

# Food and Fitness



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## Symptoms of Food Allergies

Pretend you are eating your favorite meal and you break out in hives. Your initial response is that it can't be the food because you have eaten it many times. In fact, it is very common to develop food allergies as an adult.

Food allergies can be a life changing experience for those who experience them. It seems as though food allergies are more common in the younger generations than the seniors. However, anyone can develop food allergies at any time in their life. Knowing the symptoms can potentially save a life.

Right now there are eight major food allergies that cover 90% of the food allergy reactions. These allergies are peanuts, tree nuts, eggs, milk, wheat, soy, fish and shell fish. Recently it has been decided that sesame seeds will be added to the major allergen list. When foods are on the major allergen list that is regulated by the Food and Drug Administration (FDA), those allergies are subjected to certain food labeling laws and protocol.

An allergic reaction can be mild or even severe. There are instances where people outgrow their food allergies, develop new food allergies, or can even take a mild food allergy to one that is severe. Unfortunately, there is no identified rhyme or reason for any of these causes. One newer practice, for those with extreme peanut allergies, are what they call peanut trial. They give very small amounts of peanut to a patient under the care of an allergy specialist. They will increase the amount of peanut per appointment as appropriate. The trial's purpose is to build a tolerance or even try to outgrow the food allergy especially for those with life threatening peanut allergies.

(Continues on Page 2)

## Symptoms of Food Allergies

(Continued from Page 1)

Symptoms of food allergies are not the same for everyone. The allergic reaction can also be instant to occurring a few hours after exposure to that food allergen. According to the FDA, symptoms can include:

- \* Hives
- \* Flush skin or rash
- \* Tingling or itchy sensation in the mouth
- \* Face, tongue, or lip swelling
- \* Vomiting and or diarrhea
- \* Abdominal cramps
- \* Coughing or wheezing
- \* Dizziness and/or lightheadedness
- \* Difficulty breathing
- \* Loss of consciousness



In most cases, food allergies are not life threatening and cause mild skin reaction or digestive discomfort. Noting that just because the symptoms of a allergic reaction is mild, does not mean that the allergy is mild. The severity of those allergic reactions can progress into a life-threatening reaction. A life-threatening allergic reaction is referred to as anaphylaxis. Anaphylaxis can cause constricted airways in the lungs, anaphylactic shock (severely lowering blood pressure), and/or suffocation from the swelling in the throat and larynx. Time is of the essence in responding to anaphylaxis. Those who already are aware of their food allergies (especially if they are anaphylactic) should carry epinephrine injectable pins for such emergency. Always seek the proper medical attention after an allergic reaction has occurred.

Food allergies are hard to understand and can be a bit of a challenge. It is important for everyone to know the symptoms of an allergic reaction and for people around you to know about your food allergies. Reading labels, avoiding foods you are allergic to, recognizing early symptoms of an allergic reaction, and having an emergency treatment measures in place are vital steps in reducing the risks of an allergic reaction. Often, people see food allergies as not important or a burden and allergies should not be looked at as either. An allergy specialist can guide you in the correct direction for your food allergies and a plan of action. Education on food allergies and having a plan in place can save a life.

# Food Allergy Reaction Symptoms

## Body Part

## Symptoms



**Skin**

Redness, itching, hives, red bumps, swelling beneath skin



**Eye**

Itching, tearing, redness, swelling around eyes



**Breathing**

Nasal congestion, itching, runny nose, sneezing, hoarseness, cough, shortness of breath, wheezing



**Mouth**

Swelling of lips, tongue, or palate, itching in the mouth



**Stomach**

Nausea, colicky abdominal pain, reflex, vomiting, diarrhea



**Heart**

Rapid heartbeat, low blood pressure, dizziness, fainting, loss of consciousness

# Vegetable—Shallot

A shallot belongs in the allium family right beside garlic, leeks and onions. There are a few different varieties of shallots but the most common two are the Jersey and the French Grey shallots. Shallots started as a common ingredient in the Asia and the Middle East. In the eleventh century, they were brought to Europe and are now used in restaurants and home kitchens everywhere.



Not to be confused with a scallion (green onion), the bulb of the shallots are purple and are much smaller than a sweet or red onion but have a larger bulb than a green onion. The average bulb size of a shallot is about 1 1/2 to 2 inches wide. The bulb of a shallot is slightly elongated rather than round. The inside appearance of a shallot can be compared to both an onion and garlic. The inside they contain ring layers like an onion but also contains 3 to 6 bulbs underneath the skin.



