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## Food Allergies and Intolerances Resource List for Consumers December 2010

This publication is a collection of resources on the topic of Food Allergies and Intolerances for consumers. Resources include books, pamphlets, audiovisuals and Web sites. Many of the pamphlets are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are provided for materials available online). The books and audiovisuals can either be borrowed from your local library or purchased from your local book store.

Materials may also be borrowed from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided for the producing organization if you wish to purchase or order any materials on this list. This contact information can be found in section C.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/bibs/allergy.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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## A. General Information on Food Allergies and Intolerances

### 1. Brochures and Fact Sheets

#### **Do You Have a Food Allergy?**

The Food Allergy & Anaphylaxis Network

**Full text:** <http://www.foodallergy.org/files/DoYouHaveBrochure.pdf> (PDF)

**Description:** Learn about the most common food allergens, symptoms of a food allergy and how food allergies are diagnosed.

#### **Food Allergy: An Overview**

National Institute of Allergy and Infectious Diseases, National Institutes of Health (NIH), U.S. Department of Health and Human Service (DHHS)

**Full text:** <http://www.niaid.nih.gov/topics/foodAllergy/Documents/foodallergy.pdf> (PDF)

**Description:** This pamphlet describes allergic reactions to foods and their possible causes and provides an overview of diagnosis and treatment methods for food allergies. It also describes other reactions to foods, known as food intolerances, which can be confused with food allergy, and discusses some unproven and controversial food allergy theories.

**Ordering Information:** NIH Publication No. 07-5518



## Tips to Remember - Food Allergies

American Academy of Allergy, Asthma and Immunology

**Full text:** <http://www.aaaai.org/patients/publicedmat/tips/foodallergy.stm>  
[http://www.aaaai.org/espanol/tips/alergias\\_a\\_los\\_alimentos.stm](http://www.aaaai.org/espanol/tips/alergias_a_los_alimentos.stm) (Spanish)

**Description:** This brochure gives a basic overview of food allergies and intolerance, including the symptoms, diagnosis and treatment.

**For a free single copy:** <http://www.aaaai.org/misc/inforequestform.stm>

**Online ordering:** <https://www.aaaai.org/patients/store/product.asp?productid=85>

## Understanding Food Allergy

International Food Information Council Foundation

**Full text:** [http://www.foodinsight.org/Content/6/FINAL\\_Understanding-Food-Allergy\\_5-22-07.pdf](http://www.foodinsight.org/Content/6/FINAL_Understanding-Food-Allergy_5-22-07.pdf) (PDF)

**Description:** This brochure presents a summary of the key issues surrounding food allergies, including the definition, diagnosis and information for families of allergic individuals.

**Online ordering:** <http://www.ificpubs.org/servlet/Detail?no=41>

## 2. Books

### Dealing with Food Allergies: A Practical Guide to Detecting Culprit Foods and Eating a Healthy, Enjoyable Diet

Janice Vickerstaff Joneja, PhD, RDN

Boulder, CO: Bull Publishing Company, 2003. 484 pp.

**NAL Call Number:** RC596.J665 2003

**ISBN:** 092352164X

**Description:** This book presents information on diagnostic methods and treatment options of food allergies and describes the effects of food allergies on the skin, mucous membranes and respiratory and digestive tracts. Content discusses treatment by allergists and other healthcare professionals and empowers readers to manage their food allergies.

### Flourishing with Food Allergies: Social, Emotional and Practical Guidance for Families with Young Children

A. Anderson

Southbury, CT: Papoose Publishing, 2008. 360 pp.

**ISBN:** 0615187048

**Description:** This book includes stories from parents and guidance from medical professionals along with the latest research about food allergies. It includes discussions on shopping with food allergies in mind and advice on coping with food allergies at birthday parties, school and other venues. Suggestions are outlined for avoiding risky foods and re-thinking diet as well as creating a stress-free, safe-haven at home.



## **Food Allergies and Food Intolerance: A Complete Guide to Their Identification and Treatment**

Johnathan Brostoff and Linda Gamlin  
Rochester, VT: Healing Arts Press, 2000. 480 pp.  
**ISBN:** 0892818751

**Description:** This book provides a comprehensive discussion on the difference between food allergies and food intolerance, including numerous case histories. Unique features include a detailed discussion of the controversy among the medical community concerning food intolerance and the effect it may contribute to conditions such as irritable bowel syndrome, rheumatoid arthritis, migraine headaches and others. The book provides a step-by-step process for diagnosing food intolerance using a 3-stage elimination diet and gradual food re-introduction. An appendix of foods with cross reactivity is also provided.

## **Food Allergy Survival Guide: Surviving and Thriving With Food Allergies and Sensitivities**

Vesanto Melina, MS, RD, Jo Stepaniak, MEd, and Dina Aronson, MS, RD  
Summertown, TN: Healthy Living Publications, 2004. 383 pp.  
**NAL Call Number:** RC596.M45 2004

**ISBN:** 157067163X

**Description:** This comprehensive resource offers a unique blend of scientific research, practical advice and culinary expertise. The book explains the differences between food allergy, food intolerance and food sensitivity; tests for allergies; how to avoid foods and ingredients that trigger reactions; how to maintain a healthy intestinal boundary; how to understand the latest food labeling regulations and how to create menus that meet special nutritional requirements.

## **How to Manage Your Child's Life-Threatening Food Allergies**

Linda Marienhoff Coss  
Lake Forest, CA: Plumtree Press, 2004. 208 pp.  
**NAL Call Number:** RJ386.5 .C675 2004

**ISBN:** 0970278519

**Description:** This book provides step-by-step information to create a safe and enjoyable home, school and social environment for a child with food allergies. Topics covered include preparing for and treating allergic reactions, purchasing and cooking food, teaching others about food allergies, parenting issues, creating a safe school and day care environment, having a social life, dining in restaurants and traveling.



### **Let's Eat Out: Your Passport to Living Gluten and Allergy Free**

Kim Koeller and Robert La France

R & R Publishing, 2005. 496 pp.

**ISBN:** 0976484501

**Description:** This full color book contains over 240 photos of delicious and savory foods. It explains options for eating out and includes 7 international cuisines outlining traditional ingredients, gluten awareness, allergy & dining considerations and sample menus. Also included are menu item descriptions and preparation requests, ingredient and preparation technique descriptions with sample questions to ask, snack and breakfast and beverage ideas and multi-lingual phrases.

### **Understanding and Managing Your Child's Food Allergies**

Scott H. Sicherer

Baltimore, MD: The Johns Hopkins University Press, 2006. 336 pp.

**ISBN:** 0801884926

**Description:** This resource provides “emotional support and practical advice from a parent who’s been there.” The book describes why children develop food allergy, the symptoms of food allergy (affecting the skin, the gastrointestinal tract, and the respiratory system) and the role of food allergy in behavioral problems and developmental disabilities.

