

KEYS TO BETTER HEALTH™

Be Aware of the Possibility of Allergies in Kids

Sniffing, blowing, sneezing. It's allergy season. These symptoms can be particularly troubling when experienced by very young children who haven't learned the fine art of nose blowing or sneeze covering. For older kids, the itchy, red eyes, having to always have tissues on hand, and the possibility of sneezing on their friends can be a significant annoyance. And, when allergies are severe – as in peanut allergy – this can be a life-threatening condition.

When it comes to food shopping, Key Foods is making it easier to select healthier foods with the Keys to Better Health program. Our dietitians have compared packaged foods to a wide range of federal guidelines and placed tags throughout the store highlighting foods that may be appropriate for people managing food allergies.

Food allergies - Food allergy is more common among children than adults. About 90% of all food allergy reactions are caused by 8 foods: milk, soy, eggs, wheat, peanuts, tree nuts, fish and shellfish. Fortunately, many children with food allergies will outgrow them. However, it appears that food allergies among U.S. children are becoming more common over time. If you suspect that your child has allergies, make an appointment with your doctor or pediatrician. Then you'll need to rework your food menus accordingly.

The website KidswithFoodAllergies.com has a wide range of information for families with an allergic child. You'll find a robust database of allergen-free recipes, you can join an on-line support forum to get advice and suggestions from other parents with experience in what you're facing, and get the latest news and information on childhood allergies.



And, you can find many alternatives in your grocery store. Depending upon the allergens you're avoiding, you can substitute almond or sunflower seed butter for peanut allergic kids, soy or coconut milk for cow's milk allergic tykes, choose soy-based yogurts, gluten-free treats and much more. Read labels carefully and watch for the shelf signs provided by your **Keys to Better Health** program that point out food attributes such as gluten-free, soy-free, non-GMO and more.



Please note: Information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.