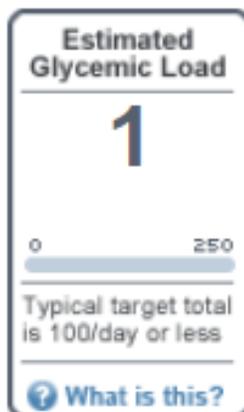
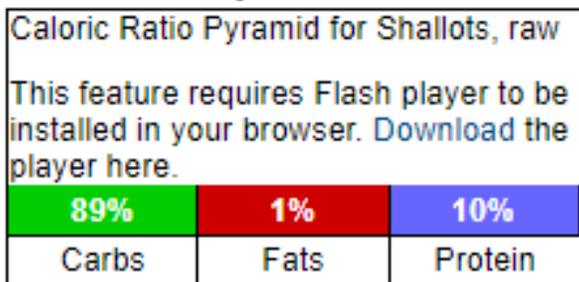
The allium family is known for building flavors to foods. The shallot is no different. The shallot provides a balance of both spicy and sweet flavor profile. A raw shallot starts with a heavy spice and finishes with a mild sweet one. A good comparison would be a sweeter but less strong red onion. Some even say the shallot's flavor is a nice mix between an onion and garlic. When shallots are cooked, they provide a sweet and rich flavor especially when caramelized.



As for nutrition, the shallot contains fiber, iron, magnesium, phosphorus, potassium, zinc and folate. Most people usually use the shallot in a very small amount in comparison to other vegetables. A half a measure cup of shallot is packed with vitamins and minerals but they are usually not eaten in that amount. In comparison to the onion, the nutrients in a shallot are more compact, meaning they have more nutrients in a smaller serving. Shallots also contain antioxidants and organosulfur compounds.

Give shallots a try!

## Caloric Ratio Pyramid [What is this?](#)



## NutritionData's Opinion [What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

**The good:** This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin C, Folate and Potassium, and a very good source of Vitamin A, Vitamin B6 and Manganese.



# Shallots, raw

Servina size: 1 tbsp chopped (10a) ▼



## NUTRITION INFORMATION

Amounts per 1 tbsp chopped (10g)

### Calorie Information

Amounts Per Selected Serving		%DV
Calories	7.2 (30.1 kJ)	0%
From Carbohydrate	6.4 (26.8 kJ)	
From Fat	0.1 (0.4 kJ)	
From Protein	0.7 (2.9 kJ)	
From Alcohol	~ (0.0 kJ)	

### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.3 g	1%

[More details ▼](#)

### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	1.7 g	1%
Dietary Fiber	~	~
Starch	~	
Sugars	~	

[More details ▼](#)

### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	119 IU	2%
Vitamin C	0.8 mg	1%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~	~
Vitamin K	~	~
Thiamin	0.0 mg	0%
Riboflavin	0.0 mg	0%
Niacin	0.0 mg	0%
Vitamin B6	0.0 mg	2%
Folate	3.4 mcg	1%
Vitamin B12	~	~
Pantothenic Acid	0.0 mg	0%
Choline	~	
Betaine	~	

[More details ▼](#)

### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.0 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	0.2 mg	
Total Omega-6 fatty acids	3.7 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

### Minerals

Amounts Per Selected Serving		%DV
Calcium	3.7 mg	0%
Iron	0.1 mg	1%
Magnesium	2.1 mg	1%
Phosphorus	6.0 mg	1%
Potassium	33.4 mg	1%
Sodium	1.2 mg	0%
Zinc	0.0 mg	0%
Copper	0.0 mg	0%
Manganese	0.0 mg	1%
Selenium	0.1 mcg	0%
Fluoride	~	

## Recipe–Tom’s Green Beans with Shallots

### Ingredients

- 12 oz green beans, trimmed
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1 shallot, minced
- Salt, to taste
- Pepper, to taste
- 1/4 cup extra-virgin olive oil



### Directions

1. Place the beans in a steamer in a pot filled with 2 inches of boiling water. Cover and steam until the beans are bright green and still slightly firm to the bite, about 10 minutes.
2. Meanwhile, whisk together the vinegar, mustard, shallot, some salt and pepper, and the oil. Pour the dressing over the beans and toss to coat. Cover and let marinate in the refrigerator for at least 1 hour or up to overnight. Bring to room temperature and serve

Recipe from: [Tom's Green Beans with Shallots Recipe | Valerie Bertinelli | Food Network](#)

