

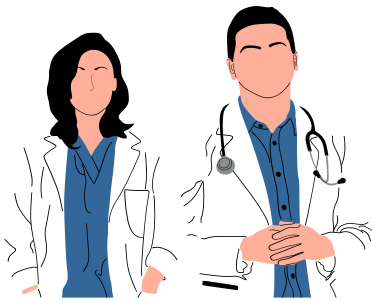


# ASTHMA 411

## TIPS FOR LIVING WITH FOOD ALLERGIES



### See an Allergist



Food allergies can significantly impact your quality of life, as navigating dietary restrictions can be both challenging and stressful. Allergists can perform skin and/or blood tests to help you obtain an accurate diagnosis and work with you to develop a plan for managing your allergies.

### Find Allergen-Free Alternatives

It can be a struggle to find tasty and nutritious allergen-free food options. Luckily, there are numerous resources with information on widely available alternatives and allergen-free recipes.

Some of these are listed here:

[DFW Allergy Support Group](#)  
[Kids With Food Allergies](#)



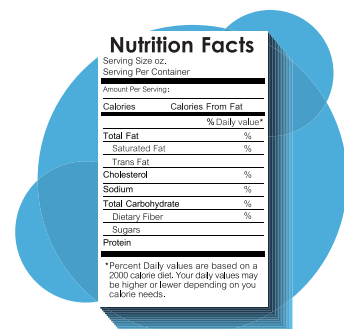
### Avoid Cross-Contamination



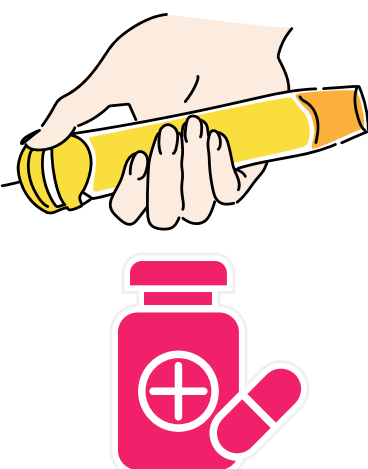
At home, it is important to designate specific pots and pans for cooking allergen-friendly meals only. We advise labeling all containers and storing allergen-free foods separately. At restaurants, always inform staff of your food allergies and discuss cross-contamination risks. We also recommend taking one small bite and waiting 5-10 minutes to monitor for signs of an acute allergic reaction before proceeding.

### Read Ingredient Labels

Even with foods you are familiar with, it is important to read each line of all ingredient labels carefully, as companies change recipes frequently. In public settings, confirm all ingredients with staff at EVERY visit and ask to read ingredient labels, if available.



### Carry Medication



Many people with food allergies are at risk of developing a severe type of allergic reaction called anaphylaxis. The first line treatment for anaphylaxis is epinephrine injection (Epi-Pen). It is important to carry your Epi-Pen everywhere you go. Make sure it is easily accessible and do not leave it in your car! We also advise carrying antihistamine medication, like Benadryl. Follow an allergist's recommendations on how/when to use the medication.