

So you (or a loved one) might have a

Food Allergy. Now What?

**FREE
GUIDE**

**15
YEARS
EXPERIENCE**



"The guide I wish I had when I discovered my son's severe food allergy over a decade ago."



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One mom's cry over spilled milk.

Food Allergy Guide

The guide I wish I had when I discovered my son's severe food allergy over a decade ago.

1) Breathe, Don't Panic

There are many foods nowadays that make this not as difficult as it was even 10 years ago. Ingredients are required to be published and common allergens must be labeled. These are often available on both manufacturer website and even common grocery chains like Walmart, Target, Amazon (Whole Foods), Kroger, etc.

2) Get Allergy Testing

Your primary doctor or pediatrician is often not the best resource for information related to food allergies, yet I see so many families end their quest for answers there. Although it may be the place you have to start for a referral, you should advocate to speak to a specialist. It is like going to dentist to when you are having heart problems, you actually need to see a cardiologist.

3) Epi-Pen & Benadryl

I've had several people downplay a reaction and say that they don't need anything for it unless it happens again. The problem is that allergies can develop and evolve and what doesn't cause a reaction today may cause one tomorrow. Some can be minor and the next severe. Reactions can even occur 24-48 hours after coming into contact with the allergen. I'd rather have the medicine to be able to slow or stop a reaction when it happens than to scramble if it does.

4) Facebook Groups

Join 2 to 3 food allergy Facebook groups like ours or others that are related to your specific allergy. These communities have been extremely helpful over the years. Although allergy doctors often don't hang out here (can't due to legal reasons), their patients do, and have a wealth of knowledge based on what their doctors tell them.



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5) Learn Ingredients

It is important that you start reading ingredient labels and more importantly learn what the derivative ingredients are. For example, milk can be labeled as casein, whey, lactose, etc. Sodium lactate is typically ok for those with dairy allergies. For people with soy allergies, usually soy lecithin is ok as well. Educate yourself of ingredients to look out for - it may not be obvious.

6) Food Allergy App

The mobile app Allergy Eats can be a great resource for restaurants that can accommodate food allergies and that educate staff. Read the reviews and look for your specific food allergies and then determine if you should eat at that particular restaurant or not.

7) Servers & Chefs

Speaking of restaurants, it is also important to always speak to your servers and to ask for the chef. Ensure they have a separate place to prepare food. If either of them seem confused, unfamiliar, or not confident that they can prepare a safe meal then it may be best not to eat there.

8) Learn how to travel

Travel, in addition to food, can be difficult if you develop a food allergy. But with a little bit of preparation, it can be enjoyable. Learn to prep food as a backup plan so you have something to eat in all instances. Also consider vacations at Great Wolf Lodge (if you have kids), Disney properties around the world, and cruises as options for vacation as they are known for allergy-friendly accommodations. If you are traveling other ways consider accommodations that have a kitchen such as AirBNB, VRBO, or a Hilton or Marriott suite chain such as Homewood Suites or Springhill Suites.

