

Tips to Prevent New Food Allergies from Developing

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There are actual practices that you can embrace to avoid developing new food allergies or food sensitivities or intolerances. I have had to learn this the long, slow and hard way. My second son became allergic to rice after 18 months on the gluten-free diet. It was extremely difficult, because most commercially made gluten-free products contain rice. Later, my daughter became allergic to beef to such a degree that she could not eat it and she showed signs of being at the borderline of becoming too allergic to other foods as well. I have learned from experience that you can prevent new food allergies from developing.

Not everyone is prone to develop food allergies. Some people are much more likely to develop food allergies than other people. What follows are my best tips to prevent the development of new food allergies. As long as credit is given as listed above, the contents of this document may be freely shared on websites, blogs, and in publications. Credit constitutes the copyright symbol along with the author's name, title and website address as listed above.

1. Don't eat the same foods all the time

Developing food allergies is a formula that includes the volume or quantity of food consumed and the frequency that a food is consumed coupled with the person's propensity or tendency to develop a food allergy in the first place. People with existing food allergies (multiple food allergies) seem to be more likely to develop new food allergies or sensitivities.

2. Eat seasonally or rotate foods

In the old days, the population ate much more seasonally because transportation was not what we have today. Many foods would be spoiled by the time they traveled across country 100 years ago because we didn't have tractor-trailer rigs hauling down the highways. Roads, bridges and tunnels were still being built. Additionally, grandmothers of that time made a different main meal every night of the week, furthering the food diversity in the American diet. You would have a roast one night, poultry the next night, a fish on a third, and so on throughout the week.

Individuals with high food allergy levels or lots of food sensitivities would be well advised to consider a rotation diet. A rotation diet is a planned way of eating, which prevents you from consuming the same foods every day. There are many ways that you can accomplish this, and more information is available on my website.

3. Check your nutritional levels

See your physician to check your nutritional levels, especially if you have multiple food allergies or sensitivities or intolerances. This nutritional testing can then

serve as a baseline for future medical testing in the event that absorption issues arise. We were stunned when we had an extensive nutritional profile done on our daughter, at age 2. She was basically extremely malnourished, yet she presented quite well. You can't tell by looking at someone if they have nutritional deficiencies or malnutrition.

4. Rule out celiac disease

Food sensitivities are fairly common in people with celiac disease. For optimal health, get medically tested for celiac disease if you have on-going health issues. Undiagnosed celiacs have a higher risk for cancer, neurological issues, and many other autoimmune disorders. Getting to the root of any health issue will go a long way to help prevent new complications or health issues from developing.

5. Broaden the variety of foods you eat

Add new foods to your diet to help reduce the development of new food allergies or food sensitivities. The more foods that you have in your diet, the less likely that you will eat too much of any one food. You would probably be surprised at the number of foods available to you that you have either forgotten about or were never exposed to in life. You can download a free food families chart from my website and take a peek. What new foods could you add to your plate?

6. Increase your overall health

Make a commitment to improve your overall health if you want to avoid new food allergies or sensitivities. One of the best tactics in this area is to get the amount of sleep that you require. Improve your diet by healthier food selections including reducing the number of food additives, dyes and preservatives in your food choices. Improve our environment by reducing chemicals in your personal care products, your cleaning products, and your laundry products. Implementing these suggestions will go a long way to contribute to your overall health. If you are unaware of the chemicals that are added to personal care products, visit the Environmental Working Group website to download free information at www.EWG.org.