



 **CFAAR**
Center for Food Allergy
& Asthma Research

CFAAR Resources

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Disclosures

- I have no conflicts of interest to disclose for this presentation

The opinions reflected in this presentation are those of the speaker and independent of Nutricia North America



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Center For Food Allergy & Asthma Research (CFAAR)

Our Mission:

- To lead innovative research that improves the lives of communities with food allergy and asthma through epidemiological, clinical, and community-engaged research.



CFAAR is a joint center between Northwestern Feinberg School of Medicine and Ann & Robert H. Lurie Children's Hospital of Chicago

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<p>PUBLIC HEALTH DATA RESEARCH</p> <p>Improve population health by:</p> <ul style="list-style-type: none"> • Creating and maintaining large food allergy/asthma data registries • Collaborate with local, national, and global partners for survey development and validation 	<p>CLINICAL RESEARCH CORE</p> <p>Conduct large trials aimed to:</p> <ul style="list-style-type: none"> • Understand and address health disparities by race, ethnicity, and income • Improve clinical guidelines for the prevention of allergic disease • Test novel devices to improve disease management 	<p>COMMUNITY & SCHOOL OUTREACH</p> <p>Build public health awareness by</p> <ul style="list-style-type: none"> • Hosting family-facing educational conferences • Creating accessible patient-facing resources • Training and empowering the next generation of health leaders.
		<p>CFAAR Research Cores</p> <p>Photo Credit: Randy Belice and</p>

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Allergy-Free Smart Snacking

Enjoy eating allergy-free, healthy snacks at home, school, social events, travelling, or after a workout. Many snacks are non-perishable. So, keep these conveniently at your fingertips by storing in your backpack.

Smart Snacking Perks

- Boosts nutrition and supports health
- Fuels your body's energy stores before and after exercise
- Lowers risk of food-related allergic reactions
- Saves time and money

Try these tasty, safe & healthy snacks

Whole Grains

- Popcorn
- Whole Grain Rice Cakes
- Gluten-Free Brown Rice Crackers

Protein

- Gluten-Free Beef/Turkey Jerky
- Pumpkin Seeds
- Sunflower Seeds
- Sunflower Butter

Veggies

- Raw veggies (baby carrots, celery stick, bell pepper strips or other type veggies)
- Vegetable Juice

Fruits

- Whole Fresh Fruit
- Unsweetened Applesauce
- Unsweetened canned fruit
- Dried Fruit
- Freeze Dried Fruit "Chips"

Beverages


- Water
- Seltzer Water
- Low sugar plant-based milk
- Plant-based Smoothies
- Vegetable Juice

Email cfaar@northwestern.edu for access to all of our nutritional resources

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Nutrition Resources
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Early Introduction



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Feeding Your Baby Solid Foods





When?

Your infant will express interest in eating solid foods between 4 and 6 months of age.



Do I show signs that I am ready to eat food?

Infant Developmental Skills to Eat Food:

- ✓ Good head and neck control.
- ✓ Sits up with little or no support.
- ✓ Opens mouth when offered baby food.
- ✓ Tries to grab food, toys or other objects.



What?

Recommended first foods include:

- Start with one food first. Examples include fortified baby cereal and pureed vegetable or fruit. Gradually offer new single-ingredient purees one at a time.
- Offer thin purees first; advance to mashed consistencies as baby's palate adjusts to different textures.
- Progress infant's diet by serving two-ingredient purees such as meat mixed with a vegetable.
- Avoid adding sugar or salt to foods.
- Infant cereal should not be given in a bottle.
- Foods to avoid for the first 12 months of life: cow's milk, juice and honey.
- Foods to avoid until 4 years of age (choking hazards): hard, round or sticky foods such as nuts, grapes, raw carrots, candy, lollipops and popcorn.





How?

How to introduce solid foods:

- Feed your infant in a high chair and stay with your baby the whole time, watching for signs of choking.
- Allow your baby to sample small amounts of purees first, introducing one new food at a time. Gradually increase amounts offered to respond to baby's appetite.
- Begin with one feeding per day, increase to three feedings daily with infant's age.
- Continue to provide breast milk or infant formula during the first year of life.
- Your baby may need to be offered a new food several times before accepting this food.
- Gradually offer a variety of foods as baby adapts to new flavors and textures.



Be patient. It may take awhile before I like a new food.

Email cfaar@northwestern.edu for access.

Available in both English and Spanish



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Early Introduction Resources

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Adding Peanut Protein to Your Baby's Diet

These are general instructions for feeding peanut-containing foods to your baby. When introducing peanut-containing foods, pick a time when your infant is healthy and able to have your full attention for at least 2 hours to watch for an allergic reaction.

If your baby has severe eczema or an egg allergy, wait to give peanut-containing foods until your doctor says it is okay.

