Preventing Peanut and Gluten Allergic Reactions in Health Care, Child Care and Nova Scotia Schools:

A Comprehensive Guide to Purchasing & Preparing Safe Foods

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Peanut Allergy

What percentage of the population is allergic to peanuts?

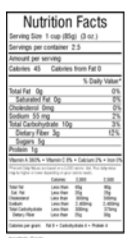
While there have been no definitive nationwide studies conducted on the prevalence of peanut allergies, one study to determine the Prevalence of peanut allergy in primary-school children in Montreal found the prevalence of peanut allergy to be 1.5%. A random telephone survey in the United States found that peanut and/or tree nut allergy affects approximately 1.1% of the general population, or about 3 million Americans. (Peanut Bureau of Canada)

Are peanuts nuts?

Although peanuts aren't true nuts but legumes (in the same family as peas and lentils), the reaction in people allergic to them is similar to the reaction in people who are allergic to tree nuts, such as walnuts, cashews, and pecans.

What is an allergic reaction?

An allergic reaction is when the immune system mistakenly believes that a harmless substance, in this case a nut or peanut, is harmful. It creates specific antibodies to that food to protect your body. The next time you eat that food, your immune system releases huge amounts of chemicals and histamines to protect your body, triggering an allergic reaction.



Labelling Practices

Only a handful of Manufacturers are comfortable saying that their products are 100% peanut-free.

However all food companies distributing in Canada are required to have their products manufactured and labeled according to Health Canada and CFIA (Canadian Food Inspection Agency) regulations.

So, if peanuts are not on the ingredient declaration list on the package and there is no precautionary statement (may contain, etc.) about peanuts on the product, it means that there are no peanuts or peanut based ingredients in the product.

"May Contain…." should be used responsibly.

During the past decade, there has been a dramatic increase in precautionary labels, one of the most popular being the 'may contain...' statement.

- Unfortunately disclaimers like '*May contain...*', '*made in a facility that handles….*', '*processed in a plant that contains...*', '*produced in a factory where peanut is handled*', '*may contain traces of other nuts*' do not have clear definitions and are therefore misleading.
- Some believe that manufacturers put the warning on to cover themselves from liability. This perception has led some allergic consumers to put themselves at risk by ignoring precautionary labels.
- Manufacturers that use precautionary statements unnecessarily limit the choices of safe foods for allergic individuals.

Presently—Anaphylaxis Canada and Health Canada are making recommendations to enhance the labeling of allergens in foods.

***** However until labels become more clear, attentive label reading and extreme caution is absolutely necessary for the allergic individual. To be safe please abide by ALL precautionary statements!***

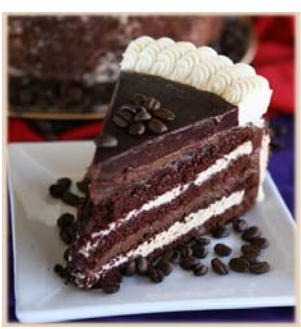
***For information about any products, write to or telephone the manufacturer.*

Ingredients Indicating the Presence of Peanuts:

- Peanut protein
- Peanut oil
- Peanut butter
- Peanut flour
- Mixed nuts
- Goober peas
- Goober nuts
- Artificial Nuts

Nut and Peanut-based ingredients:

1) Food additive 322 (also listed as lecithins—soy lecithin is OK)
2) Arachis (an alternative term for peanut)
3) Hyrdolyzed vegetable protein (which may be found in some cereals)
4) Arachis oil (peanut oil)
5) Emulsified or satay (which could mean that the food was thickened with peanuts)
6) Natural and artificial flavoring (which could contain tree nuts and are unsed in many foods, including Barbecue sauce, cereals, crackers and ice cream.
7) Mandelonas (name given to a manufactured product made from deflavored, decolored peanut meal that is pressed into moulds, reflavored and colored and sold as a cheaper substitute for tree nuts.



