun and Stay Healthy

Exercise is a part of a healthy lifestyle, even if you have asthma. If you have frequent symptoms with exercise, talk to your doctor. You should be able to take part in activities, sports and exercise without experiencing symptoms.

“I want kids to understand that you can live with asthma, you can overcome asthma, and you can tackle asthma like I did.”

- Rashad Jennings

Running back for the New York Giants

The Asthma and Allergy Foundation of America is dedicated to improving the quality of life for people with asthma and allergic diseases through education, advocacy and support.

Visit us at www.aafa.org to learn more.



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10 SCHOOL PLANNING TIPS

When Your Child Has Food Allergies



Most children with food allergies are happy and attend school safely every day. That safety and happiness is the result of planning and persistence. A key to success is to work cooperatively with the school to form a partnership that will support your child along the way.

Start by asking a lot of questions before your child begins school or attends a new school.



1

Communicate with the school:

- Start early, if possible, in the spring before the next school year
- Find out if your school or school district has a school nurse
- Write to the principal and school nurse – tell them about your child's food allergies and specific needs
- Request a meeting with key people to start the planning process
- Ask if the school/school district has any food allergy management policies in place
- Inquire about staff training
- Get copies of the forms you will need to have filled out before school starts:
 - Medication Authorization forms – these state if your child can self-carry and/or self-administer medicines at school and are required even if the medicine will be stored and administered by school staff
 - Special Dietary Meals Accommodation form – you will need this if your child will be eating meals provided by school
 - Emergency Action Plan (EAP) form – this tells caregivers what to do in case of an allergic emergency
- Work with the school to create a written plan – this is typically either an Individualized Health Plan (IHP) or a 504 plan

2

Visit your child's doctor before school starts to get the following:

- Required prescriptions for emergency medicine (epinephrine auto-injectors)
- Doctor signatures on the forms:
 - Medication Authorization
 - Special Dietary Needs Accommodation
 - Emergency Action Plan

3

Meet with the school nurse or representative before school starts to find out:

- When is the school nurse at your child's school? (Full-time, part-time, available by phone, etc.)
- If the nurse is not at your school, who takes care of students during the school day if they are sick? How does the health room operate during a typical school day?
- Where will your child's emergency medicine be kept **unlocked** during the school day?
- What experience has the school had with food-related emergencies?
- What are the procedures for shelter-in-place and evacuations? How are food and medicines handled during emergencies?
- How are food allergies managed on school buses and during after-school activities?
- How does the school deal with bullying about food allergies? Is there a zero-tolerance policy? Does the school educate students about food allergies?
- Does the school nurse train school staff on managing food allergies? Who and when?



PROUDLY BROUGHT TO YOU BY
**KIDS WITH
FOOD ALLERGIES**
A Division of the Asthma and Allergy
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For more detailed information and a list of resources, please visit kidswithfoodallergies.org.
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Page 1 of 2
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4

Meet with the food services director to find out:

- How the school manages meals in the cafeteria, lunch area or classroom for students with food allergies
- How students with life-threatening food allergies will request meals with safe substitutions once you submit the signed Special Dietary Needs Accommodations form

5

Turn in all completed and signed forms and prescriptions before the first day of school:

- Medication Authorization forms
- Emergency Action Plan (EAP)
- Special Dietary Needs Accommodations Form – if your child will be eating meals provided by the school
- Epinephrine auto-injectors – must be in original package and labeled with your child's name; be sure these will **not expire** during the school year

6

Make an appointment with the teacher to discuss classroom management of food allergies:

- Allergen control strategies in the classroom and during “specials” such as music or art
- Ingredient label reading
- Safe snacks (encourage fresh fruits and vegetables)
- Classroom celebrations (encourage non-food items)
- “No food sharing” rules
- Field trips (Who carries medicine? Can parents attend?, etc.)
- Cleanup after eating or anytime food is brought into the classroom
- Food in classroom activities (encourage non-food curriculum)
- Hand-washing practices before and after eating, or use of hand wipes (not hand sanitizer)
- Alerting substitute teachers about children with food allergies



7

Teach and encourage your child to build age-appropriate skills to manage food allergies:

- Reading food labels, avoiding foods without labels, not sharing food
- Hand-washing or hand wipes (no use of hand sanitizer)
- Self-carrying and how to use an epinephrine auto-injector (discuss readiness to self-carry with your child's doctor)
- Knowing what their body might do if they were to have a reaction
- Telling a grownup if they start to have an allergic reaction at school
- Reporting any bullying or harassment by staff or students
- Sitting with their classmates in the cafeteria
- Riding the bus and/or going on field trips



Periodically check in with your child to ask how they feel at school.

