Food allergies, sensitivities, Celiac Disease, dietary needs and choice. What does it all mean?

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Imagine

- You go out to eat and…
- You serve a customer and…
- You have a child and…
- You kiss a girl and…

**WARNING...**

Next slide MAY be cause a physical emotional response or reaction!
Hunger?
Anticipation?
Excitement?
Stress?
Fear?
??
What is yours?

Who am I?
- Food Group
  - Gluten Free and Other Special Diets
- Internship at University Dining Center
- Master Trainer Food allergy/restaurants
  - Through MenuTrinfo-Allertrain
- Podcaster
  - Wellness Renaissance Podcast
  - (I have a podcast about sex too... SHHHHHH!!)

Thank you for being here!
Who are you??
What brings you here?

We’ll start out with definitions

- What are food allergies, celiac, sensitivities, etc.
- Keep in mind… barriers
  - Management
  - $ Support
  - Basic needs hierarchy

Food Allergy

- Abnormal response to a food… even a tiny amount… triggers the immune system… thinks it is invader
- Triggers cells to release an antibody known as immunoglobulin E (IgE) to neutralize the allergy-causing food
Your body is signaled to release histamine and other chemicals into the bloodstream.

- These chemicals cause allergy symptoms.
- Could result in a severe and sudden life-threatening reaction. Anaphylaxis.
- Can cause death - Seconds count!
- Reaction can be immediate or within several hours.
- Epinephrine may need to be administered**

Also dizzy, fainting, vomiting, confusion, MORE!!

Estimated 32 million people have food allergies.

- 210,000 hospitalizations due to food allergies each year.
- 5.6 million kids have food allergies:
  - 1 in 13 kids
  - Usually more than one food they are allergic to.
Food Allergies Are on the Rise

- The Centers for Disease Control & Prevention reports that the prevalence of food allergy in children increased by 50 percent between 1997 and 2011.

- Between 1997 and 2008, the prevalence of peanut or tree nut allergy appears to have more than tripled in U.S. children.

FoodAllergy.org

Why are allergies on the rise?
Some theories...

- Changes in food supply
- The Hygiene hypothesis
  - Who knew that a risk factor could be being too clean
- Cooking practices
- LEAP
POP QUIZ

What do these have in common

Bullying

- 35% kids 5+ said they were bullied
  OF THOSE...
  - 21 – teacher or school staff
  - 65 – depressed or embarrassed
  - 86 – bullied more than once
  - 43 – Allergen waived in their face
Other things to consider

- Inhaling allergen or ingredients one is sensitive to
- Skin contact allergens
- Products containing offending food or ingredients.

Celiac Disease

- Autoimmune digestive disorder
- 1% of Americans (3 million)
- Many undiagnosed
- Women more than men
- Genetic component
- Disrupts nutrient absorption
- Secondary conditions may result
Celiac Disease

No cure
Don’t outgrow
Life long avoidance of Gluten
Even trace amounts
SOME have no symptoms they feel

Need to completely avoid
- Wheat
- Rye
- Barley
- Spelt
- Triticale
- Some oats
- Some other grains and ingredients

Diagnosing

Symptoms of Celiac

- Acne,
- Dermatitis
- Flatulence
- Diarrhea
- Abdominal bloating
- Migraines
- Dental enamel issues
- Mouth ulcers
- Anemia
- Weight loss
- Weight gain
- Bone/joint pain
- Fatigue
- Hormone imbalance

When it isn’t really gluten free!

Post on facebook celiac support group
Food sensitivities

- Digestive reaction
- Inability to not digest a food or part of the food.
- Reactions
  - Minutes
  - To 3 days
- Not life threatening
  - Yet can be severe
- On the rise! (38%)

COMMON FOODS

- Lactose
- Chocolate
- MSG
- Beans
- Sulfites – Found in meat and wine (Preservative)
- Gluten

Symptoms

- List is SUPER long!
- Nausea
- Flatulence
- Diarrhea/constipation
- Headaches/Migraines
- Dizziness
- Sinus issues
- Unproductive cough
Food sensitivities?
When do we take them seriously?

Considerations
- Low income
- Food shelves
- Low income meal providing kitchens

Can you imagine needing to eat gluten free if you are low income
Getting diagnosed??
Fear? Job, sick time, push through sensitivities

How do you see this in your work?
- Barriers to getting someone what they need?
- Taking people seriously in the world of fads? Media hype?
Discussion?

questions?

Questions about food,
curious about training,
podcast conversation
or ??

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