## **3. Cookbooks**

### **Food Allergen-Free Baker's Handbook**

Cybele Pascal

New York, NY: Celestial Arts. 2009. 200 pp.

**ISBN:** 1587613484

**Description:** This cookbook features recipes for baked goods, both sweet and savory, that omit the eight foods responsible for most allergies (milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat). It requires stocking your pantry differently, but provides an extensive list of product resources.

### **Cooking Free: 200 Flavorful Recipes for People with Food Allergies and Multiple Food Sensitivities**

Carol Fenster

New York, NY: Avery, 2005. 336 pp.

**NAL Call Number:** RC588.D53 F46 2005

**ISBN:** 1583332154

**Description:** This cookbook is comprised of recipes that remove four of the most common allergens--gluten, dairy, eggs and sugar--providing one book full of delicious recipes. The book includes recipes for breads, entrees, desserts and more, and is complete with food substitution and conversion tables.



### **Flying Apron's Gluten-free & Vegan Baking Book**

Jennifer Katzinger

Seattle, WA: Sasquatch Books, 2009. 192 pp.

**ISBN:** 1570616299

**Description:** Jennifer Katzinger, owner of the Flying Apron Bakery, shares her favorite sweet and savory, gluten-free, vegan recipes.

### **Great Foods without Worry**

Cindy Mosely

Aventine Press, 2003. 164 pp.

**ISBN:** 1593301162

**Description:** "Great Foods Without Worry" offers a variety of recipes which omit wheat, eggs, dairy, soy, nuts and gluten. All recipes are suitable for vegetarian diets.

### **The Whole Foods Allergy Cookbook: Two Hundred Gourmet & Homestyle Recipes for the Food Allergic Family**

Cybele Pascal

Ridgefield, CT: Vital Health Publishing, 2006. 213 pp.

**NAL Call Number:** RC588.D53 P368 2006

**ISBN:** 1890995223

**Description:** All recipes in this cookbook are free of the top eight allergens: dairy, eggs, wheat, soy, peanuts, tree nuts, fish or shellfish and also refined sugar. Baked goods are all vegan. Also included is a guide to gluten-free recipes, a shopping guide for hard-to-find items and a food allergy information resource guide.

## **4. Web Resources**

### **Allergens**

FoodSafety.gov, a cross-agency portal to food safety information from the U.S. Department of Agriculture and the U.S Department of Health and Human Service

**Web site:** <http://www.foodsafety.gov/poisoning/causes/allergens/>

**Description:** This cross-agency food safety site allows consumers to sign up for allergy alerts and has a link to a video on the differences between food allergies and intolerances.

### **Anaphylaxis**

American Academy of Family Physicians

**Web site:** <http://familydoctor.org/online/famdocen/home/common/allergies/basics/809.html>

**Description:** This resource discusses anaphylaxis and what you need to know to prevent and treat it.



### **Breastfeeding & Allergies**

La Leche League International

**Web site:** <http://www.llli.org/NB/NBAllergies.html>

**Description:** This Web site provides multiple resources about allergies and the effect of breastfeeding on the development of food allergies.

### **Food Allergens**

Food and Drug Administration (FDA), DHHS

**Web site:** <http://www.fda.gov/Food/FoodSafety/FoodAllergens/default.htm>

**Description:** This Web site provides information on food labeling and legislation related to food allergens.

### **Food Allergies**

Asthma and Allergy Foundation of America

**Web site:** <http://www.aafa.org/display.cfm?id=9&sub=20>

**Description:** This Web site provides information on specific food allergies as well as a concise explanation of food allergies and related health issues.

### **Food Allergy**

Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/food-allergy/DS00082>

**Description:** This resource provides an overview of the signs and symptoms, causes and risk factors of food allergies. Information is also provided on when to seek medical advice, screening and diagnosis, treatment and prevention.

### **Food Allergy**

National Institute of Allergy and Infectious Disease, NIH, DHHS

**Web site:** <http://www.niaid.nih.gov/topics/foodallergy/pages/default.aspx>

**Description:** This Web site includes quick facts, food allergy basics, news and events related to food allergies. Also included is a section on new research and a PDF report of the National Institute of Health Expert Panel on Food Allergy Research.

### **The Food Allergy and Anaphylaxis Network**

The Food Allergy and Anaphylaxis Network

**Web sites:** <http://www.foodallergy.org/>  
<http://www.foodallergy.org/section/espanol> (Spanish)

**Description:** FAAN offers many resources to parents and educators. This site offers management tips for the major food allergies as well as articles on other hot allergy issues. FAAN is the world's largest nonprofit organization providing patients information about food allergy and educational resources to schools, health professionals, restaurants, pharmaceutical companies and the food industry.



### **Food Allergy Initiative**

Food Allergy Initiative

**Web site:** <http://www.faiusa.org>

**Description:** “The Food Allergy Initiative (FAI) is a 501 (c) (3) non-profit organization that raises funds toward the effective treatment and cure for food allergies.” This organization’s Web site includes information about food allergies and related issues, living with food allergies, information for food service providers, updates on research and public policy and facts sheets and press releases for media coverage.

### **Food Allergy Research and Resource Program**

University of Nebraska-Lincoln

**Web site:** <http://www.farrp.org>

**Description:** This site contains allergen research, analysis, research, training opportunities and a workshop series. It also houses AllergenOnline, [www.allergenonline.com](http://www.allergenonline.com), a peer reviewed allergen list and sequence searchable database intended for identifying proteins that may present a potential risk of allergenic cross-reactivity.

### **Physician Referral**

American Academy of Allergy Asthma & Immunology

**Web site:** <http://www.aaaai.org/physref/>

**Description:** You enter a zip code or city and state and this Web site provides a list of asthma and allergy doctors in the area.

## **5. Resources for Children**

### **Alexander Series**

The Food Allergy and Anaphylaxis Network

Fairfax, VA: Food Allergy Network

**Description:** This children’s series follows the daily life of Alexander, an elephant with a food allergy. The collection includes books, videos, DVDs, stuffed animals, stickers and more for elementary school-aged children. Books and resources include:

- A Special Day at School
- Alexander’s First Babysitter
- Alexander’s Special Holiday Treat
- Alexander Goes to a Birthday Party
- Alexander Goes Out to Eat
- Alexander’s Fun & Games Activity Book
- Alexander Stuffed Animal
- Alexander, the Elephant Who Couldn’t Eat Peanuts DVD (**NAL Call Number: Videocassette no. 2065**)

**Online Ordering:** <https://www.foodallergy.org/members/msascart-ProductList?majorcat=featured&ONWEBFLG=Y&WHP=productHomeHeader.htm&WBP=productHomeList.htm>



### **Allie the Allergic Elephant: A Children's Story of Peanut Allergies**

Nicole Smith

Colorado Springs, CO: Allergic Child Publishing Group, 2006. 22 pp.

