



NICOLE MEADOW, MPN, RD

M NUTRITIONWISE MONTHLY

MAY 2009

FOOD ALLERGY AWARENESS WEEK 2009!

In 1997 The Food Allergy and Anaphylaxis Network created Food Allergy Awareness week (FAAW) to educate the public about food allergies. This year marks the 12th annual FAAW! Help spread the word about food allergies and keeping our kids and loved ones safe. Go to foodallergy.org to download important documents and educational materials.

Did you know that approximately 12 million Americans suffer from food allergies? In fact, research has shown that between 1997 and 2002 the number of children with a peanut allergy doubled and the number of Americans suffering from food allergies increased from approximately 6 million to 12 million! Approximately 8 percent of young children now have food allergies and an estimated 2,000 children die each year from asthma and food allergies. Most food reactions occur accidentally when the child is away from the home (like at school, for example). The reason for the drastic increase in the number of children and adults with food allergies is not fully understood. In order to keep our children safe, we need to be educated and sympathetic of those who have different dietary needs.

Helpful websites:

www.foodallergy.org
www.aaaai.org
www.allergykids.com
www.allergikid.com
www.kidswithfoodallergies.org
www.fankids.org
www.foodallergytalk.com
www.allergicchild.com
www.beyondapeanut.com
www.celiac.org



FOOD ALLERGY BOOTCAMP COMING IN AUGUST...

Does your child have food allergies? Celiac disease? Is s/he starting preschool? A new elementary school? College?

NutritionWise is offering workshops to help you safely send your child off to their new school and help your new school welcome your child ready and able to feed and nurture.

Small group workshops include school meal ideas, paperwork to send to school and managing the social eating experiences unique to each age.

Breakout groups will be available for parents of preschoolers, school age children as well as for young adults going off to college.

College bootcamp:

June 22, 7 - 8:30 pm

General Bootcamp:

July 14 & August 11, 10-11:30 am

Cost is \$50 per workshop.

Send an email to nicole@nicolemeadow.com or call (818) 304-1876 to reserve your space

MAY IS CELIAC AWARENESS MONTH

May designated National Celiac Awareness Month, a great time to spread the word about a condition that is underdiagnosed. One in 133 people are affected by the disease yet approximately 97% of people (both children and adults) with are not diagnosed. It is a multi-system, multi-symptom disorder that is activated by eating gluten (the protein found in wheat , rye and barley). The symptoms vary from diarrhea to constipation to migraines to growth issues, to skin conditions and many others. The only treatment for Celiac Disease is a strict gluten free diet which can be highly nutritious and delicious with the proper instruction. If you suspect that you or a loved one has Celiac Disease, contact your doctor as there are health consequences of going undiagnosed (even if you do not have symptoms). Go to the Celiac Disease Foundation website for additional information www.celiac.org

BLOG WITH US!

NutritionWise is bloggin'... join us once a week as we blog about the most up to date nutrition research, recipes, kids cooking ideas, and more. Visit our blog and read our most recent posts "Refreshing New Years Resolutions" and "Nuts or Nuts?". If you have an idea that you would like discussed, feel free to email nicole@nicolemeadow.com with your ideas. Make sure that you click on the link "follow this blog" if you would like to receive a notice when we post new entries.



UPCOMING EVENTS:

FREE Allergy Support Group

Next meeting: Monday April 20th at 7pm
16055 Ventura Blvd Suite 420
Encino, CA 91436

This month we are fortunate to have safety expert Richard Pass, RN from Save a Little Life who shed some light on keeping kids with food allergies safe.

This group is facilitated by Nicole Meadow, MPN, RD and Nina Mercer, MA who are both parents of children with food allergies.

ABOUT THE AUTHORS



NutritionWise is a group of Registered Dietitians including Nicole Meadow, MPN, RD (pediatric dietitian) and Patricia Novak, MPH, RD, CLE (pediatric dietitian).

Please visit www.nicolemeadow.com for more information or call (818) 304-1876 to schedule an appointment.

The information contained in this newsletter is not intended as a substitute for medical advice. See your physician and/or Registered Dietitian for individual health and/or dietary concerns.