Foods that may contain nuts:

- **Artificial nuts**—such as peanuts that have been deflavored and reflavored with a nut flavoring (like pecan or walnut)
- **Baked Goods**—baking mixes; breads; cakes and 0pastries with unknown ingredients, particularly carrot cake pumpkin cake or pie, and fruit and nut rolls
- **Breakfast foods**—muesli, breakfast cereals, breakfast or health bars
- **Main Dishes**—Asian foods (like satay sauce, pad thai, egg rolls, Chinese food), vegetarian dishes, chili
- **Salad dressing and sauces**—gravy; nut and peanut oils; pesto; prepared sauces, salad dressings, and condiments (like barbecue sauce and Worcestershire sauce)
- **Soups**—bouillon, soups that use nuts as a thickening agent, prepared soup (especially dried packaged soup)
- **Sweets**—Chocolate candies, desserts, ice cream, madelonas, marzipan, nougat, pralines

Gluten-free Diet

What is a gluten-free diet?

When an individual has celiac disease they must avoid all foods that contain gluten. Eating foods that contain gluten damages the surface of their small intestine. When this happens, important nutrients are not absorbed into their body. This may lead to a variety of nutrient deficiencies. In order to stay healthy, these individuals must follow a gluten free diet for life. Gluten is a protein found in:

- Wheat
- Rye
- Barley
- Oats
- Triticale

Gluten free baking and cooking

It is important to keep gluten free foods separate from those foods that contain gluten. Even a crumb from gluten-containing foods can affect the small intestine, therefore all cooking and baking surfaces should be kept gluten free.

To avoid cross contamination:

- Have a toaster just for gluten-free breads
- Use separate spread containers: gluten-free individuals should have their own butter dish, jam, peanut butter etc.
- Have separate baking pans for gluten-free baking. Bake gluten-free breads separately from regular breads. Be sure all pots, pans, utensils and counter spaces are clean and free of gluten before using.
- Store all gluten-free products in separate containers. Have a special cupboard for gluten-free products to avoid cross contamination.

These foods DO NOT contain gluten:

Safe to consume these foods

Grain Products:

Bread, crackers, pasta and baked products made from gluten free ingredients:

Amaranth	Teff
Buckwheat	Arrowroot
Corn Starch	Corn
Flax	Cornmeal
Pea Flour	Millet
Potato Starch	Potato Flour
Rice	Quinoa
Sago	Rice Bran
Soy	Sorghum

- Hot cereals such as cream of rice, soy cereal, hominy, corn grits, brown and white rice and buckwheat groats.
- Cold cereal without malt flavouring such as puffed corn, puffed rice, puffed millet and rice flakes.
- Corn tacos or tortillas, plain rice cakes, popcorn

Vegetables & Fruit:

- Fresh, frozen, dried and canned vegetables
- Fresh, frozen and canned fruit juices

Meat and Alternatives:

- Meat, fish. Shellfish and poultry that is fresh, frozen, canned, salted or smoked
- Eggs
- Lentils, chickpeas, peas, beans, nuts, seeds and tofu

Milk Products:

- Milk, ice cream, buttermilk, plain yogurt and chesses

Other Foods:

Spreads: Butter, margarine, lard vegetable oil, shortening, homemade salad dressings made with allowed ingredients

Alcohol: Wine and hard liquor

Soups: Homemade broth, gluten-free bouillon cubes, cream soups and stocks made from allowed ingredients.

Desserts: Sherbet, whipped toppings, egg custards and gelatin desserts made with allowed ingredients

Beverages: Cider, cocoa, instant or ground coffee, soft drinks, tea

Sweets: Corn syrup, honey, jam, jelly, marmalade, maple syrup, molasses, sugar (brown, white and icing) and sweeteners like aspartame.

Condiments: Ketchup, gluten-free soy sauce, mustard, olives, plain pickles, pure black pepper (many pepper packages contain wheat germ), pure herbs and spices, relish, tomato paste and vinegar.

Baking Ingredients: Baking soda, baking yeast, brewer's yeast, carob chips and powder, baking chocolate, chocolate chips, coconut, cream of tartar, sauces and gravies with allowed ingredients.

Seasonings: Monosodium glutamate (MSG).

