

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Food Allergies & Intolerances

GLUTEN FREE

EGG FREE

DAIRY FREE

WHEAT FREE

A lot of confusion exists about the differences between food allergies and food intolerances.

A food allergy is caused when the body's immune system mistakes a food ingredient (usually a protein) as harmful and produces antibodies to fight it. The allergic reaction is a result of the antibodies fighting off the perceived invader. Even a very small amount of the allergy-causing food can trigger a reaction. Allergic reactions can range from relatively mild symptoms like hives, vomiting, diarrhea, sneezing and a running nose, to more severe symptoms like swelling of the lips, trouble swallowing, chest pain and loss of consciousness. Anaphylaxis, a life-threatening condition, is the most severe allergic reaction and involves swelling of the throat, rise in heart rate and sudden drop in blood pressure. Milk, eggs, peanuts, tree nuts, fish, shellfish, soy and wheat account for about 90% of all food allergies.

Food intolerance is similar to food allergy in that it produces an unpleasant reaction to food. Unlike food allergies, which involve an immune system response, food intolerances are usually caused by a deficiency or a reaction in the digestive system. Food intolerances can occur shortly after ingesting the problematic food or days later, making it hard to pinpoint the cause of the reaction. Typical intolerance symptoms include nausea, bloating, flatulence and diarrhea. Two common food intolerances are lactose intolerance, caused by a deficiency in the enzyme (lactase)

needed to break down the sugar in milk (lactose); and celiac disease, a reaction to the consumption of gluten (found mainly in wheat, rye and barley) that damages the small intestine and results in poor absorption of nutrients.

How food allergy/intolerance are diagnosed

It's important to be assessed for food allergy or food intolerance by a qualified medical professional. Self-diagnosis can

result in restricting foods unnecessarily or missing proper treatment for another type of food disorder.

Diagnosis often starts with a detailed patient history and review of a food log. This may be followed with a supervised elimination diet. An elimination diet usually starts by removing the suspected food(s) from the diet. If the symptoms go away, an allergy or intolerance is suspected. If symptoms return when adding the food back into the diet (unless an unsafe reaction is expected) the diagnosis is confirmed. Sometimes more than one food is causing symptoms, making identification trickier.

Food allergy tests should not be used as the first steps in identifying an allergy—rather as a way to confirm a suspected allergy. Because testing is very sensitive, it can lead to false positive results. Since the treatment for food allergies is avoidance of the problematic food, a very limited diet can be the unnecessary result of false positive test results. It's uncommon for a person to be allergic to more than one or two foods, making the use of allergy tests more helpful for confirming specific suspect foods, rather than broad testing of foods in general.

Food Allergy Facts

- Food allergy is not common (5% of children, 4% of teens and adults), but can be serious.
- Children can outgrow their food allergies, but adults usually do not.
- The most common food allergies in children are eggs, milk, and peanuts.
- The most common food allergies in adults are peanuts, tree nuts, wheat, fish, shellfish, soy, milk, and eggs.
- Food allergy is treated primarily by dietary avoidance.

Food Intolerance Facts

- Food intolerance is far more common than food allergy.
- Common food intolerances include dairy and wheat.
- Food intolerance is primarily treated by limiting or avoiding the offending food.

Designing a healthy diet around your allergy

A healthy diet includes a variety of foods from all food groups. When eliminating a food from the diet, you need to be careful to get the missing nutrients from other foods or supplements.

