

353 Food Allergies

**Definition/
cut-off value**

An adverse immune response to a food or a hypersensitivity that causes adverse immunologic reaction.

Presence of food allergies diagnosed by a physician as self reported by applicant/participant/caregiver; or as reported or documented by a physician, or someone working under physician's orders.

**Participant
category and
priority level**

Category	Priority
Pregnant Women	I
Breastfeeding Women	I
Non-Breastfeeding Women	III, IV, V, or VI
Infants	I
Children	III

Justification

The only way to avoid a food allergy reaction is to eliminate the food. This requires the assistance of a nutritionist to help individuals obtain nutrients from other food sources (1).

The goal is to remove from the diet as many potential food allergens as possible while also providing optimal nutrition. Treatment of food allergies by a registered dietitian or competent professional authority not only improves compliance by ensuring strict dietary avoidance through education and appropriate substitution, but also is essential for ensuring the nutritional adequacy of the diet (2).

References

1. Zeman FJ. Clinical nutrition and dietetics. New York: Macmillan Pub. Co, 1991. p.149-185.
 2. Queen PM, Helm KK, Lang CE. Handbook of pediatric nutrition. Gaithersburg, Md: Aspen Publishers, 1999.
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Clarification

Self-reporting of a diagnosis by a medical professional should not be confused with self-diagnosis, where a person simply claims to have or to have had a medical condition without any reference to professional diagnosis. A self-reported medical diagnosis (“My doctor says that I have/my son or daughter has...”) should prompt the CPA to validate the presence of the condition by asking more pointed questions related to that diagnosis.