8

Other items your child may need to store at school:

- Hand wipes
- Non-perishable foods for disasters or shelter-in-place situations
- Special snacks or a non-perishable lunch for occasions your child may need them
- Allergy-friendly school supplies

9

Work together to form a partnership with your child's school:

- Document meetings and interactions via email summaries with key staff
- Choose your battles wisely and volunteer when possible
- Offer solutions whenever possible and collaborate with your child's school
- Keep in mind that a friendly approach will help you get a positive result if conflicts start to happen
- Check in periodically with school staff to make sure the plan is working and your child is adjusting

10

Visit kidswithfoodallergies.org for more information about managing food allergies at school.



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Peanut Allergy Avoidance List

Hidden Names for Peanuts

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

Foods covered by the FDA labeling laws that contain peanuts must be labeled in plain English to declare that it "contains peanuts." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for peanut ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN PEANUT

The following ingredients found on a label indicate the presence of peanut protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Arachic oil

Arachis

Arachis hypogaea

Artificial nuts

Beer nuts

Boiled peanuts

**Cold pressed, extruded, or expelled
peanut oil**

Crushed nuts, crushed peanuts

Dry roasted peanuts

Earth nuts

Goober peas

Goobers

Ground nuts, ground peanuts

Hydrolyzed peanut protein

Hypogaeic acid

Mandelonas

Mixed nuts

Monkey nuts

Nu nuts flavored nuts

Nut pieces

Nutmeat

**Peanuts, peanut butter, peanut butter
chips, peanut butter morsels**

Peanut flour

Peanut paste

Peanuts sauce, peanut syrup

Spanish peanuts

Virginia peanuts

MAY CONTAIN PEANUT

Artificial flavoring

Baked goods

Candy

Chili

Chocolate

Crumb toppings

Egg rolls

Enchilada sauce

**Ethnic foods: African, Asian,
Chinese, Indian, Indonesian, Thai,
Vietnamese, Mexican**

Fried foods

Flavoring

Graham cracker crust

Hydrolyzed plant protein

Hydrolyzed vegetable protein

Marzipan

Mole sauce

Natural flavoring

Nougat

MAY NOT BE SAFE

Lupine is a legume that cross-reacts with peanut at a high rate and should be avoided by peanut allergic patients. It does not fall under the labeling requirements of FALCPA. Lupine is also known as lupinus albus and can be found in seed or flour form.

MAY BE SAFE, BUT ASK YOUR ALLERGIST

Peanuts and soybean are in the legume family which includes beans and lentils. Five percent of children allergic to peanuts may react to other legumes. Many years ago, it was common to recommend avoidance of legumes, including soy, because of a peanut allergy but this practice has been proven unnecessary. Ask your allergist what is best for your child.

Some allergy experts advise those allergic to peanuts to avoid all tree nuts. Ask your allergist what is best for your child.

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For more detailed information and a list of resources, please visit **KidsWithFoodAllergies.org**.

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Rev. March 2015



Peanut Allergy Avoidance List




Hidden Names for Peanut

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

The following ingredients found on a label indicate the presence of peanut. All labels should be read carefully before consuming a product, even if it has been used safely in the past. Print and share copies of this list to assist people who shop or label read for your peanut allergic child.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