**ISBN:** 1586280538

**Description:** *Allie the Allergic Elephant* helps children learn about food allergies and how to be a good friend when you can't share snacks. Allie explains peanut allergies in a way that parents, teachers and children themselves can talk about allergies and understand them better.

### **Amy Goes Gluten Free: A Young Person's Guide to Celiac Disease**

Children's Hospital Boston

**Web site:**

<http://www.childrenshospital.org/clinicalservices/Site2166/mainpageS2166P0.html>

**Description:** A fun comic book designed for children with activities and information to help learn about celiac disease.

### **Binky Goes Nuts: Understanding Peanut Allergies**

PBS Kids

**Web site:** <http://www.pbs.org/parents/arthur/lesson/health/#peanut>

**Description:** The information and activities in this online activity unit help children learn how they can make their school a safe and healthy place for classmates who have peanut or other food allergies. This unit also includes a printable placemat with pictures and activities about peanut allergies.

### **The Bugabees: Friends with Food Allergies**

Amy Recob

Minneapolis, MN: Beaver's Pond Press, 2009. 32 pp.

**ISBN:** 1592982794

**Description:** This book tells the story of eight friends with eight different food allergies: peanuts, tree nuts, fish, shellfish, milk, soy, eggs and wheat. Additional activities and talking points are included for parents and teachers.

### **Cody the Allergic Cow: A Children's Story of Milk Allergies**

Nicole Smith

Jungle Communications, 2004. 26 pp.

**ISBN:** 1586280511

**Description:** This book teaches children and their friends, teachers and others to understand allergies to milk products.

### **A Day at the Playground with Food Allergies**

Tracie Schrand

Llumina Kids, 2006. 26 pp.

**ISBN:** 1595266062

**Description:** This illustrated book offers young children some simple steps to avoid food allergens in a public place. Topics covered include sharing food, toys and hand washing.



## Food Allergies

Nemours Foundation

**Web sites:** [http://www.kidshealth.org/kid/ill\\_injure/sick/food\\_allergies.html](http://www.kidshealth.org/kid/ill_injure/sick/food_allergies.html) (kids)

[http://www.kidshealth.org/teen/food\\_fitness/nutrition/food\\_allergies.html](http://www.kidshealth.org/teen/food_fitness/nutrition/food_allergies.html) (teens)

**Description:** These two web resources provide informative articles about living with food allergies that are written for children and adolescents. The Web site also links to more specific pages for children and teens about egg allergies, nut and peanut allergies, milk allergies and lactose intolerance. A printable diet card for each with a list of foods to avoid is included.

- Egg Allergies  
[http://kidshealth.org/kid/nutrition/diets/egg\\_allergy.html](http://kidshealth.org/kid/nutrition/diets/egg_allergy.html) (kids)  
[http://kidshealth.org/teen/food\\_fitness/nutrition/egg\\_allergy.html](http://kidshealth.org/teen/food_fitness/nutrition/egg_allergy.html) (teens)
- Nut and Peanut Allergies  
[http://kidshealth.org/kid/nutrition/diets/nut\\_allergy.html](http://kidshealth.org/kid/nutrition/diets/nut_allergy.html) (kids)  
[http://kidshealth.org/teen/food\\_fitness/nutrition/nut\\_allergy.html](http://kidshealth.org/teen/food_fitness/nutrition/nut_allergy.html) (teens)
- Lactose Intolerance:  
[http://www.kidshealth.org/kid/health\\_problems/allergiesimmune/lactose.html](http://www.kidshealth.org/kid/health_problems/allergiesimmune/lactose.html) (kids)
- Milk Allergy  
[http://www.kidshealth.org/teen/nutrition/diets/milk\\_allergy.html](http://www.kidshealth.org/teen/nutrition/diets/milk_allergy.html) (teens)

## Food Allergies in the Real World

The Food Allergy & Anaphylaxis Network

**Web site:** <http://www.faanteen.org/>

**Description:** This Web site is designed for young adults who want to take a more active role in managing their food allergies.

## Food Allergy News for Kids

The Food Allergy and Anaphylaxis Network

**Web site:** <http://www.fankids.org/>

**Description:** A Web site for kids to find out about food allergies, play games and activities, learn about different projects, ask questions and share stories about their food allergies.

## Gluten-Free Friends: An Activity Book for Kids

Nancy Patin Falini

Centennial, CO: Savory Palate, Inc, 2003. 58 pp.

**ISBN:** 889374091

**Description:** This kids' coloring and activity book explains celiac disease and gluten intolerance. The book features Megan and Ben, two friendly kids who are following a gluten-free diet. Megan and Ben explain what gluten is in simple, non-technical words; describe how gluten makes kids with celiac disease get sick; decide which foods to avoid on a gluten-free diet and demonstrate how to make the right food choices to be healthy.



### **Lactose Intolerance**

Office on Women's Health, DHHS

**Web Site:** <http://www.girlshealth.gov/nutrition/lactose/index.cfm>

**Description:** This Web site for teenage girls defines lactose intolerance and provides tips to help girls meet daily calcium requirements.

### **Mommy, Is this Safe to Eat? A Guide for Preschoolers Allergic to Peanuts and Tree Nuts**

Christina Black

R3C Creations, LLC, 2006. 25pp.

**ISBN:** 1598723871

**Description:** This picture book teaches preschoolers with food allergies to always ask if a food is safe to eat.

### **No Lobster Please!**

Robyn Rogers

Norfolk, MA: Heartsome Publishing, 2004. 30 pp.

**ISBN:** 0972640800

**Description:** This children's book tells a story about a boy with a severe and sensitive allergy to seafood.

### **Safe4Kids**

Anaphylaxis Canada

**Web site:** [www.safe4kids.ca](http://www.safe4kids.ca)

**Description:** A Web site for kids living with allergies and anaphylaxis. Resources include a gallery of artwork for children about food allergies, games and activities, recipes, stories, and a poster for schools.

### **Taking Food Allergies to School**

Ellen Weiner

Valley Park, MO: JayJo Books, 1999. 32pp.

**ISBN:** 1891383051

**Description:** Written for children, this book includes topics such as sharing lunches, special parties and events and allergy-free snacks. A quiz for kids on food allergies and Ten Tips for Teachers (or parents) are provided.

### **You Must Be Nuts!**

Kyle Dine

**Web site:** <http://www.kyledine.com/>

**Description:** This upbeat music CD delivers educational messages to children about food allergies. The CD contains 14 original tracks with names such as "Epi-Man," "Tingle on My Tongue," and "Gluten-Free Blues."

**Online Ordering:** <http://www.kyledine.com/Purchase.htm>



## 6. Other Resources

### **Food Allergy Among U.S. Children: Trends in Prevalence and Hospitalizations**

National Center for Health Statistics, Centers for Disease Control and Prevention (CDC), DHHS

**Full text:** <http://www.cdc.gov/nchs/data/databriefs/db10.pdf>

**Description:** This data brief published in 2008 discusses the increase in prevalence of reported food allergy cases among children from 1997 to 2007.

