

Food Allergies

Two million children in the United States alone have food allergies. Foods that cause the majority of food allergies are peanuts and other tree nuts, shellfish, milk, fish, eggs, soy and wheat. These are a small group of foods, but they are present in many dishes we prepare and in the meals we eat.

A food allergy can occur when your immune system makes a mistake. Normally, your immune system protects you from germs and diseases. It does this by making antibodies that help you fight off bacteria, viruses and other tiny organisms that can make you sick. But if you have a food allergy, your immune system mistakenly treats something in a certain food as if it is dangerous to you. The same thing happens with any allergy, whether it's a medicine, pollen in the air, or a food, like peanuts. The food or allergen itself isn't harmful, but the way your body reacts to it can be harmful.

A reaction is caused by antibodies in the food that initiates a release of chemicals into the bloodstream. One of these chemicals is histamine. The histamine then causes symptoms that affect a person's eyes, nose, throat, respiratory system, skin and digestive system. They might have a mild reaction or a more severe reaction; and it could happen right away, or a few hours after the person eats a food that initiated the allergic reaction. Initial signs of a reaction could be a runny nose, an itchy skin rash, nausea, diarrhea or stomach pain. Serious cases cause severe problems involving the skin, breathing, heart and blood vessels, and digestion. A person's blood pressure can drop, breathing tubes can narrow and the tongue can swell.

It can be easy to figure out that your child has a food allergy, but at other times, it may be difficult to determine what is causing the problem or pinpoint the specific food culprit. Doctors believe that allergies may be hereditary. Ask your doctor to send you to an allergy specialist if you believe you have allergies. They will ask questions about past reactions and may want to do a skin test.

No special medicine is used to help food allergies. The best treatment is to simply avoid the food itself and any product that contains the ingredient. A way to determine the ingredients is to read food labels. Any food that might cause an allergic reaction will be listed near or in the ingredient list, such as the warning "this product was manufactured in a facility that processes nuts."

Ask your child's pediatrician for lists of safe and unsafe foods if your child has an allergy, and be sure to have an emergency plan in place. The plan should include what to do, who to tell and which medicines to take if your child has a reaction. You may also ask to talk to a registered dietitian. Once the allergy has been identified, dietitians can help you be aware of common food sources. No matter how hard you may try to avoid the items your child is allergic to, they may eat the wrong food by accident. Stay calm and follow your emergency plan.

Need a pediatrician? Call the physician referral line at 745-DOCS.

12 Ways to Forget You're Exercising

1. Join a sports league
2. Go dancing
3. Ride a bike
4. Play in an indoor pool
5. Walk your dog
6. Dig in the garden
7. Play with your kids
8. Walk in the woods
9. Go climbing
10. Listen to music as you do aerobics
11. Watch TV while stretching
12. Play Frisbee
13. Exercise with a friend
14. Join an exercise class

You Are What You Eat

Eating out is very common with today's on-the-go lifestyle. To help you eat better, featured below are healthy items on the Culver's® menu.

Try to select some of these healthier options for your entree:

ButterBurger® Single

(346 calories 15 g fat 1 g fiber 690 mg sodium)

Beef Pot Roast Sandwich

(307 calories 10 g fat 1 g fiber 820 mg sodium)

Grilled Chicken Breast Sandwich

(375 calories 8 g fat 2 g fiber 1407 mg sodium)

BBQ Chicken

(337 calories 11 g fat 2 g fiber 1186 mg sodium)

Get Moving!

(Family-Friendly Activities)

Corn MAiZE

Date: October 5 – 28

Time: 10 AM – 5 PM Fridays and Saturdays,
12 PM - 5 PM Sundays.

Haunted MAiZE 7 –10 PM.

Location: Beasley's Orchard, Danville

Cost: \$6 ages 12 and up, \$5 ages 6 – 11, free for kids under 5.

A kingdom of adventure awaits you this year at Beasley's Orchard. The MAiZE craze continues as you enter the realm of medieval knights, dragons and kings. Corn Castle is sure to get you lost in its kingdom of relentless twists, turns, and dead ends that are intricately carved into eight acres of corn. A great exercise opportunity!