CUT			FOLD																												
<h3>CONTAIN PEANUT</h3> <table border="0"> <tr> <td>Arachis oil</td> <td>Hydrolyzed peanut protein</td> <td>Peanut oil (cold pressed, extruded or expelled)</td> </tr> <tr> <td>Arachis, Arachis hypogaea</td> <td>Hypogaecic acid</td> <td>Peanut flour, paste, sauce or syrup</td> </tr> <tr> <td>Artificial nuts</td> <td>Mandelonas</td> <td>Spanish peanuts</td> </tr> <tr> <td>Beer nuts Boiled peanuts</td> <td>Mixed nuts</td> <td>Virginia peanuts</td> </tr> <tr> <td>Crushed nuts, crushed peanuts</td> <td>Monkey nuts</td> <td></td> </tr> <tr> <td>Dry roasted peanuts</td> <td>Nu nuts flavored nuts</td> <td></td> </tr> <tr> <td>Earth nuts</td> <td>Nut pieces</td> <td></td> </tr> <tr> <td>Goober peas, goobers</td> <td>Nutmeat</td> <td></td> </tr> <tr> <td>Ground nuts, ground peanuts</td> <td>Peanuts, peanut butter, peanut butter chips, peanut butter morsels</td> <td></td> </tr> </table>			Arachis oil	Hydrolyzed peanut protein	Peanut oil (cold pressed, extruded or expelled)	Arachis, Arachis hypogaea	Hypogaecic acid	Peanut flour, paste, sauce or syrup	Artificial nuts	Mandelonas	Spanish peanuts	Beer nuts Boiled peanuts	Mixed nuts	Virginia peanuts	Crushed nuts, crushed peanuts	Monkey nuts		Dry roasted peanuts	Nu nuts flavored nuts		Earth nuts	Nut pieces		Goober peas, goobers	Nutmeat		Ground nuts, ground peanuts	Peanuts, peanut butter, peanut butter chips, peanut butter morsels		<h3>MAY CONTAIN PEANUT</h3> <p>Artificial flavoring, flavoring, natural flavoring Hydrolyzed plant protein Hydrolyzed vegetable protein Nougat</p> <p>Ask your doctor before eating: Tree nuts, and lupine or lupinus albus</p> <p>All labels should be read carefully before consuming a product, even if it has been used safely in the past.</p> <p> KIDS WITH FOOD ALLERGIES A Division of the Asthma and Allergy Foundation of America</p> <p>For more detailed information and a list of resources, please visit: KidsWithFoodAllergies.org.</p> <p>Copyright ©2014, Kids With Food Allergies, A Division of the Asthma and Allergy Foundation of America, all rights reserved. Rev. March 2015</p>	
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Tree Nut Allergy Avoidance List

Hidden Names for Tree Nuts

Foods covered by the FDA labeling laws that contain tree nuts must be labeled in plain English to declare that it “contains almonds”, for example. However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for tree nut ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN TREE NUTS

The following ingredients found on a label indicate the presence of tree nut protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

COMMON NAMES

Almond
Beechnut
Brazil nut
Bush nut
Butternut
Cashew
Chestnut
Coconut*
Filbert
Ginko nut
Hazelnut
Hickory nut
Lichee nut
Macadamia nut
Nangai nut
Pecan
Pine nut
Pistachio
Shea nut
Walnut

MAY CONTAIN TREE NUTS

Artificial flavoring
Baked goods
Mortadella
Natural flavoring
Nougat
Pesto

*The FDA lists coconut as a tree nut.

In fact, coconut is a seed of a drupaceous fruit. Most people allergic to tree nuts can safely eat coconut. Coconut allergy is reasonably rare. If you are allergic to tree nuts, talk to your allergist before adding coconut to or eliminating coconut from your diet.

MAY NOT BE SAFE

Peanuts are legumes and are not related to tree nuts (almonds, walnuts, cashews, etc.). Doctors often recommend that young children avoid tree nuts if they are allergic to peanuts. This is because it is fairly common to be “co-allergic” to tree nuts if a child is allergic to peanuts.

MAY BE SAFE, BUT ASK YOUR ALLERGIST

There is a high degree of cross-reactivity between cashew and pistachio and between walnut and pecan. Most people who are allergic to one tree nut are not allergic to all tree nuts. But some doctors will advise their patients to avoid all tree nuts if allergic to one or more tree nuts. Check with your doctor to find out if you need to avoid all tree nuts.

Please see reverse side for the complete list of tree nut names.

COMPLETE LIST OF TREE NUT NAMES

Almond

Almond paste

Anacardium nuts

Anacardium occidentale (Anacardiaceae)

[botanical name, Cashew]

Artificial nuts

Beech nut

Brazil nut

Bertholletia excelsa (Lecythidaceae)

[botanical name, Brazil nut]

Bush nut

Butternut

Butyrospermum Parkii

[botanical name, Shea nut]

Canarium ovatum Engl. in A. DC. (Burseraceae)

[botanical name, Pili nut]

Caponata

Carya illinoensis (Juglandaceae)

[botanical name, Pecan]

Carya spp. (Juglandaceae)

[botanical name, Hickory nut]

Cashew

Castanea pumila (Fagaceae)

[botanical name, Chinquapin]

Castanea spp. (Fagaceae)