### **Food Allergy Poster**

International Food Information Council

**Full text:** <http://internal.ific.org/publications/other/allergypos.cfm>

<http://internal.ific.org/publications/other/upload/FoodAllergyPoster.pdf> (PDF)

**Description:** This poster was developed in cooperation with the American Academy of Allergy, Asthma and Immunology, the Food Allergy Network and the National Restaurant Association for food service workers. Available in both Spanish and English, the poster will help prepare food service workers to better identify and react to allergic reactions to food.

### **How to Read a Label Cards**

The Food Allergy and Anaphylaxis Network

**Description:** These cards are designed to help families effectively read ingredient labels. Each wallet-sized, laminated card lists the various ways potential allergens can be listed on ingredient labels. Cards are available for milk, egg, peanut, wheat, tree nut, soy, and shellfish allergies.

**Online Ordering:** <https://www.foodallergy.org/members/msascart-ProductList?majorcat=featured&ONWEBFLG=Y&WHP=productHomeHeader.htm&WBP=productHomeList.htm> (select "Training Materials" and then scroll down to find the "How to Read a Label" card for the allergen you wish to avoid)

### **Kids with Food Allergies**

**Web site:** [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)

**Description:** "Kids with Food Allergies is a national nonprofit food allergy support group dedicated to fostering optimal health, nutrition, and well-being of children with food allergies..." This organization's Web site includes recipes, resources, and allergy alerts for kids with food allergies, their parents and other family members.

### **Living Without Magazine**

**Web site:** <http://www.livingwithout.com>

**Description:** *Living Without* is a quarterly magazine for people with allergies and food sensitivities. It discusses a variety of health-related issues, and provides support, encouragement, guidance and resources.

**Online Ordering:** <http://www.livingwithout.com/subscribe.asp>



## Support Forums

- AllergicChild.com: Food Allergy Support Group  
[http://www.allergicchild.com/search\\_for\\_a\\_local\\_support\\_group.htm](http://www.allergicchild.com/search_for_a_local_support_group.htm)
- Kids With Food Allergies, Inc.: Parents of Food Allergic Kids Forum  
<http://www.kidswithfoodallergies.org/community.html>

## Select Wisely

**Web site:** <http://www.selectwisely.com/>

**Description:** These wallet-sized cards contain food allergy messages and warnings in several foreign languages, which can be used when communicating with non-English speakers at home or abroad.

## B. Specific Allergies and Intolerances (in alphabetical order by allergen)

### 1. Egg

#### Egg Allergy

Cleveland Clinic Foundation

**Web site:**

[http://my.clevelandclinic.org/childrens\\_hospital/pediatric\\_health\\_information/food\\_allergy\\_diets.aspx#2](http://my.clevelandclinic.org/childrens_hospital/pediatric_health_information/food_allergy_diets.aspx#2)

**Description:** This fact sheet includes a chart that lists egg products, egg-containing ingredients and egg-containing foods. It also includes sample egg substitutions.

#### Egg Allergy Diet

Oregon Health and Science University

**Web site:** <http://www.ohsu.edu/xd/health/health-information/topic-by-id.cfm?ContentTypeId=85&ContentId=P00015>

**Description:** This Web article includes a comprehensive list of foods allowed and not allowed on an egg-free diet, categorized by food group. Also includes possible sources of eggs or egg products to look for on a food label and information for using egg substitutes.

#### Egg Allergy: The Facts

Allergy/Asthma Information Association of Canada

**Full text:** [http://www.aaia.ca/en/egg\\_brochure\\_en.pdf](http://www.aaia.ca/en/egg_brochure_en.pdf) (PDF 3KB)

[http://www.aaia.ca/fr/egg\\_brochure\\_fr.pdf](http://www.aaia.ca/fr/egg_brochure_fr.pdf) (French, PDF 5KB)

**Description:** This brochure explains what to look for on a food label, how to substitute for eggs in baking and reviews frequently asked questions.



### **Nutrition and Fitness: Egg Allergy**

Seattle Children's Hospital

**Web site:** <http://www.seattlechildrens.org/kids-health/page.aspx?id=60795>

**Description:** This Web site discusses how egg allergies are diagnosed and treated, and how an individual can live comfortably with an egg allergy.

### **Tips for Managing an Egg Allergy**

The Food Allergy and Anaphylaxis Network

**Web site:** <http://www.foodallergy.org/page/egg-allergy>

**Description:** This online fact sheet provides substitutes for eggs when baking, identifies hidden sources of egg and answers common questions about egg allergies and influenza vaccines.

## **2. Fish and Shellfish**

### **Fish Allergy**

The Food Allergy & Anaphylaxis Network

**Web site:** <http://www.foodallergy.org/page/fish-allergy>

**Description:** This Web site lists unexpected sources of fish for allergic individuals to watch for, and answers frequently asked questions about food allergies.

### **Fish Allergy**

Food Allergy Initiative

**Web site:** <http://www.faiusa.org/?page=fish>

**Description:** This web resource provides a simple description of fish allergies and lists foods that fish allergic individuals should avoid.

### **Seafood Allergy**

Canadian Food Inspection Agency

**ISBN:** 978-1-100-14805-2

**Full text:** <http://www.inspection.gc.ca/english/fssa/labeti/allerg/fispoie.shtml>

<http://www.inspection.gc.ca/english/fssa/labeti/allerg/fispoie.pdf> (PDF 68KB)

**Description:** This brochure reviews the symptoms and treatment of seafood allergies, the difference between fish, crustacean and shellfish allergies, and histamine poisoning. It is also lists other names for fish, crustaceans and shellfish, possible food and nonfood sources.

**Ordering Information:** Cat. No. A104-84/2010E

### **Shellfish Allergy**

Food Allergy Initiative

**Web site:** <http://www.faiusa.org/?page=shellfish>

**Description:** This web resource provides a simple description of fish allergies and lists foods that shellfish allergic individuals should avoid.



### **Shellfish Allergy**

Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/shellfish-allergy/DS00987>

**Description:** This web resource reviews signs and symptoms of a shellfish allergy, causes, screening and diagnosis, treatment and prevention.

## **3. Milk Allergies and Lactose Intolerance**

### **Cow's Milk Allergy versus Lactose Intolerance**

National Dairy Council

**Full text:**

<http://www.nationaldairycouncil.org/Research/DairyCouncilDigestArchives/Pages/dcd77-3Page1.aspx>

[http://www.nationaldairycouncil.org/SiteCollectionDocuments/research/dairy\\_council\\_digests/2006/dcd773.pdf](http://www.nationaldairycouncil.org/SiteCollectionDocuments/research/dairy_council_digests/2006/dcd773.pdf) (PDF 322KB)

**Description:** This news article outlines the difference between milk protein allergy and lactose intolerance, including causes, prevalence, symptoms and management of each.