Feeding Your Infant Peanut Foods:

1. Offer a small sample of thinned peanut butter on the tip of a baby spoon.
2. Wait 10 minutes to see how your baby responds.
3. If no allergic reaction, offer more peanut containing food. Slowly give the rest of the peanut food as your baby will accept.

Symptoms of an Allergic Reaction:

- ✓ Mild symptoms include new rash or facial hives especially around the mouth.
- ✓ More severe allergic symptoms include:
 - Lip/tongue swelling
 - Widespread hives
 - Vomiting/diarrhea
 - Skin color changes
 - Wheezing
 - Repetitive coughing
 - Difficulty breathing
 - Sudden fatigue

911 Concerned about your baby's response to peanut? Call 911 for medical attention.

Peanut Recipe #1: Thinned, Smooth Peanut Butter (contains 2 grams of peanut protein)

Directions:

1. Measure 2 teaspoons of smooth peanut butter. Slowly add 2-3 teaspoons of hot water.
2. Stir until peanut butter is mixed in, thinned and well blended. Let cool.
3. Increase water or add infant cereal to make mixture as thin or thick as infant likes.

Peanut Recipe #2: Smooth Peanut Butter Puree (contains 2 grams of peanut protein)

Directions:

1. Measure 2 teaspoons of smooth peanut butter.
2. Add 2-3 tablespoons of pureed fruit or vegetables that your infant has eaten before to the peanut butter.
3. Increase or decrease the amount to make mixture as thin or thick as your infant likes.

Start with one serving containing 2 grams of peanut protein shown above. Gradually increase to three servings weekly, adapting to your baby's appetite and taste preferences.

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Early Introduction Resources

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Email cfaar@northwestern.edu for access.

Available in both English and Spanish

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Clinician Training Modules

The training video summarizes the guidelines, a clinical decision support tool, and classifications of eczema.

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MOC and CME credit offered upon completion of training.

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<https://www.youtube.com/watch?v=03-sAmZ52fk>

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Infant Atopic Dermatitis Severity Scorecard: vIGA-AD™ with examples	
0	Clear: No inflammatory signs of atopic dermatitis.
1	Almost Clear: Barely perceptible erythema, barely perceptible induration/papulation, and/or minimal lichenification.
2	<p>Mild</p> <p>Slight but definite erythema (pink), slight but definite induration/papulation, and/or slight but definite lichenification. No oozing or crusting.</p>
3	<p>Moderate</p> <p>Clearly perceptible erythema (dull red), clearly perceptible induration/papulation, and/or clearly perceptible lichenification. Oozing and crusting may be present.</p>
4	<p>Severe</p> <p>Marked erythema (deep or bright red), marked induration/papulation, and/or marked lichenification. Disease is widespread in extent. Oozing or crusting may be present.</p>

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Management



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Food Allergy Passport:

Personalized tool that helps caregivers and children manage their food allergies more easily and with greater confidence.

The completed FA Passport™ includes:

- Child's specific food allergies
- Names and locations of important lifesaving medication
- Emergency contact information
- Safe and unsafe foods for the child
- Child's specific food allergy symptoms
- Tips on how to properly read a food label to prevent accidental exposure.
- It also includes an Emergency Action Plan (EAP) that shows how to use an epinephrine autoinjector in the case of an allergic reaction

Available for free on CFAAR website. Create your own at www.foodallergypassport.com!

After you complete the FA Passport™, it can be printed or sent via email.

The image shows the 'The Food Allergy Passport' app interface. At the top, it says 'The Center for Food Allergy and Asthma Research' and 'The FAMILY Study'. The main title is 'The Food Allergy Passport™'. Below that, it says 'A personalized digital tool for food allergy education, management, and empowerment.' There is a QR code with the text 'SCAN ME' and a link to visit the website: 'http://www.foodallergypassport.com'. On the right, a smartphone displays the 'EMERGENCY ACTION PLAN' screen, which includes instructions for using an epinephrine autoinjector and when to call 911.



Developed by CFAAR and collaborators from Rush University Medical Center and Stanford University

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The image displays a grid of six educational cards:

- Talking about food allergies with your child:** Focuses on using age-appropriate language, being honest, and sticking to facts. Includes helpful videos.
- 3 PLANS FOR MANAGING FOOD ALLERGIES:** 1. Managing an allergic reaction (teaching the child, learning about reactions, teaching the child to read labels). 2. Let the past teach you to be prepared for the future (reviewing past reactions, asking for allergen-free options). 3. What are some simple and important steps to keep my child safe? (epinephrine kit, allergen-free products).
- Food Label tips:** Explains that allergens can be listed in one of three ways: using the common name, with the common name in parentheses, or using a "Contains" list. Includes a pro tip to read every label.
- TESTING FOR FOOD ALLERGY:** Lists tests like History and Physical Exam, Blood Test, Skin Prick Test, Oral Food Challenge, and Food Elimination Diet.
- Food-Related Symptoms Can Be Confusing!:** Lists symptoms like Food gets stuck when I swallow, Vomiting repeatedly after eating certain foods, Itchy skin rash or mouth sores, Blood or mucus in your stool, Belly cramps, bloating, gas, and diarrhea, Itchy mouth after eating fresh fruits, vegetables, or nuts, and Poor weight gain or weight loss.
- Managing Food Allergies Workbook:** A parent's checklist for reviewing common signs of an allergic reaction, tracking important reaction information, and reviewing epinephrine use. Includes a section for parents and children to review details of past reactions.

