



Wings

A Weekly Newsletter for Families

October: Week 1
Nutrition

“If you really want to make a friend, go to someone’s house and eat with him. The people who give you their food give you their heart.” – Cesar Chavez

Is It a Food Allergy or Something Else?

In the last issue of Wings, we gave you some basic information about food allergies.

Food can cause other illnesses that are easily confused with food allergies. These are NOT food allergies:

- Food poisoning is usually caused by bacteria in spoiled or undercooked food. It can cause diarrhea or vomiting.
- Drug effects like shakiness or restlessness from ingredients like caffeine found in soda or candy
- Skin irritation can be caused by acids found in foods, including orange juice and tomato products
- Diarrhea can occur in small children from too much sugar, such as from fruit juices

Some food-related illnesses are called a food sensitivity because they aren’t caused by the immune system. For example, lactose intolerance is not a food allergy – it is a set of symptoms that happens when the body has trouble digesting milk sugar.

The body may react to dyes, preservatives and other chemicals added to food, but it’s not a food allergy.



•• INFANT Inspiration

Could Your Baby Have Food Allergies?

Most kids are ready for solid foods sometime between four and six months of age.

If your baby has any of these risk factors, check with the doctor before starting solid foods:

- A sister or brother who is allergic to peanuts
 - Moderate to severe eczema, even if you’re following a doctor’s treatment plan
 - A diagnosed food allergy or a previous immediate allergic reaction to a food
 - A positive result on an allergy blood test for a food your baby has not tried yet
- The American Academy of Allergy, Asthma and Immunology suggests starting them on solids that are non-allergenic – like blended veggies, fruits, meats and infant cereal. If they don’t have an allergic reaction, you can move on to other foods. Wait three to five days before introducing a new food.

•• TODDLER Tales

Get Ready for a Mess!

Around 15 months of age, your toddler can get food into their mouth pretty easily. They can fill their spoon and get it to their mouth consistently – although spills are part of the learning process.

Stock up on unbreakable dishes, cups and drinking glasses, because toddlers are known to send dishes flying when they get bored with the food or eating. If this happens, give your child a warning and put the dishes back where they belong. By 18 months, kids can use a spoon, fork and unbreakable glass or cup – but may be more interested in fingerpainting with the food, dropping it on the floor or watching Cheerios fly.

But don’t worry – between their second and third birthdays, most kids will stop being messy eaters!

•• PRESCHOOL Power

Elbows Off the Table!

By the time kids are preschoolers, they’re ready to learn basic table manners – like using a knife properly, not talking with a full mouth, using a napkin and not reaching across another person’s plate.

Remember to use good manners yourself. Your child will watch how the rest of the family behaves at the dinner table and follow their lead. It’s easier to develop good manners if the family has a habit of eating together. Have a family meal at least once a day. Ask your child to set the table or help prepare the meal.

One more tip for happy mealtimes: Turn off the TV! Make your family and nutrition the center of attention.