[botanical name, Chestnut (Chinese, American, European, Seguin)]

Chestnut

(Chinese, American, European, Seguin)

Chinquapin

Coconut*

Cocos nucifera L. (Arecaceae (alt. Palmae))

[botanical name, Coconut]

Corylus spp. (Betulaceae)

[botanical name, Filbert/hazelnut]

Filbert

Fagus spp. (Fagaceae)

[botanical name, Beech nut]

Gianduja

Ginko nut

Ginkgo biloba L. (Ginkgoaceae)

[botanical name, Ginko nut]

Hazelnut

Heartnut

Hickory nut

Indian nut

Juglans cinerea (Juglandaceae)

[botanical name, Butternut]

Juglans spp. (Juglandaceae)

[botanical name, Walnut, Butternut, Heartnut]

Karite (shea nut)

Lichee nut

Litchi chinensis Sonn. Sapindaceae

[botanical name, Lichee nut]

Lychee nut

Macadamia nut

Macadamia spp. (Proteaceae)

[botanical name, Macadamia nut/
Bush nut]

Mandelonas

Marzipan

Mashuga nuts

Nangai nuts

Natural nut extract

(for example, Almond extract)

Nougat

Nu-Nuts®

Nut butters

(e.g., Almond butter, Hazelnut butter, Brazil nut butter, Macadamia nut butter, Pistachio nut butter, Shea nut butter, Karike butter, as well as other nut butters)

Nut meal

Nutella®

Nutmeat

Nut oil

(e.g., Walnut oil as well as other nut oils)

Nut paste

Nut pieces

Pecan

Pigñolia

Pili nut

Pine nut

Pine nut

(Indian, piñon, pinyon, pigndi, pigñolia, pignon nuts)

Pinon nut

Piñon or Piñon nut

Pinus spp. (Pineaceae)

[botanical name, Pine nut/piñon nut]

Pistachio

Pistacia vera L. (Anacardiaceae)

[botanical name, Pistachio]

Pralines

Prunus dulcis (Rosaceae)

[botanical name, Almond]

Shea nut

Sheanut

Vitellaria paradoxa C.F. Gaertn. (Sapotaceae)

[botanical name, Shea nut]

Walnut

(English, Persian, Black, Japanese, California)

Egg Allergy Avoidance List

Hidden Names for Egg

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

Foods covered by the FDA labeling laws that contain eggs must be labeled in plain English to declare that it "contains eggs." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for egg ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN EGG

The following ingredients found on a label indicate the presence of egg protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Albumin

Apovitellin

**Cholesterol free egg substitute
(e.g. Eggbeaters®)**

Dried egg solids, dried egg

Egg, egg white, egg yolk

Egg wash

Eggnog

Fat substitutes

Globulin

Livetin

Lysozyme

Mayonnaise

Meringue, meringue powder

Ovalbumin

Ovoglobulin

Ovomucin

Ovomucoid

Ovotransferrin

Ovovitelia

Ovovitellin

Powdered eggs

Silici albuminate

Simplese

Surimi

Trailblazer

Vitellin

Whole egg

MAY CONTAIN EGG

Artificial flavoring

Baked goods

Lecithin

Natural flavoring

Nougat

Pasta

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Egg Allergy Avoidance List

Hidden Names for Egg

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

The following ingredients found on a label indicate the presence of egg. All labels should be read carefully before consuming a product, even if it has been used safely in the past. Print and share copies of this list to assist people who shop or label read for your egg allergic child.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

CONTAIN EGG			MAY CONTAIN EGG	
Albumin	Fat substitutes	Ovotransferrin	Artificial flavoring	Natural flavoring
Apovitellin	Globulin	Ovovitelina	Baked goods	Nougat
Cholesterol free egg substitute (e.g. Eggbeaters®)	Livetin	Ovovitellin	Lecithin	Pasta
Dried egg solids, dried egg	Lysozyme	Powdered eggs		
Egg, egg white, egg yolk	Mayonnaise	Silici albuminate		
Egg wash	Meringue, meringue powder	Simplese		
Eggnog	Ovalbumin	Trailblazer		
	Ovoglobulin	Vitellin		
	Ovomucoid			
	Ovomucin			
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Milk Allergy Avoidance List

Hidden Names for Milk

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

Foods covered by the FDA labeling laws that contain milk must be labeled in plain English to declare that it "contains milk." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for milk ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN MILK