These foods MAY contain gluten:

Check Ingredient List

Grain Products:

- Popped corn cakes
- Rice and corn cereals
- Rice and soy pablum
- Rice crackers
- Some rice cakes

Vegetables and fruit:

- Dried fruit
- Fruit pie fillings
- Hydrolyzed vegetable and plant protein (HVP and HPP) from unspecified sources

Meat and alternatives:

- Baked beans
- Dried eggs
- Dry roasted nuts
- Egg substitutes and egg whites
- Peanut butter and nut butters
- Prepared or processed meats such as luncheon meats, wieners and bologna

Milk products:

- Flavored yogurt
- Frozen yogurt
- Milk drinks
- Milk pudding

Other Foods:

Baking powder	French fries, especially those in restaurants
Bouillon cubes	Fruit flavoured drinks
Candies	Instant herbal tea
Canned soup	Marshmallows
Chewing gum	Mayonnaise
Chocolate bars	Pudding mixes
Chocolate drinks	Salad dressing
Chocolate mixes	Soup bases
Coffee substitutes	Sour cream
Custard powder	
Dried soup mixes	

These foods DO contain gluten:

Do not Consume these foods

Grain Products:

Bread, crackers, pasta, baked products made with:

Barley	lina
Durum flour	Bulgur
Gluten flour	Farina
Spelt	Graham flour
Oats	Kamut
Triticale	Oat bran
Rye	Wheat
Wheat germ	Wheat bran
Wheat based semo-	Wheat starch

- Cereals made with gluten-containing food
- Cereals with added malt extract and flavouring
- Wheat flour tacos and tortillas
- Ice cream cones, wafers and waffles
- Communion wafers

Vegetables and fruit:

- Scalloped potatoes with wheat flour
- Vegetables or fruit with creamy sauces
- Battered vegetables, such as battered fries

Meat and alternatives:

- Fish canned in vegetable broth containing hydrolyzed vegetable protein (HVP) or hydrolyzed plant protein (HPP) from unspecified sources
- Turkey basted or injected with HVP/HP
- Sausages, processed meats and hamburgers with gluten containing fillers
- Breaded or battered meats
- Meats that were coated with wheat flour before being browned

Milk products:

- Malted milk
- Ice cream made with ingredients not allowed

Other:

Baking ingredients: Packaged suet

A**lcohol:** Beer, ale and lager

Soups: Those made with ingredients not allowed, or that use bouillon or bouillon cubes containing HVP or HPP from unspecified sources.

Beverages: Cereal and malted beverage

Sweets: Licorice, candies with ingredients that are not allowed

Condiments: Imitation pepper, mustard pickles made with wheat flour, soy sauce made with wheat, sauces and gravies made with ingredients that are not allowed

Oat gum & Pizza, unless pizza is made with allowed ingredients

Gluten-free Diet

Reading Labels

- Use only products that contain ingredients that are allowed on a gluten-free diet.
- Avoid products of unknown origin such as "starch" or modified starch. When in doubt – leave it out!
- Every time you buy a product, be sure to read the label carefully. Do not assume that familiar foods will be gluten-free forever.
- Manufacturer ingredient lists may be out of date. Do not rely on them.
- Avoid bulk food bins. Many foods that are called gluten-free may be stored in a bin previously used for gluten-containing foods. Also, it is not uncommon for shoppers to use the same scoop for a variety of foods. Cross contamination can easily occur.

Medication issues

- Check prescriptions, over-the counter medications and vitamin and mineral supplements to make sure they are gluten free.
- Cough and cold medications commonly contain gluten. Ask the pharmacist if you not sure.

Resources

Canadian Celiac Association
www.celiac.ca

Celiac Disease/Celiac Sprue & Gluten Free Diet and Resource Center (US)
www.celiac.com

Celiac Sprue Association of USA
www.csaceliacs.org

Celiac Canada
www.celiaccanada.com
This site has a list of different gluten free brand name foods. Although helpful, these lists should not replace good label reading. **Never assume that a food is free from allergic ingredients as ingredient lists can change daily**

Many thanks to Capital Health Authority, RNFS Edmonton, AB for their permission to use information provided in their Gluten-Free Diet publication (2004).