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FOOD ALLERGY	KEY NUTRIENTS	REPLACE WITH	TIPS
Dairy	Protein, calcium, vitamin D	Protein can be replaced with lean meat/fish/poultry, soy, or legumes Calcium and vitamin D supplements may be required	Use soy, rice or almond milk—watch sugar content Look for new non-dairy products
Egg	Protein, fat, vitamin A, vitamin D, B-vitamins, iron. 	Protein, fat, B-vitamins and iron can be replaced with lean meat/fish/poultry, soy, or legumes Milk and other dairy products are a good source of vitamin D and vitamin A. Dark green leafy vegetables and orange fruits and vegetables are generally high in vitamin A	Eggs are found in many baked goods, pasta, egg white products, egg substitutes, prepared foods Also avoid eggs from duck, turkey, goose, quail, etc.
Peanuts	Peanuts are a good source of a range of vitamins, minerals, fiber, protein and fat	Select a well-rounded diet	Peanuts are one of the most common and serious (potentially fatal) food allergens Many prepared foods can contain or be contaminated with peanuts—always be prepared for the risk of a reaction
Tree Nuts	Tree nuts are a good source of a range of vitamins, minerals, fiber, protein and fat	Select a well-rounded diet 	Cross-contamination during the processing of nuts in foods is a risk—your doctor may recommend that you avoid all nuts even if you are allergic to only one type of nut Tree nuts are sometimes used in lotions and shampoos
Fish	Protein, omega 3 fatty acids, vitamin A, vitamin D, B vitamins, zinc	Protein, zinc, and B vitamins can be replaced with lean meat, poultry, soy, dairy or legumes Milk and other dairy products are a good source of vitamin D and vitamin A Dark green leafy vegetables and orange fruits and vegetables are generally high in vitamin A Flax seed provides omega 3 fatty acids	The proteins in various species of fish can be very similar, so you may need to stay away from all types of fish Avoid seafood restaurants where the risk of cross-contamination is high
Shellfish	Protein, vitamin B-12, zinc 	Protein, zinc, and B vitamins can be replaced with lean meat, poultry, soy, dairy or legumes	All types of shellfish have similar proteins; your doctor may recommend that you avoid all shellfish Some restaurants use the same oil to fry shrimp, chicken and French fries. Imitation shellfish still contain shellfish
Soy	Protein, fiber, calcium, B-vitamins, and iron	Protein, B vitamins and iron can be replaced with lean meat, poultry Protein and calcium can be replaced with dairy Fiber can be replaced with fresh fruits and vegetables	Many people are allergic to more than one legume Soybeans are widely used in processed food products
Wheat	Complex carbohydrates, fiber, B vitamins, iron, zinc and trace minerals	Substituting products made from oats, rice, rye, barley or corn	The proteins found in wheat are collectively referred to as “gluten”

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Food Intolerance

Lactose intolerance

Lactose intolerance, sometimes called lactase deficiency, is an inability to fully digest the milk sugar (lactose) in dairy products. Symptoms of lactose intolerance—diarrhea, nausea, abdominal cramps, bloating and gas—can be uncomfortable and usually begin 30 minutes to 2 hours after consuming lactose-containing foods or beverages. Lactose intolerance is not unusual after weight loss surgery, beginning with the full liquid phase when milk can be relied upon for a protein source.

Lactose intolerance is most commonly diagnosed by elimination of all dairy products from the diet for a period of two weeks. If symptoms disappear, lactose intolerance is suspected. To confirm, your doctor may follow up with the following tests:

A hydrogen breath test measures the level of hydrogen in your breath 3-5 hours after drinking lactose-containing drinks. Normally, there is very little hydrogen in the breath, but when lactose isn't broken down properly, hydrogen begins to build up in your body and is expelled through your breath.

A lactose tolerance test measures the rise in blood sugar level after a fast followed by drinking a lactose-laden drink. Since lactose is a sugar, when it breaks down, it releases sugar into the bloodstream. If blood sugar levels don't increase as expected, then your body is not breaking down lactose properly.

If lactose tolerance is confirmed, you may be able to prevent symptoms by:

- Keeping a food log to learn how much dairy you can tolerate—most people are able to relieve symptoms by decreasing rather than eliminating lactose from their diet.
- Consume dairy products with other foods rather than alone, making it easier for your body to digest the

lactose.

- Use ready-to-drink lactose-free protein supplements or lactose-free protein powders.
- Many people with lactose intolerance can still eat cheese, yogurt, and cottage cheese—at least in limited amounts.
- Use lactose-free or reduced-lactose milk and dairy products. These have most of the lactose removed or lactase (the enzyme needed to break down lactose) added.
- Pretreat milk yourself with over-the-counter lactose formulas, such as Dairy Ease and Lactaid. Add the liquid form to milk and refrigerate for 24 hours. The milk tastes slightly sweeter and has the same shelf life.
- Use nondairy options, such as almond, rice, or soy milks. Be sure to check the sugar content—look for no-added-sugar options.
- Take a lactase enzyme replacement. These are available over-the-counter. Dairy-ease in pills or liquids.
- Try Digestive Advantage, Lactose Intolerance Defense, a lactase and probiotic supplement.