The following ingredients found on a label indicate the presence of milk protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Milk — acidophilus milk, buttermilk, buttermilk blend, buttermilk solids, cultured milk, condensed milk, dried milk, dry milk solids (DMS), evaporated milk, fat free milk, fully cream milk powder, goat's milk, Lactaid® milk, lactose free milk, low fat milk, malted milk, milk derivative, milk powder, milk protein, milk solids, milk solid pastes, nonfat dry milk, nonfat milk, nonfat milk solids, pasteurized milk, powdered milk, sheep's milk, skim milk, skim milk powder, sour milk, sour milk solids, sweet cream buttermilk powder, sweetened condensed milk, sweetened condensed skim milk, whole milk, 1% milk, 2% milk

Butter — artificial butter, artificial butter flavor, butter, butter extract, butter fat, butter flavored oil, butter solids, dairy butter, natural butter, natural butter flavor, whipped butter

Casein & caseinates — ammonium caseinate, calcium caseinate, hydrolyzed casein, iron caseinate magnesium caseinate, potassium caseinate, sodium caseinate, zinc caseinate

Cheese — cheese (all types), cheese flavor (artificial and natural), cheese food, cottage cheese, cream cheese, imitation cheese, vegetarian cheeses with casein

Cream, whipped cream

Curds

Custard

Dairy product solids

Galactose

Ghee

Half & Half

Hydrolysates — casein hydrolysate, milk protein hydrolysate, protein hydrolysate, whey hydrolysate, whey protein hydrolysate

Ice cream, ice milk, sherbet

Lactalbumin, lactalbumin phosphate

Lactate solids

Lactyc yeast

Lactitol monohydrate

Lactoglobulin

Lactose

Lactulose

Milk fat, anhydrous milk fat

Nisin preparation

Nougat

Pudding

Quark

Recaldent

Rennet, rennet casein

Simplese® (fat replacer)

Sour cream, sour cream solids, imitation sour cream

Whey — acid whey, cured whey, delactosed whey, demineralized whey, hydrolyzed whey, powdered whey, reduced mineral whey, sweet dairy whey, whey, whey protein, whey protein concentrate, whey powder, whey solids

Yogurt (regular or frozen), yogurt powder

MAY CONTAIN MILK

Natural flavoring

Flavoring

Caramel flavoring

High protein flour

Lactic acid (usually not a problem)

Lactic acid starter culture

"Non-dairy" products may contain casein

Rice cheese

Soy cheese

SHOULD BE SAFE

These milk derivatives should be safe for most individuals with milk allergy, but check with your doctor before using.

Lactoferrin

Tagatose (Naturlose®)

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Milk Allergy Avoidance List

Hidden Names for Milk

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

Foods covered by the FDA labeling laws that contain milk must be labeled in plain English to declare that it "contains milk." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for milk ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

CUT

CONTAIN MILK

Butter

Casein & caseinates

Cheese

Cream, whipped cream

Curds

Custard

Dairy product solids

Galactose

Ghee

Half & Half

Hydrolysates

Ice cream, ice milk, sherbet

Lactalbumin

Lactate solids

Lactyc yeast

Lactitol

monohydrate

Lactoglobulin

Lactose

Lactulose

Milk, milk fat

Nisin preparation

Nougat

Pudding

Quark

Recaldent

Rennet

Simplese®

Sour cream

Whey

Yogurt

MAY CONTAIN MILK

Artificial flavoring

Natural flavoring

Caramel flavoring

Flavoring

High protein flour

Lactic acid, lactic acid starter culture

"Non-dairy" products

Rice cheese, soy cheese

All labels should be read carefully before consuming a product, even if it has been used safely in the past.

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CONTAIN MILK

Butter

Casein & caseinates

Cheese

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Ice cream, ice milk, sherbet

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Lactitol

monohydrate

Lactoglobulin

Lactose

Lactulose

Milk, milk fat

Nisin preparation

Nougat

Pudding

Quark

Recaldent

Rennet

Simplese®

Sour cream

Whey

Yogurt

MAY CONTAIN MILK

Artificial flavoring

Natural flavoring

Caramel flavoring

Flavoring

High protein flour

Lactic acid, lactic acid starter culture

"Non-dairy" products

Rice cheese, soy cheese

All labels should be read carefully before consuming a product, even if it has been used safely in the past.

