

Eating Well With Food Allergy or Food Intolerance

Eating well may have a different meaning to different people. I think of eating well as: eating foods that provide good nutrition, eating foods that taste good, and having a diet that is varied in options. One positive aspect of having a food allergy or food intolerance is that it encourages one to eat well.

1. Choose Whole Foods

When you have to avoid food(s) in your diet it is easiest to start with a diet that is rich in whole foods. Whole foods are often found in the perimeter of the grocery store and include fruits, vegetables, and protein sources. Whole foods provide great nutrition with typically less risk of cross contamination or multiple ingredients, which may include the food(s) you need to avoid. For example, if you choose a whole potato or sweet potato it is 100% potato. If you purchase a frozen potato product like a French fry there may be other ingredients that include the food you are trying to avoid such as wheat.



2. Eat at Home More Often

Eating away from home is always risky with a food restriction. It can be difficult to find safe eating establishments. Therefore, you probably will eat at home more often. Studies show that eating at home more often is healthier for many reasons.

www.mealsmatter.org/articles-and-resources/healthy-living-articles/Family-Meals.aspx

3. Choose Food Products With Best Nutrients

When there is more than one brand or option for a food that you are purchasing. Compare the nutrition facts panel and choose the product with less trans fat, saturated fat, sodium, and added sugars and more fiber, vitamins and minerals.



4. Make Food Substitutions When Cooking

One thing you don't want to feel, with your food allergy or intolerance, is limited. You can adapt many recipes with recipe substitutions to make foods that are safe for you! This way you have more options and will not feel too limited in your choices.

- FAAN Cooking & Baking Tips- www.foodallergy.org/page/cooking-and-baking-tips

- Kids With Food Allergies Recipe Substitutions

www.kidswithfoodallergies.org/resourcetopic.php?topic=food-cooking

5. If Multiple Food Restrictions, Have Your Diet Analyzed

Having multiple food restrictions can put you at risk for not receiving all of the nutrients you need. I recommend that you have your diet analyzed to see if it is meeting your estimated nutrition needs. A Registered Dietitian can do this for you. A three day diet record is typically requested to analyze the average intake and nutrients consumed. See the bottom right hand side of the page titled- **Find A Registered Dietitian**. If you are pretty savvy with nutrition and the computer you may be able to evaluate your own diet or your child's diet using the SuperTracker from the USDA- www.choosemyplate.gov/supertracker-tools/supertracker.html



You CAN Eat Well With Food Allergy or Food Intolerance