



Wellness  
Nutrition

May 2019

Fun FaCts

## Food Allergy Awareness

Did you know?

A **food intolerance** is an abnormal response to a food that does not involve the immune system. These are much more common. Symptoms can be like those of a food allergy, but are rarely life-threatening. In fact, most people can eat small amounts of the food with no problems. Lactose intolerance is one common example.

A **food allergy** is an abnormal immune response to a food. A food allergy may cause:

- \*Skin reactions (hives, eczema)
- \*Respiratory symptoms (sneezing, coughing, runny nose, etc.)
- \*(Digestive symptoms (nausea, vomiting, or diarrhea)



If you or your child has symptoms that may be food related, keep a log of foods eaten and any symptoms and see your doctor or an allergist to identify a true food allergy. If a food is identified as an allergen, a WIC Nutritionist can help you with your new restrictions.

Sometimes people grow out of their food allergies, but **always talk to your doctor before you try that food again.**

Adapted from American Academy of Pediatrics, American Academy of Allergy, Asthma & Immunology, National Institute of Allergy and Infectious Diseases, and the Mayo Clinic.

# Some **BENEFITS** of *Breastfeeding*

## For Baby

Increases	IQ, Speech Development, Immune System, Bonding
Decreases	Childhood and Adult Obesity, Diabetes, Infections, SIDS, Allergies, Constipation, Vomiting, Diarrhea, Ear Infections, RSV, Pneumonia, UTIs, Spinal Meningitis, Croup, Bronchiolitis, and Childhood Cancers

## For Mom



Increases	Bonding, Convenience, Bone Density, and Weight Loss
Decreases	Breast, Ovarian, and Uterine Cancer risk, Risk of Anemia following Delivery, Type 2 Diabetes, Rheumatoid Arthritis, Heart Disease, Cost (formula and healthcare), and post-partum bleeding



## Delicious & Nutritious!

### Stuffed Bell Peppers

6 servings

Prep 30 minutes

Cook 30 minutes

#### Ingredients:

- 6 green bell peppers
- 1 pound lean ground beef
- 1/3 cup chopped onion
- Salt and pepper to taste
- 1/2 cup water
- 1 teaspoon Worcestershire sauce
- 1 cup shredded cheese
- 2 (10.75 ounces) cans tomato soup
- 1 cup cooked brown rice

Recipe from [wichealth.org](http://wichealth.org)

#### Directions:

Wash prep area, your hands, and all produce. Preheat oven to 350 degrees. In a large pot, bring 2 quarts of salted water to a boil. While waiting for the water to boil, remove the tops and the seeds from the peppers. Carefully place the peppers in the boiling water. Cook for 5 minutes; drain. Sprinkle the inside of each pepper with salt to taste, and set aside. In a large skillet, brown the beef and onions for 5 minutes. Drain excess fat. Add rice, water, salt, pepper, and Worcestershire sauce to skillet with beef and onions. Place a cover over the skillet and simmer for 15 minutes, or until rice is tender. Remove skillet from heat and stir in cheese. Stuff each pepper with beef and rice mixture. Then place each pepper open side up in a baking dish. In a medium bowl, combine tomato soup and enough water to make the soup a gravy-like consistency. Pour soup mixture over stuffed peppers. Bake covered for 25-35 minutes until heated through and cheese is melted.