Gluten Free Cooking & Baking

Cooking and baking with gluten-free flours can be a challenge. Gluten protein in wheat gives dough stretch and strength for better rising. Therefore, do not expect the same rising or texture from gluten-free baked goods.

Gluten-free recipes often have a longer ingredient list and use a mix of gluten-free flours and starches to make a better product.

Substitutions for 1 Tablespoon Wheat Flour

1/2 tbsp	Cornstarch	7 mL
1/2 tbsp	Potato starch or flour	7 mL
1/2 tbsp	White rice flour	7 mL
1/2 tbsp	Arrowroot starch	7 mL
2 tsp	Quick-cooking tapioca	10 mL
2 tsp	Tapioca starch	10 mL
2 tbsp	Uncooked rice	30 mL

Substitutions for 1 Cup (240 mL) Wheat Flour

Mix: 2 cups	Brown rice flour	500 mL
2 cups	Sweet rice flour	500 mL
2 cups	Rice polish	500 mL

Store in an airtight container and use 7/8 cup (215 mL) of the mixture in place of 1 cup (240 mL) wheat flour.

Other Substitutions for 1 Cup (240 mL) Wheat Flour

5/8 cup	Potato starch	150 mL
7/8 cup	White or brown rice flour	215 mL
1 cup	Corn Flour	240 mL
1 cup	Fine cornmeal	240 mL
3/4 cup	Coarse cornmeal	175 mL
5/8 cup	White or brown rice flour	150 mL
1/3 cup	*plus* Potato starch flour	75 mL
1 cup	Soy flour	240 mL
1/4 cup	*plus* Potato starch flour	50 mL
3/4 cup	Rice flour	175 mL
1/4 cup	plus Cornstarch	50 mL
7/8 cup	Whole bean flour	215 mL

(Taken from Manual of Clinical Dietetics, Sixth Edition - ISBN 0-88091-187-5)

Storing Gluten-Free Flour Tip:

Flours higher in fat should be stored in the fridge. Examples: amaranth, quinoa, full-fat soy and nut flours; rice bran and ground flaxseed.

Allergy-Free Recipes

Gluten Free

Applesauce Pancakes

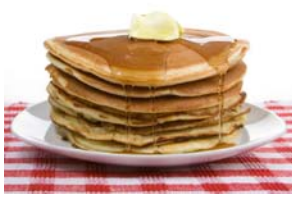
Ingredients

1 1/2 c rice flour
3 T cornstarch
2 T potato starch flour
1 1/2 t GF baking powder
1 c milk
1/2 t salt
2 eggs
3 T margarine, melted
1 c applesauce
1 t lemon juice (optional)

Directions

Mix together flours, starches, baking powder and salt. In a separate bowl, mix the remaining ingredients. Combine both bowls. Stir to remove the lumps and cook on a griddle as usual.

www.csaceliacs.org



Crunchy Flaxseed Cookies

Makes 31/2 dozen cookies

Ingredients

1/3 cup sorghum flour
1/4 cup whole bean flour
1/4 cup tapioca starch
1/4 cup ground flaxseed
2/3 cup cracked flaxseed
1 tsp baking soda
1 tsp xantham gum
1/4 tsp salt
1/2 cup packed brown sugar
1/3 cup white sugar
1 egg
1/2 tsp vanilla
2/3 cup buckwheat flakes
1/2 cup butter softened

Directions

Mix all dry ingredients in a bowl or plastic bag. Set aside. In large bowl, using an electric mixer, cream the butter, brown sugar and white sugar together. Add egg and vanilla and cream until light and fluffy. Slowly beat in dry ingredients until combined. Stir in buckwheat flakes. Roll into 1 inch (2.5cm) balls and place 2 inches (5cm) apart on a cookie sheet and flatten with the back of a fork or bottom of a glass. Bake in oven preheated to 350°F for 10-15minutes. Remove from baking sheet onto cooling racks immediately.