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Butter

Casein & caseinates

Cheese

Cream, whipped cream

Curds

Custard

Dairy product solids

Galactose

Ghee

Half & Half

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Ice cream, ice milk, sherbet

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Nisin preparation

Nougat

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Simplese®

Sour cream

Whey

Yogurt

MAY CONTAIN MILK

Artificial flavoring

Natural flavoring

Caramel flavoring

Flavoring

High protein flour

Lactic acid, lactic acid starter culture

"Non-dairy" products

Rice cheese, soy cheese

All labels should be read carefully before consuming a product, even if it has been used safely in the past.

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Wheat Allergy Avoidance List

Hidden Names for Wheat

Reviewed by Debra A. Indorato RD, LDN

Foods covered by the FDA labeling laws that contain wheat must be labeled in plain English to declare that it "contains wheat." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for wheat ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN WHEAT

The following ingredients found on a label indicate the presence of wheat protein. Read all labels carefully before consuming a product, even if it has been used safely in the past.

All-purpose flour

Bread — any type made with white flour, wheat flour; bread crumbs

Bulgur

Cereal extract

Couscous

Cracker meal

Einkorn

Emmer — also known as farro

Farina

Flour — atta, club, common, durum, einkorn, emmer, farina, graham, kamut, maida, semolina, spelt, triticale, triticum

Flour — all purpose, bread, bromated, cake, enriched, high gluten, high protein, instant pastry, phosphated, plain, soft wheat, steel ground, stone ground, self-rising, unbleached, white, whole wheat

Fu

Gluten — wheat gluten, vital gluten, vital wheat gluten, fu

Kamut® — khorasan wheat

Malt, malt extract

Matzo — Matzo meal (also spelled as matzoh, matzah, or matza)

Noodles, pasta

Seitan

Semolina

Spelt

Tabbouleh

Triticale

Triticum

Wheat, whole wheat — wheat berries, wheat bran, whole wheat bread, whole wheat flour, wheat germ, wheat germ oil, wheat protein isolate, wheat starch, wheat sprouts, sprouted wheat

Wheatgrass

WHEAT IS SOMETIMES FOUND IN

Artificial flavoring, natural flavoring

Caramel color

Dextrin

Food starch*, gelatinized starch, modified starch, modified food starch, vegetable starch

Glucose syrup

Hydrolyzed vegetable protein (HVP)

Maltodextrin

Monosodium glutamate, MSG

Oats**

Soy sauce, shoyu, tamari, teriyaki sauce

Surimi

Textured vegetable protein

Vegetable gum

Wheat may be an added ingredient in flours, baked goods and other products made with alternative grains, such as rice crackers.

*Unless otherwise stated on the food label, the single word "starch" in an ingredient list means corn starch. Starches from other sources should be designated by some non-misleading term that indicates the source of such starch, for example, "wheat starch." See: **Starches Common or Usual Names (FDA)** tinyurl.com/FDAStarches

**Wheat-free and gluten-free oats can be found from special suppliers.

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Wheat Allergy Avoidance List

Hidden Names for Wheat

Reviewed by Debra A. Indorato RD, LDN

TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

The following ingredients found on a label indicate the presence of wheat protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past. Print and share copies of this list to assist people who shop or label read for your wheat allergic child.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

