

## FOOD ALLERGIES

(353)

<b>PARTICIPANT TYPE.....ALL</b>
<b>HIGH RISK.....YES</b>

### RISK DESCRIPTION:

An adverse health effect arising from a specific immune response that occurs reproducibly on exposure to a given food.

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

### ASK ABOUT:

- Attitude and knowledge about allergy and foods to avoid
- Barriers to following treatment plan (e.g., health beliefs, religious or cultural practices, finances, access to follow-up health care)
- Food-medication interactions
- Supplements including vitamins, minerals, herbal products and targeted nutrition therapy products

### NUTRITION COUNSELING/EDUCATION TOPICS:

- Identify the WIC foods that can be consumed.
- Identify any nutrients that may be lacking from the diet due to food restriction and identify other food sources for those nutrients.
- Facilitate and encourage the participant's ongoing follow-up with their health care provider for optimal management of the condition.

### POSSIBLE REFERRALS:

- If the participant is taking any non-prescribed vitamin or mineral supplements, herbal supplements, or targeted nutrition therapy products, advise discussing these with the primary care provider.
- If the participant does not have an ongoing source of health care, refer to primary care providers in the community or the local public health department.