Recipe : Donna J Washburn & Heather L Butt (The Best Gluten-Free Family Cookbook)

Taco Salad

Ingredients

1 1/2 lb ground beef, browned and drained
1 16-oz can red kidney beans, rinsed and drained
1 head lettuce, shredded
1 lb cheddar cheese, grated
4 tomatoes, diced
4 to 6-oz GF Russian dressing
1 10-oz bag GF corn chips, crushed

Directions

Mix together beef and beans; chill 3 hours or overnight. Place in large bowl and top with lettuce, cheese and tomato. Before serving, add corn chips. Toss. Add dressing. Toss and serve.

www.csaceliacs.org

Savory Vegetarian Quinoa Pilaf

Ingredients

2 tsp extra-virgin olive oil
1 celery stalk, diced
1 medium carrot, coarsely chopped
1/2 small onion, coarsely chopped
1 1/2 cups gluten-free vegetable stock
1/2 cup quinoa
1 tsp dried basil
salt and pepper to taste
1 red bell pepper, cut into cubes
1 orange bell pepper, cut into cubes
2 green onions, tops only, chopped

Directions

In large saucepan, heat olive oil over medium heat. Add celery, carrots and onion and cook for about 8-10 minutes or until tender. Add stock, quinoa and basil and bring to a boil. Reduce heat to low, cover and simmer fir 18-20 minutes or until water is absorbed and quinoa is tender. Season to taste with salt and pepper. Stir in red and orange peppers and green onions and let stand, covered for 2-3 minutes.

Recipe : Donna J Washburn & Heather L Butt (The Best Gluten-Free Family Cookbook)

Allergy-Free Recipes

Peanut Free Recipes

Nut-Free Soft Granola Bars

Ingredients

3 cups rolled oats
1/2 cup brown sugar
1/4 cup wheat germ
1/2 cup margarine
1/2 cup corn syrup or honey
1/2 cup chocolate chips or raisins (or both)

Directions

In a large bowl, combine oats, sugar, and wheat germ. Cut in margarine until mixture is crumbly. Stir in corn syrup or honey. Mix well until combined. Stir in chocolate chips/ raisins. Press into greased 9" square pan. Bake at 350°F for 20 to 25 minutes or until golden. Let cool for 10 minutes, and then cut into bars.

NOTE: Avoid ingredients purchased from bulk-food bins, or foods not labeled.

www.Favoritebrandrecipes.com

Apple Crisp (6 Servings)

Ingredients

7-8 medium baking apples
1 Tbsp margarine or butter
1 cup brown sugar
1 cup all-purpose or sweet rice flour
1/2 cup margarine or butter
1/2 tsp salt
1 tsp cinnamon

Directions

Peel, core, and thinly slice apples. Grease baking dish lightly with some of the tablespoonful of margarine, and place apples inside. Dot with additional margarine. In a medium bowl, combine flour, brown sugar, salt, and cinnamon. Mix well. Cut in the margarine to make coarse crumbs. Spread evenly over apples. Bake at 375 degrees F for about 30 minutes until apples are soft and crumbs are browned and starting to caramelize.

Recipe created by: Kathy Przywara (www.kidswithfoodallergies.org)
Recipes is peanut & gluten free

Peanut-Free Snack Alternatives:

- Air-popped popcorn
- Breadsticks
- Celery stuffed with cream cheese
- Cereal and pretzel mix
- Fresh fruit
- Milk puddings
- Mini-pitas stuffed with cheese
- Oatmeal cookies
- Pancakes and waffles
- Rice cakes
- Vegetables with dip
- Yogurt

Mexican Chicken

Ingredients

chicken tenders or cut up chicken breast
onion
garlic
red bell pepper
oil
1 tsp chili powder
1/4 tsp ground cumin
1 tsp salt
1 can corn, drained *(optional)*
1 can black beans, rinsed & drained *(optional)*
1 lime

Directions

Saute chopped onion, garlic, and red pepper a few minutes in vegetable oil. Add chicken tenders or cut up chicken breast chunks. Saute until chicken is almost done, then add chili powder, ground cumin, and salt. Stir and simmer a few minutes.

If using, add drained corn and black beans.

Squeeze fresh lime juice and serve

Recipe created by: Linda Mitchel (www.kidswithfoodallergies.org)

Resource Created by Sarah Quinlivan-Hall, MSVU Dietetic Intern working with Armstrong FoodService, Fall 2007