CONTAIN WHEAT		WHEAT IS SOMETIMES FOUND IN	
<p>CUT</p> <p>Bread (any type made with white flour, wheat flour; bread crumbs)</p> <p>Bulgur</p> <p>Cereal extract</p> <p>Couscous</p> <p>Cracker meal</p> <p>Einkorn</p> <p>Emmer (farro)</p> <p>Farina</p> <p>Flour and types of flour (all-purpose flour, atta, club, common, durum, einkorn, emmer, farina, graham, kamut, maida, semolina, spelt, triticale, triticum, bread,</p>	<p>bromated, cake, enriched, high gluten, high protein, instant pastry, phosphated, plain, soft wheat, steel ground, stone ground, self-rising, unbleached, white, whole wheat)</p> <p>Fu</p> <p>Gluten (wheat gluten, vital gluten, vital wheat gluten, fu)</p> <p>Kamut® (khorasan wheat)</p> <p>Malt, malt extract</p> <p>Matzo (matzo meal, matzoh, matzah, matza)</p>	<p>Noodles, pasta</p> <p>Seitan</p> <p>Semolina</p> <p>Spelt</p> <p>Tabbouleh</p> <p>Triticale</p> <p>Triticum</p> <p>Wheat, whole wheat, wheat berries, wheat bran, whole wheat bread, whole wheat flour, wheat germ, wheat germ oil, wheat protein isolate, wheat starch, wheat sprouts, sprouted wheat</p> <p>Wheatgrass</p>	<p>FOLD</p> <p>Artificial flavoring, natural flavoring</p> <p>Caramel color</p> <p>Dextrin</p> <p>Food starch, gelatinized starch, modified starch, modified food starch, vegetable starch</p> <p>Glucose syrup</p> <p>Hydrolyzed vegetable protein (HVP)</p> <p>Maltodextrin</p> <p>Monosodium glutamate, MSG</p> <p>Oats</p> <p>Soy sauce, shoyu, tamari, teriyaki sauce</p> <p>Surimi</p> <p>Textured vegetable protein</p> <p>Vegetable gum</p>
<p>CONTAIN WHEAT</p> <p>Bread (any type made with white flour, wheat flour; bread crumbs)</p> <p>Bulgur</p> <p>Cereal extract</p> <p>Couscous</p> <p>Cracker meal</p> <p>Einkorn</p> <p>Emmer (farro)</p> <p>Farina</p> <p>Flour and types of flour (all-purpose flour, atta, club, common, durum, einkorn, emmer, farina, graham, kamut, maida, semolina, spelt, triticale, triticum, bread,</p>		<p>WHEAT IS SOMETIMES FOUND IN</p> <p>Artificial flavoring, natural flavoring</p> <p>Caramel color</p> <p>Dextrin</p> <p>Food starch, gelatinized starch, modified starch, modified food starch, vegetable starch</p> <p>Glucose syrup</p> <p>Hydrolyzed vegetable protein (HVP)</p> <p>Maltodextrin</p> <p>Monosodium glutamate, MSG</p> <p>Oats</p> <p>Soy sauce, shoyu, tamari, teriyaki sauce</p> <p>Surimi</p> <p>Textured vegetable protein</p> <p>Vegetable gum</p>	
<p>CONTAIN WHEAT</p> <p>Bread (any type made with white flour, wheat flour; bread crumbs)</p> <p>Bulgur</p> <p>Cereal extract</p> <p>Couscous</p> <p>Cracker meal</p> <p>Einkorn</p> <p>Emmer (farro)</p> <p>Farina</p> <p>Flour and types of flour (all-purpose flour, atta, club, common, durum, einkorn, emmer, farina, graham, kamut, maida, semolina, spelt, triticale, triticum, bread,</p>		<p>WHEAT IS SOMETIMES FOUND IN</p> <p>Artificial flavoring, natural flavoring</p> <p>Caramel color</p> <p>Dextrin</p> <p>Food starch, gelatinized starch, modified starch, modified food starch, vegetable starch</p> <p>Glucose syrup</p> <p>Hydrolyzed vegetable protein (HVP)</p> <p>Maltodextrin</p> <p>Monosodium glutamate, MSG</p> <p>Oats</p> <p>Soy sauce, shoyu, tamari, teriyaki sauce</p> <p>Surimi</p> <p>Textured vegetable protein</p> <p>Vegetable gum</p>	

PROUDLY BROUGHT TO YOU BY



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Soy Allergy Avoidance List

Hidden Names for Soy

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

Foods covered by the FDA labeling laws that contain soy must be labeled in plain English to declare that it "contains soy." However, there are many foods and products that are not covered by FDA allergen labeling laws, so it is still important to know how to read a label for soy ingredients.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.



CONTAIN SOY

The following ingredients found on a label indicate the presence of soy protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Bean curd	Soya
Edamame (soybeans in pods)	Soya Flour
Hydrolyzed soy protein	Soybeans
Kinnoko flour	Soybean granules
Kyodofu (freeze dried tofu)	Soybean curd
Miso	Soybean flour
Natto	Soy lecithin*
Okara (soy pulp)	Soybean paste
Shoyu sauce	Supro
Soy albumin	Tamari
Soy bran	Tempeh
Soy concentrate	Teriyaki sauce
Soy fiber	Textured soy flour (TSF)
Soy flour	Textured soy protein (TSP)
Soy formula	Textured vegetable protein (TVP)
Soy grits	Tofu
Soy milk	Yakidofu
Soy miso	Yuba (bean curd)
Soy nuts	
Soy nut butter	
Soy protein, soy protein concentrate, Soy protein isolate	
Soy sauce	
Soy sprouts	

MAY CONTAIN SOY

Artificial flavoring
Asian foods (e.g. Japanese, Chinese, Thai, etc.)
Hydrolyzed plant protein
Hydrolyzed vegetable protein (HVP)
Natural flavoring
Vegetable broth
Vegetable gum
Vegetable starch

SHOULD BE SAFE

Soy oil (except cold pressed, expeller pressed or extruded soybean oil)

Vegetable oil derived from soy

These soy derivatives should be safe for most soy-allergic individuals.

