



Northern California Indian Development Council, Inc (NCIDC)

www.ncidc.org

California Native Food and Nutrition Program

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Food Allergies

An estimated 11 million Americans suffer from food allergies. An allergy is an immune system response to a food that the body mistakenly believes is harmful. Once the immune system decides that a particular food is harmful, it creates specific antibodies to it. The next time that the food is ingested, the system automatically releases chemicals to defend the body from that particular food. The chemicals released trigger several allergic symptoms such as respiratory problems, rashes and many others. Presently there are no known cures for food allergies.

Food allergy patterns in adults differ somewhat from those in children. The most common foods to cause allergies in adults are shrimp, lobster, crab, and other shellfish, peanuts (one of the chief foods responsible for severe anaphylaxis), walnuts and other tree nuts, fish, and eggs.

In children, eggs, milk, peanuts, soy and wheat are the main culprits. Children typically outgrow most allergies to milk, egg, soy and wheat, while allergies to peanuts, tree nuts, fish and shrimp are not usually outgrown.

My Allergies & Me

I have suffered from a variety of food allergies since I was an infant. I was first taken to the doctor when I was a baby to find out why I had a rash all over and was wheezing like a bad accordion.

Turns out that the 3 eggs I was eating each day did not agree with my system, which began a life long avoidance of cackleberries. When I was 5 years old, I was rushed to a hospital to find out why I was not breathing. Turns out the pineapple I had shared with my brother was the culprit. I am also allergic to strawberries, walnuts and bee stings. All of this requires me to have a special kit with epinephrine to help me breath if I get in trouble.

Unfortunately food allergies are common. Natives have not developed the enzymes or capacity to properly digest all the food we have

been confronted with for the past 500 years. Wheat, nuts, tropical fruits and alcohol are all problems for us to ingest. Many Natives are also intolerant to certain kinds of foods, such as dairy products. There are lots of alternatives for foods that you may be allergic to. Email our program with any specific questions you may have.

Hoping you can eat most anything,

André (Karuk Tribe)

For more information about food allergies please see:

<http://www.foodallergy.org/>

<http://www.aaaai.org/>

<http://www.lactose.co.uk/>

This newsletter area is to help people obtain general information and guidance regarding food and nutrition issues. For more in depth information please go to your medical doctor or health clinic.



Kid's Korner: Smart Snacking

Now that school is back in session, healthy eating habits should not to be forgotten. Having nutritious after school snacks for kids is a great way to maintain a healthy lifestyle. Encourage kids to eat fresh fruit instead of to candy or items with high fructose corn syrup. Also, take your kids to the park more often or encourage more active alterntaives to TV and video games.

Offer smart snacks:

- water
- fresh fruits and vegetables
- bagels (whole wheat is best)
- baked chips (corn or tortilla)
- fat-free pudding snacks
- low-fat or fat-free yogurts



More information on back to school nutrition can be found at [www.bcm.edu/pa/backto school.htm](http://www.bcm.edu/pa/backto%20school.htm)

Senior Source: Diabetes

It is estimated that 50% of people diagnosed with Type II diabetes are over 55. This form of diabetes is associated with older age, obesity, family history of diabetes, physical inactivity and ethnicity. American Indians have one of the highest rates of diabetes in the world.

A good health care provider will help seniors with diabetes learn to manage their disease. It is essential that anyone diagnosed with diabetes follow their health care providers medical advise and take responsibility for their day-to-day care. Basic maintenance of this disease includes healthy eating, increased physical activity, regular blood glucose testing, and regular monitoring by a health care provider. Some people may also require oral medication, insulin, or both to control their diabetes. Proper diet and nutritional habits can often improve diabetes in patients, even to the point of lowering medication requirements.

The symptoms of Type 2 diabetes develop gradually. Some symptoms to watch for include:

- **fatigue or nausea**
- **unusual thirst**
- **blurred vision**
- **slow healing of wounds or sores**
- **frequent urination**
- **weight loss**
- **frequent infections**

People who display any of the symptoms listed above or who have a family history of diabetes should contact a health care provider and schedule a fasting plasma glucose test, the preferred test for diagnosing diabetes. For more information on diabetes visit www.diabetes.org.





Ask Dr. Coyote*

Answers on food and exercise



Dear Dr Coyote:

It is that time of the year when my kids are heading back to school. I really need some ideas on what kind of foods I should give them for breakfast. Any suggestions?

-Signed a Concerned Parent

Dr. Coyote's Response:

Thanks for such an easy question. Breakfast should be a taste delight to start off the day in a good way. I recommend a hearty breakfast cereal with lots of sugar for a days worth of energy. If there is not enough out of the box feel free to add honey or brown sugar for a lip-smacking delicacy. Some fruity snack is always important so try a breakfast toaster treat with lots of icing. If that is not available, balloon bread and jam is a good alternative. Don't forget breakfast is one of the eight most important meals of the day.

Reasonable Health Practitioners Response:

Breakfast is very important, as it will help your children focus on the days events. A low sugar, high-energy meal will give them the nutrition they need. Oatmeal with raisins or a whole wheat farina warm cereal is a great way to start the day. Avoid high sugar cereals as they will add calories and the sugar rush can cause an energy let down later in the day (not to mention problems with diabetes). Whole-wheat toast with peanut butter is a wholesome treat that will energize them for the long day ahead. You can also try eggs with cheese and spices, fresh fruit, warmed up cheese pizza, yogurt, string cheese or a whole-wheat bagel with light cream cheese to tempt them in the morning. Be creative but remember they need whole foods to give them all day brainpower and oomph.

**Please note that in many cultures, Coyote is the trickster and his advice should be taken with a grain of sodium reduced kosher sea salt (his section is intended for humor or parody). If you have any questions to ask of Dr. Coyote about diet, health, nutrition or exercise please email: coyote@ncidc.org.*



Crazy Corn

Corn has been an ingredient in fuel, soap, crayons and toothpaste. Also, one bushel of corn can sweeten more than 400 cans of soda, making it the number one sweetener in food. Corn also has many valuable Vitamins and Minerals such as Vitamin A, Vitamin C, Potassium and Phosphorus. High fructose corn syrup should be avoided.



Pasta, Corn and Beans

4 oz. of cooked whole wheat pasta
3/4 cup fresh corn
3/4 cup fresh cooked or canned kidney beans
1/2 cup or more spaghetti sauce of your choice
1/4 tsp. chili powder
Salt and pepper to taste

Directions

While pasta is cooking, heat all ingredients in separate saucepan. Combine with cooked, drained pasta and enjoy.

What Is?

Calorie: a unit of food energy

Food Access: Food Waste

Do you think about how much food you thrown away everyday? It is estimated that Americans throw away 1.3 pounds of food everyday. This is a staggering amount. The foods most commonly thrown away are fresh fruit, vegetables, dairy and grain products.

There are many ways to reduce food waste such as:



Composting- Spoiled fruits and vegetables, stale bakery items and plate scraps can be composted into a beneficial soil additive.

Portion Control- By not giving your family such large portions when it is time to eat you can greatly impact the amount of food waste created. Limit portions to what each individual can eat and being satisfied but not overwhelmed.

Animal Feed: Give your leftovers and plate scraps to your animals. Chickens will eat virtually everything you do, (and many things you don't eat too!). Except for salmon many scrap foods can be fed to a dog also. (Caution, most table scraps should not be fed to cats).