### **Milk Allergy**

Food Allergy Initiative

**Web site:** <http://www.faiusa.org/?page=milk>

**Description:** This web article defines milk allergies and foods and ingredients to avoid. It also lists alternatives to milk and nondairy sources of calcium.

### **Milk Allergy**

Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/milk-allergy/DS01008>

**Description:** This substantial Web site includes information on milk allergy symptoms, causes, risk factors, complications, diagnosis, treatment, prevention and support.

### **Milk Allergy in Infants**

Nemours Foundation

**Web site:** [http://kidshealth.org/parent/medical/allergies/milk\\_allergy.html](http://kidshealth.org/parent/medical/allergies/milk_allergy.html)

**Description:** This comprehensive web article contains information specific to milk allergies in infants, including symptoms, diagnosis and treatment information, as well as unsafe formulas and advice for switching formulas.

### **Milk for Kids with Lactose Intolerance**

Food and Nutrition Service, USDA

**Web site:** <http://www.fns.usda.gov/tn/resources/nibbles/milk.pdf> (PDF 10KB)

**Description:** This fact sheet for parents defines lactose intolerance, what to do if you suspect lactose intolerance in your child and how to incorporate milk products for a child who is lactose intolerant.



### **What I Need to Know About Lactose Intolerance**

National Digestive Diseases Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), NIH, DHHS

**Full text:** [http://digestive.niddk.nih.gov/ddiseases/pubs/lactoseintolerance\\_ez/](http://digestive.niddk.nih.gov/ddiseases/pubs/lactoseintolerance_ez/)  
[http://digestive.niddk.nih.gov/ddiseases/pubs/lactoseintolerance\\_ez/lactoseintolerance.pdf](http://digestive.niddk.nih.gov/ddiseases/pubs/lactoseintolerance_ez/lactoseintolerance.pdf)  
(PDF 30KB)

**Description:** An easy to read publication with colorful illustrations which outlines important points related to lactose intolerance, including symptoms of lactose intolerance, management of symptoms, identifying sources of lactose and getting enough calcium.

**Ordering Information:** NIH Publication No. 10-2751

### **What People with Lactose Intolerance Need to Know About Osteoporosis**

National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institutes of Health (NIH) Osteoporosis and Related Bone Diseases ~ National Resource Center, NIH, DHHS

**Full Text:**

[http://www.niams.nih.gov/health\\_info/bone/Osteoporosis/Conditions\\_Behaviors/lactose\\_intolerance.asp](http://www.niams.nih.gov/health_info/bone/Osteoporosis/Conditions_Behaviors/lactose_intolerance.asp)

[http://www.niams.nih.gov/Health\\_Info/Bone/chinese/lactose\\_chinese.asp](http://www.niams.nih.gov/Health_Info/Bone/chinese/lactose_chinese.asp) (Chinese)

**Description:** This web article defines the link between lactose intolerance and osteoporosis and provides bone health strategies to help strengthen bones when lactose intolerant.

## **4. Peanut / Tree Nut**

### **Beyond a Peanut**

Mind Flight LLC

**Web site:** <http://www.beyondapeanut.com/>

**Description:** These flashcards can be used to teach individuals about staying safe with a tree nut and peanut allergy.

**Online Ordering:** [http://www.beyondapeanut.com/Beyond\\_A\\_Peanut\\_Products.html](http://www.beyondapeanut.com/Beyond_A_Peanut_Products.html)

### **The Complete Peanut Allergy Handbook**

Scott H. Sicherer, MD and Terry Malloy

New York, NY: Berkeley Publishing Group, 2005. 304 pp.

**ISBN:** 0425204413

**Description:** This handbook is a guide to understanding and preventing peanut allergy attacks. Content includes information that parents need to know to protect themselves and their children from food allergies.



### **Flying with a Food Allergy**

The Food Allergies and Anaphylaxis Network

**Web site:** <http://www.foodallergy.org/page/7>

**Description:** This online fact sheet provides guidelines for peanut-allergic airline passengers flying in the United States.

### **Peanut Allergy**

Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/peanut-allergy/DS00710>

**Description:** An article on peanut allergies that reviews the difference between peanut intolerances and peanut allergies, signs of an anaphylactic reaction, means of exposure and foods that can trigger symptoms. It also reviews risk factors, diagnosis and treatment options.

### **The Peanut Allergy Answer Book: 2<sup>nd</sup> Edition**

Michael C. Young

New York, NY: Fair Winds Press, 2006. 168 pp.

**ISBN:** 1592332331

**Description:** Written by an allergist, this book provides the background medical information on peanut allergies, identifying peanut ingredients in foods, advice for dealing with schools, daycare centers and airlines.

### **Tree Nuts - One of the Nine Most Common Food Allergens**

Canadian Food Inspection Agency

Catalogue No.: A104-84/2010E

ISBN: 978-1-100-14805-2

**Full text:** <http://www.inspection.gc.ca/english/fssa/labeti/allerg/nutnoie.shtml>

<http://www.inspection.gc.ca/english/fssa/labeti/allerg/nutnoie.pdf> (PDF 10KB)

**Description:** This brochure reviews symptoms and treatment options for tree nut allergies, as well as frequently asked questions about tree nut allergies.

## **5. Sesame Seeds**

### **Seed Allergy**

Food Allergy Initiative

**Web site:** <http://www.faiusa.org/?page=seeds>

**Description:** This Web site contains information about how to avoid eating sesame seeds, and includes a list of ingredients and foods that indicate the presence of sesame seed protein.



## **Sesame Allergy Facts**

Kids with Food Allergies

### **Web site:**

[http://www.kidswithfoodallergies.org/resourcespre.php?id=107&title=sesame\\_allergy](http://www.kidswithfoodallergies.org/resourcespre.php?id=107&title=sesame_allergy)

**Description:** Web article on the growth of sesame seed allergies in children.

## **Sesame seeds - One of the nine most common food allergens**

Canadian Food Inspection Agency

**Full text:** <http://www.inspection.gc.ca/english/fssa/labeti/allerg/sese.shtml>

<http://www.inspection.gc.ca/english/fssa/labeti/allerg/sese.pdf> (PDF 4KB)

**Description:** This brochure reviews symptoms and treatment of an allergic reaction and frequently asked questions about sesame seed allergies.

## **6. Soy**

### **Soy Allergy**

Cleveland Clinic Foundation

**Web site:** <http://www.clevelandclinic.org/health/health-info/docs/3300/3322.asp?index=11320>

**Description:** This article provides information on who gets soy allergies, what are the symptoms, how to avoid exposure and how to be prepared for a reaction.