*Products that are covered by the FDA labeling laws and contain soy lecithin must be labeled "contains soy."

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Soy Allergy Avoidance List

Hidden Names for Soy

Compiled by Debra A. Indorato RD, LDN, member of KFA's Medical Advisory Team

TAKE ALL FOOD ALLERGIES SERIOUSLY ■ TRACE AMOUNTS OF FOOD CAN CAUSE A REACTION

The following ingredients found on a label indicate the presence of soy protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past. Print and share copies of this list to assist people who shop or label read for your soy allergic child.

Products exempt from plain English labeling rules: foods that are not regulated by the FDA (tinyurl.com/KFA-FALCPA), cosmetics and personal care products, prescription and over-the-counter medications or supplements, pet food, toys and crafts.

CUT			FOLD	
CONTAIN SOY			MAY CONTAIN SOY	SHOULD BE SAFE
Soy flour, soybean flour	Kyodofu	Textured vegetable protein	Artificial flavoring, natural flavoring	Soy oil or vegetable oil
Soy lecithin	Soy nuts, soy nut butter	Soy albumin	Hydrolyzed plant protein or hydrolyzed vegetable protein	
Bean curd	Tempeh	Soy sprouts	Vegetable broth, vegetable gum or vegetable starch	
Edamame, soybeans	Miso	Tofu		
Soy formula, soy milk	Soy protein	Soy bran, Soy fiber		
Soybean paste	Teriyaki sauce	Soya, soya flour		
Hydrolyzed soy protein	Natto concentrate, soy protein	Yakidofu		
Soy grits	Textured soy flour	Soy concentrate		
Supro	Okara isolate	Soybean granules		
Kinnoko flour	Textured soy protein	Yuba		
Soy miso	Shoyu sauce	Soybean curd		
Tamari	Soy sauce			
CUT			FOLD	
CONTAIN SOY			MAY CONTAIN SOY	SHOULD BE SAFE
Soy flour, soybean flour	Kyodofu	Textured vegetable protein	Artificial flavoring, natural flavoring	Soy oil or vegetable oil
Soy lecithin	Soy nuts, soy nut butter	Soy albumin	Hydrolyzed plant protein or hydrolyzed vegetable protein	
Bean curd	Tempeh	Soy sprouts	Vegetable broth, vegetable gum or vegetable starch	
Edamame, soybeans	Miso	Tofu		
Soy formula, soy milk	Soy protein	Soy bran, Soy fiber		
Soybean paste	Teriyaki sauce	Soya, soya flour		
Hydrolyzed soy protein	Natto concentrate, soy protein	Yakidofu		
Soy grits	Textured soy flour	Soy concentrate		
Supro	Okara isolate	Soybean granules		
Kinnoko flour	Textured soy protein	Yuba		
Soy miso	Shoyu sauce	Soybean curd		
Tamari	Soy sauce			
CUT			FOLD	
CONTAIN SOY			MAY CONTAIN SOY	SHOULD BE SAFE
Soy flour, soybean flour	Kyodofu	Textured vegetable protein	Artificial flavoring, natural flavoring	Soy oil or vegetable oil
Soy lecithin	Soy nuts, soy nut butter	Soy albumin	Hydrolyzed plant protein or hydrolyzed vegetable protein	
Bean curd	Tempeh	Soy sprouts	Vegetable broth, vegetable gum or vegetable starch	
Edamame, soybeans	Miso	Tofu		
Soy formula, soy milk	Soy protein	Soy bran, Soy fiber		
Soybean paste	Teriyaki sauce	Soya, soya flour		
Hydrolyzed soy protein	Natto concentrate, soy protein	Yakidofu		
Soy grits	Textured soy flour	Soy concentrate		
Supro	Okara isolate	Soybean granules		
Kinnoko flour	Textured soy protein	Yuba		
Soy miso	Shoyu sauce	Soybean curd		
Tamari	Soy sauce			



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