



Websites for Food Allergies

- **Allergies in Children** www.kidswithfoodallergies.org
(215) 230-5394
Provides information for parents about allergens and has links to other websites on topics such as asthma and immunology. Includes many recipes for kids with food allergies and other resources like cookbooks.
- **American Academy of Allergy, Asthma & Immunology** www.aaaai.org/patients
Provides information on food allergens, how to cope, recipes and a listing of doctors who specialize in the treatment of allergies.
- **The American Dietetic Association** www.eatright.org
1-800-877-1600
Provides basics on food allergies and lists of Registered Dietitians (RD) throughout the United States who can provide counseling on food allergies.
- **Asthma and Allergy Foundation of America** www.aafa.org/index.cfm
This is a non-profit site that gives information about food allergens. Includes lifestyle advice such as how to travel with food allergies and links to local support groups.
- **The Food Allergy & Anaphylaxis Network** www.foodallergy.org
1-800-929-4040
Provides information about common allergies, anaphylaxis, food allergy research, and lists resources such as cookbooks and support groups. Also includes food allergy websites for kids and teens.



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- **Medline Plus** www.medlineplus.gov

Provides information from the National Library of Medicine, one of the world's largest medical libraries. Includes a medical dictionary, information on drugs and herbs, interactive tutorials and information in Spanish.

Gives an overview of the causes, symptoms, tests and treatment plans for many common food allergens including gluten, eggs, soy, shellfish and peanuts.

- **National Institutes of Health (NIH)** www.nih.gov

(301) 496-4000

Provides new knowledge on detecting and treating food allergies. Also has information on clinical trials.

- **U.S. Food and Drug Administration (FDA)** www.cfsan.fda.gov

Provides information on food allergens and what food manufacturers must include on their food labels including details about the Food Allergen Labeling & Consumer Protection Act of 2004.