### **Soy Allergy**

Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/soy-allergy/DS00970>

**Description:** A Web article that reviews the signs of a soy allergy, causes, risk factors and products to avoid, including hidden sources of soy.

### **Tips for Managing a Soy Allergy**

The Food Allergy and Anaphylaxis Network

**Web site:** <http://www.foodallergy.org/allergens/soy.html>

**Description:** This Web site includes three quick tips for people with soy allergies, a soy-free recipe and links to an article about the relationship between peanut and soy allergies.

## **7. Sulfite Sensitivity**

### **Sulfite Sensitivity**

Canadian Food Inspection Agency

**Full text:** <http://www.inspection.gc.ca/english/fssa/labeti/allerg/sulphe.shtml>

<http://www.inspection.gc.ca/english/fssa/labeti/allerg/sulphe.pdf> (PDF 1KB)

**Description:** This brochure answers frequently asked questions about sulphite sensitivity. It also includes lists of alternate names for sulphite, food and nonfood sources and tips to prevent cross-contamination.



## **Sulfite Sensitivity**

Cleveland Clinic Foundation

### **Web site:**

[http://my.clevelandclinic.org/disorders/sulfite\\_sensitivity/hic\\_sulfite\\_sensitivity.aspx](http://my.clevelandclinic.org/disorders/sulfite_sensitivity/hic_sulfite_sensitivity.aspx)

**Description:** This article gives an overview of where sulfites are found, symptoms of a sulfite allergy, and how it is diagnosed.

## **Sulfites**

Food Marketing Institute

**Web site:** <http://www.fmi.org/media/bg/?fuseaction=sulfites>

**Description:** This web article defines what sulfites are and how they are used in food. It describes how to detect sulfites on food labels and lists food sources of sulfites.

## **8. Wheat/Gluten Allergy and Sensitivity**

### **Celiac Disease**

American Celiac Disease Alliance

**Web site:** <http://americanceliac.org/ceeliac-disease/>

<http://americanceliac.org/ceeliac-disease/cd-spanish/> (Spanish)

**Description:** This web article discusses the difference between wheat allergy, gluten intolerance and celiac disease.

### **Celiac Disease News**

Celiac Disease Awareness Campaign

**Full Text:** <http://www.celiac.nih.gov/Newsletter.aspx>

Description: This email newsletter features news about celiac disease, special events, patient and professional meetings and new publications. Available in html and PDF format.

**Online Ordering:** <http://www.celiac.nih.gov/NewsletterSubscription.aspx>

### **Celiac Disease Nutrition Guide, 2nd Edition**

Tricia Thompson, MS, RD

Chicago, IL: American Dietetic Association, 2006. 48 pp.

**ISBN:** 0880913061

**Web site:** <http://www.eatright.org/Shop/Product.aspx?id=5052>

**Description:** This edition "survival guide" provides essential information for people diagnosed with Celiac disease.

**Ordering Information:** Order online from the American Dietetic Association call 1-800-877-1600 ext. 5000.



### **Gluten Free Diet Guide for Families**

Children's Digestive Health and Nutrition Foundation

**Full text:** <http://www.cdhnf.org/user-assets/documents/pdf/GlutenFreeDietGuideWeb.pdf>  
(PDF 6 KB)

<http://www.cdhnf.org/user-assets/documents/pdf/GlutenFreeDietGuideWebSpanish.pdf>  
(Spanish, PDF 196KB)

**Description:** This booklet is a starter guide for newly diagnosed celiac patients and their families. The topics cover where gluten is found, what patients can eat, a shopping guide and more.

### **Gluten Intolerance Group Publications**

Gluten Intolerance Group of North America

**Full text:** <http://www.gluten.net/publications.php>

**Description:** A variety of consumer-friendly articles, brochures, recipes and other resources on topics related to celiac disease. All publications may be downloaded free of charge in PDF file format. Some resources are available in Spanish.

### **Quick Start Diet Guide for Celiac Disease**

Celiac Disease Foundation, Gluten Intolerance Group

**Full text:** <http://www.gluten.net/downloads/print/QuickStartDiet.pdf> (PDF 385 KB)

**Description:** This educational bulletin explains what is allowed and not allowed on a gluten free diet, what to look for on food labels and how to adjust to a new diet.

### **Raising Your Celiac Child**

Children's Hospital Boston

**Web site:**

<http://www.childrenshospital.org/clinicalservices/Site2166/mainpageS2166P12.html>

**Description:** This 12-segment video resource was developed to help families learn more about managing celiac disease. The video topics are varied and include how to start and maintain a gluten free diet, how to eat out at school and restaurants, how to adjust & cope emotionally and more. Individual segments of the DVD can be viewed online or the entire DVD can be ordered.

### **What I Need to Know About Celiac Disease**

National Digestive Diseases Information Clearinghouse, National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), NIDDK, NIH, DHHS

**Full text:** [http://digestive.niddk.nih.gov/ddiseases/pubs/celiac\\_ez/index.htm](http://digestive.niddk.nih.gov/ddiseases/pubs/celiac_ez/index.htm)

[http://digestive.niddk.nih.gov/ddiseases/pubs/celiac\\_ez/WINTKACeliacDisease.pdf](http://digestive.niddk.nih.gov/ddiseases/pubs/celiac_ez/WINTKACeliacDisease.pdf) (PDF)

[http://digestive.niddk.nih.gov/spanish/pubs/celiac\\_ez/index.htm](http://digestive.niddk.nih.gov/spanish/pubs/celiac_ez/index.htm) (Spanish)

**Description:** An easy-to-read booklet defining celiac disease and outlining its symptoms, diagnosis and treatment. The booklet includes some examples of a gluten-free diet.

**Ordering Information:** NIH Publication No. 07-5755

**Online Ordering:** <http://catalog.niddk.nih.gov/detail.cfm?ID=899>



### **Wheat Allergy**

The Food Allergy and Anaphylaxis Network

**Web site:** <http://www.foodallergy.org/page/wheat-allergy>

**Description:** This Web site answers frequently asked questions about wheat allergies, including the difference between celiac disease and wheat allergy, and how to substitute for wheat flour when baking.

### **Wheat Allergy**

Mayo Foundation for Medical Education and Research

**Web site:** <http://www.mayoclinic.com/health/wheat-allergy/DS01002>

**Description:** This article reviews most aspects of a wheat allergy, including symptoms, causes, risk factors, diagnosis, treatment and prevention. The article includes a list of hidden sources of wheat products and tips for eating out.

### **Wheat Allergy Information**

Food Allergy Initiative

**Web site:** <http://www.faiusa.org/?page=wheat>

**Description:** This Web site defines wheat allergy, and provides a list of common names of wheat and foods containing wheat to avoid. It also lists wheat-free alternatives to explore.

