

Taste of Spring Event

“How to Make Eating Fun and Nutritious While Avoiding the Top 8 Allergens”

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Greater Cleveland Allergy Connection: Connect with Us On Facebook at <http://facebook.com/gcacandsupport>

Objectives/Goals

Use the 4 P's; Positivity, Patience, Planning & Pairing to create allergy-friendly meals

- Use “positivity” to get your kids excited about food.
- Understand how a little bit of “patience” goes a long way.
- Identify ways to present allergy-safe foods that are both nutritious and fun (“planning”).
- Gain a general understanding of the role that nutrition plays in preparing allergy-safe meals (“pairing”).

1. Create a Positive experience

- Food allergic parents have a unique opportunity to educate by:
 - Leading by example (focus on “can do” attitude).
 - Viewing situation in positive light (focus on “can have” foods).
 - Using the opportunity to make dietary changes (more wholesome and healthful choices), not only to keep kids safe.

2. Practice Patience

“Have patience with all things, but first of all yourself.” — Saint Frances de Sales

- Some kids may be more reluctant to try new foods (afraid of recurrence).
- Others may contest to different tastes/textures; may be age specific.
- Message: Continue to encourage/introduce. Validate feelings.

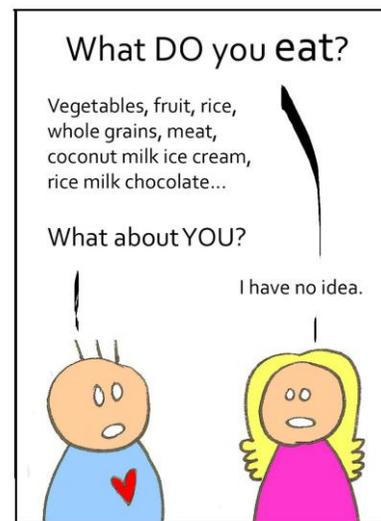
3. Planning

- How to plan: Write it down, keep it simple, prepare in bulk, serve, freeze.
- How to make it fun & nutritious: Plant it! Serve it! Cut it! Wrap it! Stack it! Freeze it! Slice It!
- How to execute: Gone are days where majority of meals can be done “on the fly.” Planning requires change in mindset, forethought.
 - Friends are little chefs. Cook with foods only your child can have. Education, understanding, empathy!
 - ✓ Many bread recipes (using grains; quinoa, flax seed) can be made into cupcakes, frost with your regular allergy safe frosting.

4. Pairing (art of eating foods at the same time/nutritionally complement each other)

- A Registered Dietitian can aid in designing an individual meal plan; multiple allergies and high risk cases.
- Example area of concern: Calcium, Milk Allergy
 - Pair - Vitamin D and foods high in calcium together (replace other 11 nutrients/minerals regular Cow's milk offers).
 - ✓ Allergy safe fortified milk alternative with leafy greens high in calcium like broccoli, kale, spinach.

Food Allergy Fun



www.foodallergyfun.com

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