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Education



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Educational Video Library



Early Childhood and Food Allergies- Parent Video English



Early Childhood and Food Allergies- Parent Video Spanish



Kids Talk Food Allergy
K-3rd Grade



Kids Talk Food Allergy 2
4th-7th Grade



Teens Talk Food Allergy
8th-12th Grade



College Video Northwestern



Educational FA videos for all age groups with associated hand outs at cfaar.northwestern.edu!

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Food Allergy Tip Sheet

The Food Allergy Awareness Tip Sheet was designed by CFAAR and the Illinois Early Learning Project.

Available in:

- English
- Spanish
- French
- Polish
- Korean
- Chinese
- Arabic

Food Allergy Awareness

One in 13 children has a food allergy. Children can be allergic to any food, but the most common food allergens in young children are milk, peanuts, tree nuts, soy, wheat, eggs, fish, shellfish, and sesame. To keep children safe, caregivers should:

- ★ **Be prepared when caring for a child with a food allergy.**
 - Ask if the child has an Emergency Action Plan from their doctor. If so, request it and read it.
 - Read food labels and avoid allergens; never assume you know the ingredients.
 - Wash hands before and after snacks/meals and wipe down tables, chairs, and playground equipment.
 - When preparing or serving food, avoid cross-contact with utensils (e.g., using the same spoon, spatula, or scoop).
 - Ask parents about previous reactions, necessary precautions, and how to use the child's epinephrine autoinjector.
 - Know where their medicine is kept and take it with you when you go outside or on field trips.

- ★ **Watch for reactions to allergens.** Suspect an allergic reaction is happening if a child has mild or severe(*) symptoms in any of the following body systems:
 1. Mouth: swelling of the lips and/or tongue
 2. Skin: itching, hives, redness, or swelling
 3. Stomach: vomiting, nausea, or stomach pain
 4. Lungs: wheezing, coughing, or tightness* in the chest/trouble breathing
 5. Heart: dizziness*, weak pulse*, or fainting*

A mild reaction typically includes only one of these five body systems. A severe reaction includes any severe symptoms and/or more than one body system. A severe reaction is called **anaphylaxis**, which can be life-threatening.

If a child has trouble breathing, has a weak pulse, or faints—or if there are symptoms within two or more of the body systems listed above—administer epinephrine and call 911.

- ★ **Teach all children to be careful.**
 - At meal/snack time, we want every child to:
 - Stop before they eat.
 - Look at their food.
 - Ask if it's okay.
 - Go eat the food only if an adult says it's okay.

The opinions, resources, and referrals provided in this Tip Sheet are intended for information purposes only and should not be considered or used as a substitute for medical advice, diagnosis, or treatment. We advise parents to seek the advice of a physician or other qualified healthcare provider with questions regarding their child's health or medical conditions.

- ★ This Tip Sheet was produced in collaboration with the Center for Food Allergy & Asthma Research (CFAAR) at Northwestern University: cfaar.northwestern.edu

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois State Board of Education.



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For more tip sheets on other topics, please go to <https://illinoisearlylearning.org> 11/20



Tip sheet available at cfaar.northwestern.edu!

Food Allergy Conference for Education & Science

Bi-annual family-facing conference

www.midwestfaces.com

Tracks for adults, teens, & children

Topics include prevention, early diet, nutrition, management, treatment, and more!



Photo Credit:
Randy Belice



CFAAR'S COMMUNITY RESOURCE CORNER

Create An Asthma Action Plan

Full Name _____
 Patient's Age _____
 Doctor's Name _____
 Doctor's Phone Number _____

FOOD ALLERGY PASSPORT

My full name is: _____
 I like to be called: _____
 Date of birth: _____
 My doctor's name: _____
 My doctor's phone: _____
 My guardian's name: _____
 Secondary contact's name: _____
 Secondary contact phone: _____

YOU CAN FIND MY LIFESAVING MEDICATION HERE:
 Epinephrine Auto injector Name: _____
 Location: _____

IN CASE OF AN EMERGENCY CALL 9-1-1

MY FOOD ALLERGIES

FISH Yes No
 EGG Yes No
 PEANUT Yes No
 MILK Yes No
 SHELLFISH Yes No
 WHEAT Yes No
 TREE NUTS Yes No
 SOY Yes No
 SESAME Yes No

Browse all CFAAR Resources here or by visiting cfaar.northwestern.edu

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Thank you!