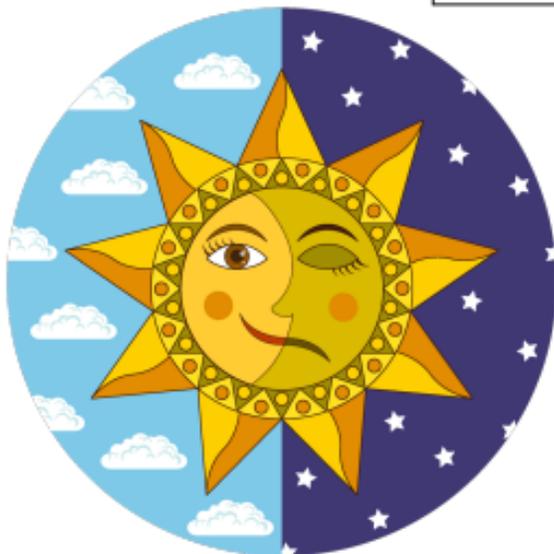
# Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

## WINTER SOLSTICE

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

- CALENDAR
- DECEMBER
- EARTH
- FESTIVALS
- HEMISPHERE
- HIBERNAL
- HIEMAL
- JUNE
- LIGHT
- LONGEST NIGHT



- |            |              |
|------------|--------------|
| NORTHERN   | SHORTEST DAY |
| POLES      | SOLSTICE     |
| REBIRTH    | SOUTHERN     |
| REVOLUTION | SUN          |
| RITUALS    | SYMBOLIC     |
| ROTATION   | TILT         |
| SEASONS    | WINTER       |

# January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Years Day	2 World Introvert Day	3 Fruitcake Toss Day	4 National Spaghetti Day	5 National Bird Day	6 Bean Day	7 Old Rock Day
8 Bubble Bath Day	9 Play God Day	10 Bittersweet Chocolate Day	11 National Take the Stairs Day	12 National Hot Tea Day	13 Friday the 13th	14 Dress Up Your Pet Day
15 National Bagel Day	16 MLK Jr. Birthday	17 Kid Inventors Day	18 Thesaurus Day	19 National Popcorn Day	20 National Cheese Lovers Day	21 National Hugging Day
22 Chinese New Year	23 National Pie Day	24 Compliment Day	25 Opposite Day	26 Spouse's Day	27 Chocolate Cake Day	28 Data Privacy Day
29 National Puzzle Day	30 National Insane Answering Message Day	31 Backwards Day				

## Monthly Observances

- \* National Bath Safety Month
- \* National Blood Donor Month
- \* National Hobby Month
- \* National Oatmeal Month
- \* National Soup Month



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## Brain Exercise Answers



R	I	O	Q	W	D	T	W	E	T	N	B	T	A	G	I	U	B	J	O	L
R	I	L	C	T	I	R	P	X	U	H	B	L	L	Q	S	N	M	M	N	
O	O	T	C	N	S	S	C	O	H	F	C	X	J	I	F	B	B	F	K	R
T	J	O	U	J	Z	R	I	R	G	K	U	Y	I	F	T	Y	N	Z	S	E
A	L	Y	N	A	X	P	L	E	R	R	A	D	N	E	L	A	C	V	X	H
T	S	U	Q	O	L	W	O	B	L	V	P	D	K	T	W	S	F	V	W	T
I	P	E	T	T	R	S	B	I	E	T	V	J	I	H	P	O	L	E	S	U
O	B	L	J	U	N	E	M	R	N	S	U	N	G	G	S	L	B	C	O	O
N	J	A	F	C	B	K	Y	T	W	L	A	M	E	I	H	S	K	Z	C	S
N	A	V	X	G	U	M	S	H	S	E	A	S	O	N	S	T	P	J	E	Z
X	O	Z	S	M	P	K	Y	X	T	T	I	S	T	T	B	I	I	D	A	G
T	R	I	O	B	H	S	A	N	B	K	U	D	P	S	V	C	P	O	T	Q
J	E	R	T	A	F	E	S	T	I	V	A	L	S	E	Z	E	B	W	N	M
R	V	R	E	U	N	J	H	N	V	Q	J	X	L	G	L	G	R	I	T	Q
E	J	Y	S	T	L	I	N	R	E	H	T	R	O	N	A	F	Q	V	F	Q
B	F	M	S	X	N	O	E	D	W	R	C	J	G	O	N	U	S	D	Y	T
M	Z	L	N	V	L	I	V	A	E	B	J	P	W	L	R	E	E	N	M	M
E	Y	D	U	B	I	J	W	E	R	S	H	O	R	T	E	S	T	D	A	Y
C	F	D	C	S	G	V	P	C	R	T	W	A	J	H	B	R	R	A	L	B
E	W	Q	A	P	H	K	H	Y	M	Y	H	I	U	Q	I	J	E	I	B	M
D	N	F	N	E	T	V	L	N	H	E	M	I	S	P	H	E	R	E	A	N

*This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.*