Food Allergy Websites and Resources

Here is a list of websites you can use to find health information about food allergies and products dealing with food allergies. You can get to more specific information with links from these websites.

It is wise to use caution when looking up information on the Internet. There is a lot of information, but it can be hard to tell the quality since anyone can post information about food allergies on the Internet. The biggest challenge today is sorting out what is reliable, up to date and objective. One way is to use trusted sources and then look at websites they recommend. A few things to consider about a website are:

• A qualified organization or person sponsors the site.
• Information is given objectively and is up to date.
• Information is given in a logical way and the content, links and resources appear to be good.

Below are websites and other resources on food allergies. By going to the website’s search box, which is often on the homepage, you can type in “food allergy” for a list of related topics. For organizations that have telephone access, the phone number is included. If you do not have access to a computer, you can call or visit the Library for Health Information. The library is located at the main campus of The Ohio State University Medical Center. It can by contacted by phone at (614) 293-3707 or by email at health-info@osu.edu.

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Websites for Food Allergies

- **Allergies in Children**
  
  [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)
  
  (215) 230-5394  
  
  Provides information for parents about allergens and has links to other websites on topics such as asthma and immunology. Includes many recipes for kids with food allergies and other resources like cookbooks.

- **American Academy of Allergy, Asthma & Immunology**
  
  [www.aaaai.org/patients](http://www.aaaai.org/patients)
  
  Provides information on food allergens, how to cope, recipes and a listing of doctors who specialize in the treatment of allergies.

- **The American Dietetic Association**
  
  [www.eatright.org](http://www.eatright.org)
  
  1-800-877-1600  
  
  Provides basics on food allergies and lists of Registered Dietitians (RD) throughout the United States who can provide counseling on food allergies.

- **Asthma and Allergy Foundation of America**
  
  [www.aafa.org/index.cfm](http://www.aafa.org/index.cfm)
  
  This is a non-profit site that gives information about food allergens. Includes lifestyle advice such as how to travel with food allergies and links to local support groups.

- **The Food Allergy & Anaphylaxis Network**
  
  [www.foodallergy.org](http://www.foodallergy.org)
  
  1-800-929-4040  
  
  Provides information about common allergies, anaphylaxis, food allergy research, and lists resources such as cookbooks and support groups. Also includes food allergy websites for kids and teens.
- **Medline Plus**
  
  [www.medlineplus.gov](http://www.medlineplus.gov)
  
  Provides information from the National Library of Medicine, one of the world’s largest medical libraries. Includes a medical dictionary, information on drugs and herbs, interactive tutorials and information in Spanish.
  
  Gives an overview of the causes, symptoms, tests and treatment plans for many common food allergens including gluten, eggs, soy, shellfish and peanuts.

- **National Institutes of Health (NIH)**
  
  [www.nih.gov](http://www.nih.gov)
  
  (301) 496-4000
  
  Provides new knowledge on detecting and treating food allergies. Also has information on clinical trials.

- **U.S. Food and Drug Administration (FDA)**
  
  [www.cfsan.fda.gov](http://www.cfsan.fda.gov)
  
  Provides information on food allergens and what food manufacturers must include on their food labels including details about the Food Allergen Labeling & Consumer Protection Act of 2004.

For an extensive list of resources on gluten intolerance products and websites, please see the “Gluten Free Diet” handout from OSU Medical Center.

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**Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**