

# Nutrition News

WE ARE WHAT WE EAT



“ Allergic reactions happen when the body’s immune system reacts to a particular protein or irritant. The reaction may be caused by food, insect stings, and medications. ”

- Health Canada

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## Featured Healthy Recipe:

### Farmers’ Market Spring Risotto

*By Cybele Pascal in Allergic Living*

In celebration of Food Allergy Awareness Month, this spring risotto recipe is free of the top 8 most common allergens in Canada. Pair with a protein (fish, chicken, beef, tofu, etc.) and some extra veggies to achieve a balanced plate.

[\*Find the recipe here.\*](#)

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# The About-Face in Allergy Prevention

By Dr. Adelle Atkinson

Have a little one at home or on the way? When it comes to preventing allergies in children, the message used to be to delay the introduction of foods containing common allergens. However, new research is showing that introducing children to common allergens early in life may actually prevent developing an allergy.

[You can read more here.](#)

## Dietitians Help Plan Meals for Kids With Food Allergies

By Richard Watts

Being diagnosed with an allergy can be eye opening. All of a sudden you need to pay attention to everything that goes into your mouth in order to avoid a reaction. Sometimes allergies can change your eating habits dramatically and leave you feeling unsure about what to eat in order to get your proper nutrients. This is where a Registered Dietitian can help.

[You can read more here.](#)

## Food Allergies & Intolerances

From EatRight Ontario

Not sure what the difference is between an allergy and an intolerance? Check out this helpful factsheet from EatRight Ontario to learn not only the difference between the two, but also what to do if you suspect that you have either one.

[You can read more here.](#)

## Allergy-Friendly Top 10: Travelling Safely With Food Allergies

From The Huffington Post Canada Pauline Osen

As the weather warms up and we start getting closer to summer vacation, it's important to be prepared if you have allergies and are planning to travel. Here are some helpful tips to prepare you for the holidays.

[You can read more here.](#)

## Allergy-Free Recipes

From Kids With Food Allergies and Allergic Living

Looking for allergen free recipes? Check out Kids with Allergies and Allergic Living. Both sites have recipe search functions where you can specify the allergens you're trying to avoid; super handy tools to make eating with allergies easier.

Check out [Kids with Allergies](#) and [Allergic living](#).



## Monthly Tip:

May is Food Allergy Awareness Month. It is estimated that 1 in 13 Canadians live with a food allergy. Food allergies occur when the body's immune system reacts to a particular protein or irritant. According to Health Canada, the most common allergens are:

- Eggs
- Milk
- Mustard
- Peanuts
- Seafood
- Sesame
- Soy
- Sulphites
- Tree Nuts
- Wheat

Reactions to allergens can range from mild to severe. If you have an allergy it's important to be aware. Read food labels and ingredient lists, carry any medications you may need, and ask questions when eating out.

Not sure what to eat? Get help from a Registered Dietitian, Canada's food and nutrition experts, [find one near you here.](#)

Brought to you by:



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