## **9. Other Allergies and Sensitivities**

### **Corn Allergies**

Children's Hospital for the King's Daughters

**Web site:** <http://www.chkd.org/HealthLibrary/Facts/Content.aspx?pageid=0458>

**Description:** This Web site lists foods that are likely to have corn products, ingredients that may indicate a presence of corn and foods to use vs. foods to avoid.

### **Food Additives**

Asthma and Allergy Foundation of America

**Web site:** <http://www.aafa.org/display.cfm?id=9&sub=20&cont=285>

**Description:** This Web site explains adverse reactions to food additives, possible symptoms, diagnosis and prevention. It also lists and defines the eight most common food additives that may cause reactions.

### **Oral Allergy Syndrome**

Allergy UK, British Allergy Foundation

**Web site:** [http://www.allergyuk.org/fs\\_oralallergy.aspx](http://www.allergyuk.org/fs_oralallergy.aspx)

**Description:** This Web site includes symptoms, causes and management of oral allergy syndrome. Also includes a chart comparing recognized associations between pollen and food allergies



## **C. Contact Information for Organizations Cited** (in alphabetical order)

### **Allergy/Asthma Information Association of Canada**

295 The West Mall, Suite 118

Toronto, ON M9C 4Z4

Phone: 1-800-611-7011 or 416-621-4571

Fax: 416-621-5034

E mail: [admin@aaia.ca](mailto:admin@aaia.ca)

Web site: <http://aaia.ca/en/index.htm>

### **Allergy UK, British Allergy Foundation**

Planwell House

LEFA Business Park

Edgington Way

Sidcup, Kent

DA14 5BH

Phone: 01322 619898

Email: [info@allergyuk.org](mailto:info@allergyuk.org)

Web site: <http://www.allergyuk.org>

### **American Academy of Allergy, Asthma & Immunology**

555 East Wells Street, Suite 1100

Milwaukee, WI 53202-3823

Phone: 800-822-2762 or 414-272-6071

Email: [info@aaaai.org](mailto:info@aaaai.org)

Web site: <http://www.aaaai.org/>

### **American Academy of Family Physicians**

P.O. Box 11210

Shawnee Mission, KS 66207-1210

Phone: 800-274-2237

Email: [contactcenter@aafp.org](mailto:contactcenter@aafp.org)

Web site: <http://www.aafp.org/>

### **American Celiac Disease Alliance**

2504 Duxbury Place

Alexandria, VA 22308

Phone: (703) 622-3331

Email: [info@americanceliac.org](mailto:info@americanceliac.org)

Web site: <http://americanceliac.org/>



**Anaphylaxis Canada**

2005 Sheppard Avenue East, Suite 800  
Toronto, Ontario M2J 5B4  
Canada

Phone: 416-785-5666 Fax: 416-785-0458

Email: [info@anaphylaxis.ca](mailto:info@anaphylaxis.ca)

Web site: <http://www.anaphylaxis.org/>

**Asthma and Allergy Foundation of America**

1233 20th Street, NW, Suite 402  
Washington, DC 20036

Phone: 800-7-ASTHMA (800-727-8462)

Email: [Info@aafa.org](mailto:Info@aafa.org)

Web site: <http://www.aafa.org/>

**Beyond A Peanut**

Phone: 720-482-0384

Email: [info@beyondapeanut.com](mailto:info@beyondapeanut.com)

Web site: <http://beyondapeanut.com>

**Canadian Food Inspection Agency**

Phone: 1-800-442-2342

Email: <http://www.inspection.gc.ca/english/tools/feedback/commene.shtml>

Web site: <http://www.inspection.gc.ca/>

**Celiac Disease Awareness Campaign**

c/o National Digestive Diseases Information Clearinghouse  
2 Information Way

Bethesda, MD 20892-3570

Phone: 800-891-5389 Fax: 703-738-4929

Email: [celiac@info.niddk.nih.gov](mailto:celiac@info.niddk.nih.gov)

Web site: [www.celiac.nih.gov](http://www.celiac.nih.gov)

**Celiac Disease Foundation**

13251 Ventura Blvd. #1

Studio City, Ca. 91604

Phone: 818-990-2354 Fax: 818-990-2379

Email: [cdf@celiac.org](mailto:cdf@celiac.org)

Web site: <http://www.celiac.org/>



**Celiac Sprue Association/United States of America, Inc.**

P.O. Box 31700

Omaha, NE 68131-0700

Phone: 877-CSA-4-CSA (877-272-4272) or 402-558-0600

Email: [celiacs@csaceliacs.org](mailto:celiacs@csaceliacs.org)

Web site: [www.csaceliacs.org](http://www.csaceliacs.org)

**Center for Disease Control and Prevention (CDC)**

1600 Clifton Rd.

Atlanta, GA 30333

Phone: 800-232-4636

Email: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

Web site: <http://www.cdc.gov/>

**Center for Food Safety and Applied Nutrition**

Food and Drug Administration

CFSAN Outreach and Information Center

5100 Paint Branch Parkway HFS-009

College Park, MD 20740-3835

Phone: 800-SAFEFOOD (800-723-3366)

Web site: <http://www.fda.gov/Food/default.htm>

**Children's Digestive Health and Nutrition Foundation**

1501 Bethlehem Pike

P. O. Box 6

Flourtown, PA 19031

Phone: 215-233-0808

Email: [cdhnf@cdhnf.org](mailto:cdhnf@cdhnf.org)

Web site: <http://www.cdhnf.org/>

**Children's Hospital Boston**

Children's Hospital Celiac Support Group c/o

Division of Gastroenterology and Nutrition

300 Longwood Avenue

Boston, MA 02115

Phone: 617-355-6000

Web site: <http://www.childrenshospital.org/>

**Children's Hospital of the King's Daughters**

601 Children's Lane

Norfolk, VA 23507

Phone: 757-668-7000

Email: <http://chkd.org/Contact.aspx>

Web site: <http://chkd.org/>



**Cleveland Clinic Foundation**

Cleveland Clinic  
9500 Euclid Avenue  
Cleveland, OH 44195  
Phone: 800.223.2273 ext. 55580  
Web site: <http://www.clevelandclinic.org/>

**FDA Consumer Magazine**

Food and Drug Administration  
5600 Fishers Lane, Room 15A-29  
Rockville, MD 20857  
Phone: 1-888-INFO-FDA (1-888-463-6332)  
Web site: <http://www.fda.gov/FDAC/>  
For more information on print orders, please see:  
<http://www.fda.gov/opacom/catalog/order.html>

**The Food Allergy and Anaphylaxis Network**

11781 Lee Jackson Hwy., Suite 160  
Fairfax, VA 22033-3309  
Phone: 800-929-4040 Fax: 703-691-2713  
Email: <http://www.foodallergy.org/page/contact>  
Web site: <http://foodallergy.org/>

**Food Allergy Initiative**

1414 Avenue of the Americas, Suite 1804  
New York, NY 10019  
Phone: 212-207-1974 Fax: 917-338-5130  
Email: [info@faiusa.org](mailto:info@faiusa.org)  
Web site: <http://www.faiusa.org/>