Contact: Beasley's Orchard, 745-4876

Haunts of Hidden River

Date: Weekends in October

Time: 6:30 – 10 PM

Location: Arbuckle Acres Park, Brownsburg

Cost: \$5; Fast Track tickets available for \$10

Park admission is free for many activities.

"Hardly Haunted" hay rides for the youngsters run from 6:30 – 7:00 PM.

Contact: Brownsburg Parks Department, 858-4172

Colts Hay Day

Date: Tuesday, October 23

Time: 6 – 8:30 PM

Location: Hendricks Regional Health, Danville

Cost: FREE

Bring the kids for this family favorite that includes pumpkin decorating, face painting, safe trick-or-treating and a memento family photo. Visit Colts players and cheerleaders along with BLUE, their mascot and join the Colts Kids Club.

Contact: Lori Leyba, 745-8606

HIP Studios Art, Dance and Cooking

Date: Saturday, October 27

Time: Preschool 10:30 – 11:30 AM, School age 12:00 – 1:00 PM

Location: Brownsburg Public Library

Cost: FREE

Come and get a taste of this unique program for kids. Lots of fun and interaction make it truly HIP!

Contact: Brownsburg Public Library, 852-3167

Make Learning Fun and Healthy

October means the summer days of backyard baseball, swimming and family bike rides are just a memory. Instead of running and playing outside, many Hoosier kids have to make due with 75 to 100 minutes in gym class a week – the Indiana Department of Education recommended minimum time for physical education.

That's far less than the recommended 30 minutes of activity a day. But healthy habits don't need to end when your kids hit the books. Learning can be fun – and you can make it good for your body as well as your mind. FitCity has a few ways for you and your students to incorporate fitness into your homework routine.

- **Word Challenge:** Get familiar with healthy words by creating your own word challenge or spelling bee contest.
- **Carrot Stick Brainteaser:** Students can play with their food at snack time by using carrot sticks to create brainteaser puzzles. Test math and geometry skills by arranging the sticks into nine equal sides, then removing three sticks to change the pattern.
- **Map Mania:** Grab a map, chart your course, and walk, run or bike ride through the streets. Incorporate geography and history lessons by learning about the different cities and places you visit. Make it a math lesson by counting your steps along the way, and converting them to miles. (2,000 steps = 1 mile)
- **Jump to the Answer:** Name the Presidents of the United States (or the 50 states or the lines of a poem) while doing jumping jacks or skipping rope.

FitCity encourages you to get up, get moving and incorporate healthy living into your life. FitCity is designed to educate and motivate local residents to make a healthy move and shake Indiana's title of the "tenth fattest state in the nation." To find fitness, nutrition or wellness resources around Indianapolis, local residents can call 2-1-1 or log onto www.fitcity.info.

Pasta Pizza

Ingredients:

Nonstick cooking spray	2 c. corkscrew pasta
2 eggs	1/2 c. milk
1 c. shredded 4-cheese pizza cheese	3/4 c. chopped sweet pepper and/or zucchini
1/2 tsp. dried Italian seasoning	1/2 of a 6 oz. package sliced turkey pepperoni
2 T. grated Parmesan cheese	
1 14.5 oz. can Italian-style stewed tomatoes, undrained	

Directions:

Lightly coat a 12-in. round pizza pan with cooking spray. Cook pasta. Drain and rinse pasta with cold water. In a large bowl combine eggs, milk and 1/2 cup of the pizza cheese to make crust. Stir in pasta and spread evenly in pan. Bake at 350 degrees for 20 minutes.

Meanwhile, coat skillet with cooking spray. Add sweet pepper and cook over medium heat. Add undrained tomatoes and Italian seasoning. Bring to a boil, reduce heat. Simmer, uncovered, for 10 minutes, stirring occasionally.

Remove pasta "crust" from oven and add a layer of pepperoni. Spoon tomato mixture over pepperoni and sprinkle with 1/2 cup remaining pizza cheese and Parmesan cheese. Bake for 10-12 minutes or until cheese is melted. Serve immediately.

Nutrition information (per serving): 242 calories, 6 g fat, 96 mg cholesterol, 574 mg sodium, 31 g carbohydrates, 2 g fiber, 14 g protein

Recipe from Better Homes and Gardens "Kid Favorites Made Healthy"



www.hendricksregional.org

To subscribe, e-mail...healthykids@hendricksregional.org