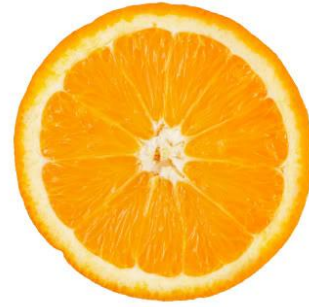


Prep School Performance Nutrition News with *Kathleen Searles, MS, RD, LDN*



(978) 697-2834
www.lunchbox-nutritionist.com

Nutritionist. Speaker. Consultant.

May is here and another school year is wrapping up. I hope that your year has seen good things for your students and your school! This month Prep School Performance Nutrition News is focused on food allergies and intolerances, an issue that seems to be more and more common for our students and faculty. I hope that this answers some questions for you! As I look ahead to the 2012-2013 school year I would love to know what topics you would like to hear more about. What nutrition issues do you see at your school? What would you like to understand better so that you can help your students? I look forward to hearing from you at ksearles@lunchbox-nutritionist.com.

- **Kathleen Searles, MS, RD, LD**

P.S. If you are making a change for next year, please be sure to update your e-mail address so that you will continue to receive Prep School Performance Nutrition News!

Beyond the Peanut Free Zone - Common Food Allergens



We've all heard about peanut free zones in school, but peanuts are just one of the common food allergies our students may be concerned with. Food allergies are immune system reactions to proteins in food. Symptoms of food allergy can include hives, digestive problems, swollen airways, or even life-threatening

News and Events: Culinary Management Symposium - June 25-26

I want to let you know about a great opportunity for your food service management team! On June 25 and 26 the Culinary Management Symposium will be held in Atlanta, GA. Topics will include local and sustainable food purchasing, financial reporting, allergy awareness training, HACCP program training, food safety and sanitation (including ServSafe® certification), adolescents and sports nutrition, and tips to satisfy the Asian palate. For details and to register visit www.CulinaryManagementSolutions.com and click on Symposium. Hope to see you there!

Kathleen Searles, MS, RD, LDN
978-697-2834

ksearles@lunchboxnutritionist.com

Latex Allergies and Food

Interestingly enough, the proteins in some foods are similar to the proteins in latex. The "latex fruit syndrome" is a cross-reactivity similar to oral allergy syndrome. The foods most commonly cross-reactive to latex are bananas, kiwi, avocado, and chestnuts. For more information on latex allergies and food, go to:

anaphylaxis. (www.mayoclinic.com) Since the 2006 implementation of the Food Allergen Labeling and Consumer Protection Act food manufacturers have been required to clearly label if their product contains any of the eight common food allergens. These are wheat, soy, fish, shellfish, milk, eggs, tree nuts, and peanuts.

Schools can take the following measures to help protect students with food allergies:

- Label menu items that contain potential allergens, especially if the allergen is not obvious
- Educate food service staff about avoiding cross-contamination of foods with potential allergens during preparation and storage
- Establish dorm food policies that keep foods with allergens separate from other foods (such as a special drawer or cupboard for foods that contain nuts)
- Be sure that allergen free snacks are available at school events and for travel for sports
- Share information about food allergies with food service management so adequate menu options are offered
- Provide storage space in the dining room/servery for special products that students may require on a routine basis (such as rice milk or wheat free bread)

For a very complete guide on managing food allergies in the school setting, go to:

<http://www.nsba.org/Board-Leadership/SchoolHealth/Food-Allergy-Policy-Guide.pdf>

©2012 Kathleen Searles, MS, RD, LDN

<http://www.latexallergyresources.org/cross-reactive-food>

©2012 Kathleen Searles, MS, RD, LDN

Allergy or Intolerance?

The classic definition of food allergy, as noted elsewhere, is an immune system reaction to a food. There are, however, other types of food sensitivities or intolerances. Here are some common examples:

Milk - A milk allergy is an immune reaction to the protein in milk. For some individuals, however, it is the carbohydrate in milk (lactose) that is the problem. This is called lactose intolerance and it usually leads to bloating, gassiness, or diarrhea. The popular "Lact-Aid" milk has been treated with an enzyme to break down the lactose for easier digestion.

Wheat - As with milk, persons can be sensitive to the protein or the carbohydrate found in wheat. Allergies to wheat protein occur in children and tend to be outgrown by adulthood. Those with true wheat allergy can usually tolerate other grains.

Celiac disease is an auto-immune condition with intolerance to the protein gluten, which is found in wheat, rye and barley. In celiac disease gluten damages the lining of the intestinal tract leading to digestive distress and poor absorption of food and nutrients. Another form of wheat intolerance is sensitivity to the carbohydrates in wheat, such as fructans. In this case, the carbohydrates are not completely digested, leading to discomfort in the digestive tract, diarrhea, or constipation.

©2012 Kathleen Searles, MS, RD, LDN

Oral Allergy Syndrome

Oral allergy syndrome (OAS) is a cross-reactivity form of food allergy. This occurs when a person who is allergic to a particular type of pollen reacts to a food with proteins similar to the offending pollen.

Symptoms include itchiness or tingling in the mouth and throat. The person with OAS may feel as if his/her throat is swelling. An example of OAS would be someone who is allergic to birch pollen and also cannot tolerate apples, carrots, celery, peaches, or pears. For more info on OAS, also called pollen-food allergy syndrome, see

<http://www.mayoclinic.com/health/food-allergy/ds00082/dsection=symptoms>.

©2012 Kathleen Searles, MS, RD, LDN