**Food Allergy Research and Resource Program**

143 Food Industry Complex  
University of Nebraska  
Lincoln, NE 68583-0919  
Phone: 402-472-2833 (Steve Taylor, Ph.D.) Fax: 402-472-5307  
Email: [farrp@unl.edu](mailto:farrp@unl.edu)  
Web site: <http://farrp.org/>

**Food and Drug Administration**

10903 New Hampshire Ave.  
Silver Spring, MD 20993  
Phone: 888-463-6332  
Email: [webmail@oc.fda.gov](mailto:webmail@oc.fda.gov)  
Web site: <http://www.fda.gov/>



**Food and Nutrition Service**

U.S. Department of Agriculture  
3101 Park Center Drive  
Alexandria, VA 22302  
Phone: 703-305-2062  
Web site: <http://www.fns.usda.gov/fns/>

**Food Marketing Institute**

2345 Crystal Drive, Suite 800  
Arlington, VA 22202  
Phone: 202-452-8444  
Email: <http://www.fmi.org/?fuseaction=contact>  
Website: <http://www.fmi.org/>

**Food Safety and Inspection Service**

U.S. Department of Agriculture  
1400 Independence Ave., S.W.  
Washington, DC 20250-3700  
Phone: 800-233-3935  
Email: [http://www.fsis.usda.gov/contact\\_us/Electronic\\_Mailboxes\\_Available/index.asp](http://www.fsis.usda.gov/contact_us/Electronic_Mailboxes_Available/index.asp)  
Website: <http://www.fsis.usda.gov/>

**Gluten Intolerance Group of North America**

31214 124th Ave SE  
Auburn, WA 98092-3667  
Phone: 253-833-6655 Fax: 253-833-6675  
Email: [info@gluten.net](mailto:info@gluten.net)  
Web site: [www.gluten.net](http://www.gluten.net)

**International Food Information Council Foundation**

1100 Connecticut Avenue, N.W., Suite 430  
Washington, DC 20036  
Phone: 202-269-6540 Fax: 202-269-6547  
Email: [info@foodinsight.org](mailto:info@foodinsight.org)  
Web site: <http://www.foodinsight.org/>

**Kids with Food Allergies**

73 Old Dublin Pike, Ste 10, #163  
Doylestown, PA 18901  
Phone: 215-230-5394 Fax: 215-340-7674  
Email: <http://www.kidswithfoodallergies.org/email.php?to=info>  
Web site: <http://www.kidswithfoodallergies.org/>



**La Leche League International**

PO Box 4079

Schaumburg, IL 60168-4079

Phone: 1-800-LaLeche (800-525-3243) Fax: 847-969-0460

Email: [http://www.llli.org/contact/contact\\_us](http://www.llli.org/contact/contact_us)

Web site: <http://www.llli.org/>

**Living Without Magazine**

PO Box 1998

Sun Valley, Idaho 83353

Web site: <http://www.livingwithout.com>

**Mayo Foundation for Medical Education and Research**

Email: <http://www.mayoclinic.com/health/contact-us/contactus>

Web site: <http://www.mayoclinic.com/>

**National Dairy Council**

10255 W. Higgins Rd., Suite 900

Rosemont, IL 60018

Email: <http://www.nationaldairycouncil.org/AboutNDC/Pages/ContactUs.aspx>

Web site: <http://www.nationaldairycouncil.org/>

**National Digestive Diseases Information Clearinghouse**

National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK), National Institutes of Health

NIDDK Clearinghouses Publications Catalog

5 Information Way

Bethesda, MD 20892-3568

Phone: 800-860-8747 Fax: 703-738-4929

Email: [catalog@niddk.nih.gov](mailto:catalog@niddk.nih.gov)

Web site: <http://catalog.niddk.nih.gov/>

**National Institute of Allergy and Infectious Disease**

National Institutes of Health

NIAID News and Public Information Branch

6610 Rockledge Drive, MSC 6612

Bethesda, MD 20892-6612

Phone: 866-284-4107 Fax: 301-402-3573

E-mail: [http://www3.niaid.nih.gov/links\\_policies/contact\\_us.htm](http://www3.niaid.nih.gov/links_policies/contact_us.htm)

Web site: <http://www.niaid.nih.gov/>



## **National Institute of Arthritis and Musculoskeletal and Skin Diseases**

National Institutes of Health  
1 AMS Circle  
Bethesda, MD 20892-3675  
Phone: 301-495-4484; 877-226-4267  
Email: [NIAMSinfo@mail.nih.gov](mailto:NIAMSinfo@mail.nih.gov)  
Website: <http://www.niams.nih.gov>

## **Nemours Foundation**

Email (Kid's Health): [comments@KidsHealth.org](mailto:comments@KidsHealth.org)  
Web site: <http://www.nemours.org/>  
Web Site (Kid's Health): <http://www.kidshealth.org/index.html>

## **Office on Women's Health**

U. S. Department of Health and Human Services  
Phone: 800-994-9662  
Email: <http://www.womenshealth.gov/contact/index.cfm?sawquestions=yes>  
Websites: <http://www.womenshealth.gov/> ; <http://www.girlshealth.gov/>

## **Oregon Health and Sciences University**

3181 S.W. Sam Jackson Park Rd.  
Portland, Oregon 97239-3098  
Phone: 503-494-5274  
Email: <http://www.ohsu.edu/xd/about/contact.cfm>  
Website: <http://www.ohsu.edu/xd/>

## **PBS Kids**

Email: <http://www.pbs.org/parents/feedback.html>  
Web site: <http://pbskids.org/>

## **Seattle Children's Hospital**

4800 Sand Point Way NE  
Seattle, WA 98105  
Phone: 206-987-2000  
Email: <http://www.seattlechildrens.org/about/contact-form/>  
Web site: <http://www.seattlechildrens.org/>

## **Select Wisely**

PO Box 289  
2 Main Street  
Sparta, New Jersey 07871 USA  
Phone: 888-396-9260  
Email: [orders@selectwisely.com](mailto:orders@selectwisely.com)  
Web site: <http://www.selectwisely.com/>



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Rachel Tobin, MS, RD, Nutrition Information Specialist

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Gina Hundley Gomez, RD, Nutrition Information Specialist

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Locate additional FNIC publications at <http://fnic.nal.usda.gov/resourcelists>.

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Food and Nutrition Information Center  
Agricultural Research Service, USDA  
National Agricultural Library, Room 105  
10301 Baltimore Avenue  
Beltsville, MD 20705-2351  
Phone: 301-504-5414  
Fax: 301-504-6409  
TTY: 301-504-6856  
Contact: <http://fnic.nal.usda.gov/contact>  
Web site: <http://fnic.nal.usda.gov>

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