



### FARE Facts

1. IgE (Immunoglobulin E) mediated food allergies cause a child's immune system to react abnormally when exposed to one or more specific foods

2. IgE mediated reactions typically occur immediately after ingestion whereas non IgE mediated are delayed and take up to 48 hours to develop, but still involve the immune system.

3. Omega 3 Fatty Acids and Omega 3 supplements have been shown to lower IgE levels.

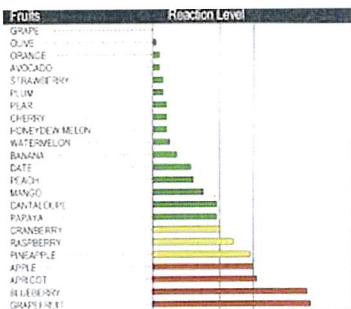


### FARE Food

1. Studies have shown that Green Tea lowers blood levels of the IgE antibody, a component that is a prime player in the bodies allergic and inflammatory response.

2. The following five foods may help ease seasonal allergies: Kale, Strawberries, Turmeric, Broccoli and Green Tea.

3. If you feel stuffy or have postnasal drip from your allergies, sip more water, juice or other non alcoholic drinks. Warm fluids like teas, broth or soup have an added benefit of steam.



### FARE Fun

1. **Order a Home Sensitivity Test.** This measures your body's immune response to 96 foods to help guide you on what types of food may be the best to choose for an elimination. Tests include IgE reactivity to 96 foods, a finger prick sample collection and testing for a larger variety of foods. [www.everlywell.com](http://www.everlywell.com)

1. **Visit Fun Websites** like [Allergy Adventures](http://AllergyAdventures.com) which has lots of fun puzzles and games that kids can play online. Plus lots of great kid-friendly recipes too! Many of these resources will help start the conversation about allergies. As parents and educators, it's our job to clarify, answer their questions and reinforce the key messages over time.

2. **Non-Profit Resources** Did you know that FAACT has a [Food Allergy Curricula Program for Schools](http://FoodAllergyCurriculaProgram.org) for K-3, 4-8, and High School? It is very educational and does a great job of bringing students together to work on problem-solving. All programs are free and downloadable.