

RECIPE OF THE MONTH - OCTOBER 2007



NUT/PEANUT ALLERGIES & NUT-FREE SNACK IDEAS!



Sandwich Spirals!

Ingredients:

- 1/2 cup low-fat cream cheese (at room temperature)
- 2 large whole-grain flour tortillas
- 1 cup loosely packed baby spinach leaves
- 1 tomato (thinly sliced/diced) or 2 tbsp dried cranberries
- chopped fresh herbes (chives, dill or basil leaves) or 1 tbsp vinaigrette salad dressing

Directions:

1. In a small bowl, mix cream cheese, chopped fresh herbs/salad dressing and mix well.
2. Spread half of the cream cheese mix evenly over flour tortilla. Make sure to spread all the way to the edge.
3. Scatter half of the spinach leaves over each tortilla.
4. Top that with half of the tomato or dried cranberries.
5. Starting on one side, role each tortilla, using the cream cheese along the edge to seal in into a tight wrap.
6. Cut each wrap into 5 or 6 slices using a serrated knife.

Makes 2 servings.

Source: *FamilyFun Cooking with Kids*

You can vary this recipe to your taste by mixing or changing ingredients! Examples: use raisins, hummus, add some feta cheese, etc...

Nutritional Info per serving (with tomato & cranberries): 301 calories, 14 g protein, 45 g carbohydrates, 6 g fibre, 7 g fat.

OTHER NAMES FOR PEANUTS: Arachide*Arachis oil*Beer nuts*Cacahouète /cacahouette /cacahuète*Goober nuts*goober peas*Ground nuts *Kernels*Mandelonas*Nu-Nuts™*Nut meats*Valencias

A NUT FREE HALLOWEEN!

Halloween is an exciting time for children – trick or treating can be tons of fun! However, for children with food allergies, much precaution is needed at this time of year. There are different strategies that you can use based on what is appropriate for your child or family situation. Look for clearly labeled ‘nut free’ treats or make your own!



Some suggestions include:

- * Trick or treat with restrictions – ask people if they have treats without peanuts, have a parent sort through the loot and separate safe from unsafe treats, do not allow your child to root through the loot, buy your child some treats you can be assured are peanut free.
- * Trick or Treat at select neighbours – close friends or family you know very well, or deliver treats to select neighbours in zip locked bags the day before
- * Have a Halloween party: you can have fun in an allergy-free environment & provide nut-free snacks & treats (cupcakes, punch, gum, etc.). Make a haunted house, pin-the-face on the pumpkin, etc. When making the invites some parents print “peanut-free party” right on the cards for reinforcement.

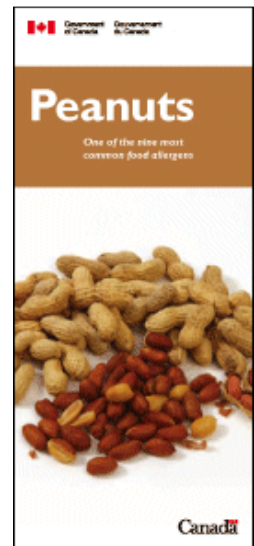
Source: <http://www.baystateparent.com/news/2006/1001/Articles/023.html>

Brought to you by the Dietitians from the Health and Performance Centre at the University of Guelph.
www.uoguelph.ca/hpc For a personal consultation call 519-767-5011 ext. 1.

NUT ALLERGIES

Did you know? The 9 priority food allergens in Canada are:

- | | | |
|----------------|------------|--------------|
| 1. peanuts | 4. milk | 7. soy |
| 2. tree nuts | 5. eggs | 8. wheat |
| 3. sesame seed | 6. seafood | 9. sulphites |



What is an allergic reaction?

- Severe adverse reaction that happens when the body's immune system overreacts to a particular substance.

WHAT CAUSES AN ALLERGIC REACTION?

- They can be caused by various things – for example: food, latex, insect stings, medications.

WHAT ARE THE SYMPTOMS OF AN ALLERGIC REACTION??

- Symptoms vary in severity, number and type. Some common ones are listed below:
 - o difficulty breathing/speaking/swallowing.
 - o swelling (eyes, face, throat, lips, tongue).
 - o flushed face, hives, red or itchy skin.
 - o vomiting, diarrhea, cramps.
 - o drop in blood pressure, fast heart beat, unconsciousness.
 - o weakness, anxiety, faintness, paleness.



Suggestions to avoid peanuts:

- * Read labels every time you shop
- * Avoid products that do not have an ingredient list
- * Avoid products that may contain peanuts or peanut derivatives
- * Be aware of cross contamination (this can happen during food manufacturing, shared preparation equipment, during preparation in restaurants or at home)

Peanut/Nut free alternative snack suggestions	Possible food sources of peanuts	Possible non-food sources of peanuts
<p><u>Home-made</u></p> <ul style="list-style-type: none"> -yogurt, milk -fresh fruit, -raw veggies & yogurt dip -home made muffin, hard-boiled egg -mini pita with salsa & lettuce or tuna salad, plain popcorn -cheese/cream cheese-stuffed celery sticks <p><u>Grocery store</u></p> <ul style="list-style-type: none"> *remember that not all products by these manufacturers are nut-free – visit for more info -<i>Quaker</i> rice cakes -various <i>Dare</i> crackers & cookies -<i>Kellogg's</i> nutri-grain bars -<i>Christie</i> triscuits, wheat thins/stoned thins 	<ul style="list-style-type: none"> -almond & hazelnut icings, paste, nougat, glazes -gravy -potato chips, trail mixes -ethnic foods (like chili, curries, Thai food) -soup mix, salad dressings -cereals -baked goods (cakes, cookies, pastries) -nut substitutes (reformed/reflavored nuts) -vegetarian meat substitutes -dessert foods (ice cream, frozen yogurts) 	<ul style="list-style-type: none"> -pet food -mouse traps -ant baits -bird seed -medications -vitamins -craft supplies -stuffing in toys -sun screens -cosmetics

Sites for reference:

- Toronto Public Health - http://www.toronto.ca/health/pdf/nm_peanutinsert.pdf
- Canadian Food Inspection agency - <http://www.inspection.gc.ca/english/fssa/labeti/allerg/pearae.shtml>
- Emergency Guide: <http://www.fraserhealth.ca/NR/rdonlyres/ex6yppg3jk7cyusitl2osr7p2bygf7rx2vkeyvdt3lb4t6znsygt3dbpvjzfuex5ndytzicq7pg6n/PeanutPamphlet.pdf>
- <http://www.sowashco.k12.mn.us/RO/parent/peanut-freesnacks.pdf>
- www.nutfreegourmet.com –Snack suggestions