Non-celiac gluten sensitivity

People with gluten sensitivity can have symptoms such as “foggy mind,” depression, ADHD-like behavior, abdominal pain, bloating, diarrhea, constipation, headaches, bone or joint pain, chronic fatigue and other symptoms when they consume gluten. Although these are common symptoms of celiac disease, people with non-celiac gluten sensitivity (NCGS) do not test positive for celiac disease or for wheat allergy.

Before eliminating gluten from the diet, celiac disease should be ruled out through blood tests and intestinal biopsy. In celiac disease, the small intestine is damaged and malnutrition is often a result. An evaluation for wheat allergy should also be done. Once celiac disease and wheat allergy are ruled out, non-celiac gluten sensitivity is diagnosed by excluding gluten from the diet to see



South of the Border Bean Salad

- 1 cup cherry tomatoes, halved
- 1 teaspoon salt, divided
- 3 ears corn, shucked
- 1 medium white onion, cut into 1/4-inch-thick slices
- 1 jalapeño pepper
- 1 tablespoon olive oil
- Cooking spray
- 1/3 cup chopped fresh cilantro
- 1/3 cup fresh lime juice
- 1 (15-ounce) can organic pinto beans, rinsed and drained
- 1 (15-ounce) can organic black beans, rinsed and drained
- 1 (15-ounce) can organic kidney beans, rinsed and drained
- 2 ripe avocados, peeled and diced

Preheat the grill to medium-high heat. Place the tomatoes in a large bowl, and sprinkle with 1/2 teaspoon salt. Let stand 10 minutes.

Brush corn, onion, and jalapeño evenly with oil. Place vegetables on grill rack coated with cooking spray. Grill corn for 6 minutes, turn and continue cooking for 6 more minutes until lightly charred. Grill onion slices and jalapeño 4 minutes, turn and cook 4 more minutes until lightly charred, turning after 4 minutes. Let vegetables cool for 5 minutes. Cut kernels from cobs. Coarsely chop onion. Finely chop jalapeño, discarding the stem. Add corn, onion, and jalapeño to tomato mixture and toss well.

Add remaining 1/2 teaspoon salt, cilantro, lime juice and beans to the corn mixture and toss well. Top with avocado. Makes 12 servings.

Nutrition information per serving: 141 calories, 5 grams protein, 6 grams fat, 18 grams carbohydrate, 211 mg sodium.

Note: organic canned beans are used because they don't have the added salt that most other canned beans.

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if symptoms improve. Be sure to work with a knowledgeable physician to oversee this entire process.

A gluten-free diet requires the exclusion of:

- **Wheat**
 - including einkorn, emmer, spelt, kamut
 - wheat starch, wheat bran, wheat germ, cracked wheat, hydrolyzed wheat protein
 - bromated flour, durum flour, enriched flour, farina, graham flour, phosphated flour, plain flour, self-rising flour, semolina, white flour
- **Barley**
- **Rye**
- **Triticale** (a cross between wheat and rye)
- **And the many processed foods which contain gluten**

Work with healthcare providers if you suspect a food allergy or intolerance. It's easy to misdiagnose your symptoms. Be sure that when you eliminate a food from your diet, you replace the missing nutrients with other foods or supplements.

Lime Chicken on the Grill

- 3 tablespoons soy sauce
- 1 tablespoon Splenda or stevia
- 1 tablespoon vegetable oil
- 2 tablespoons lime juice
- 1 teaspoon chopped garlic
- 4 skinless, boneless chicken breast halves

Blend soy sauce, sweetener, vegetable oil, lime juice, and garlic. Place chicken breast halves into a shallow dish and marinate in the mixture; turn to coat. Cover, and marinate in the refrigerator at least 30 minutes—overnight is better.

Preheat an outdoor grill for high heat. Lightly oil the grill grate. Discard marinade, and grill chicken 6 to 8 minutes on each side, until juices run clear. Makes 4 servings.

Nutrition per serving: 166 calories, 25 grams protein, 6 grams fat, 2 grams carbohydrate, 735 mg sodium.

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Tips must be submitted by July 31 2014. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.

