

CeDIR Citings



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The Librarian's Word

Crisp mornings, warm afternoons and bonfire evenings... the only thing more you need to conjure up the best of fall is that first bite of pumpkin bread, or apple crisp. For many of us, fall foods are an intricate part of the transition to the holiday season as well as marking the passage of time. Unfortunately, many people find it difficult to enjoy these traditions due to food allergies and sensitivities. Luckily, there are more and more resources available every day to help people create delicious and healthy alternatives without worry.

In this issue of CeDIR Citings we will explore some of the resources available for checkout at CeDIR and online to meet all your nutrition needs.

-Christina

Food Allergy or Intolerance?

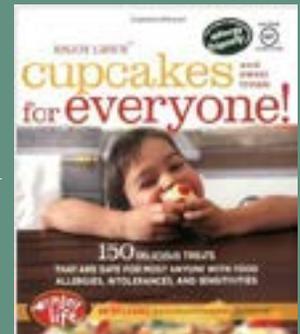
When most of us think of food allergies the first thing that comes to mind is its most severe form, anaphylaxis, which is a life threatening allergic reaction. However many people react in much more subtle ways. Some people are intolerant to certain foods and not allergic, but the symptoms of a mild allergy and intolerance a very similar... what's the difference?

According to the Mayo Clinic (<http://www.mayoclinic.com/health/food-allergy/AN01109>) a food allergy is a reaction of the immune system, and may occur right away, while intolerance can be caused for a variety of reasons, but does not involve a response from the immune system and usually happens gradually. The most common example of this is lactose intolerance, where the body does not produce the enzyme necessary to digest the sugars in dairy products. Whether symptoms are a result of an allergic reaction, or intolerance, both can make creative cooking and planning an essential part of eating.

Enjoy Life's Cupcakes and Sweet Treats for Everyone!

By Betsy Laasko

Have you noticed the change in the weather? There's a delightful nip in the air that tells us the beautiful season of autumn is here. Autumn--when nature's foliage displays glorious bursts of color and the pumpkins are ripe and the apples are sweet and delicious. Fall foods are warm and comforting--and you can find a number of great fall treats in this fantastic cookbook!



This book contains 150 different tempting recipes to meet the needs of your fall sweet tooth. Each recipe is not only gluten-free, but also contains no wheat, dairy, peanuts, tree nuts, eggs, soy, sesame, sulfites, potato, fish or shellfish. By avoiding these eight most common food allergy ingredients in all the recipes you are sure to be able to enjoy these delicious creations without worrying!

Some great fall treats included are:

- Autumn's Best Muffins (pg. 118)
- Pumpkin Harvest Ice Cream Pie (pg. 184)
- Twisted Orange Cranberry Baked Rice Pudding (pg. 177)
- Apple Crisp (pg. 156)

CeDIR has a copy of this book in the library available for checkout. Just give us a call!



Nutrition Resource Guide

The following books on nutrition are available to check out from the Center for Disability Information and Referral.

Cerier, L. (2010). *Gluten-free recipes for the conscious cook: A seasonal, vegetarian cookbook*. Oakland, CA: New Harbinger Publications. (Call Number: 25.6 .C4)

Converse, J. (2009). *Special-needs kids eat right: Strategies to help kids on the autism spectrum focus, learn, and thrive*. New York: Perigee. (Call Number: 25.6 .C66)

Ernsperger, L., & Stegen-Hanson, T. (2004). *Just take a bite: Easy, effective answers to food aversions and eating challenges*. Arlington, TX: Future Horizons, Inc. (Call Number: 25.6 .E75)

Fenster, C. (2007). *Gluten-free quick & easy: From prep to plate without the fuss, 200+ recipes for people with food sensitivities*. New York: Avery. (Call Number: 25.6 .F45)

Fenster, C. (2004). *Wheat-free recipes & menus: Delicious, healthful eating for people with food sensitivities* (Rev. & expanded). New York: Avery. (Call Number: 25.6 .F4)

Hammond, L. (2010). *Allergy-proof recipes for kids: More than 150 recipes that are all wheat-free, gluten-free, nut-free, egg-free, dairy-free, and low in sugar*. Beverly, MA: Fair Winds Press. (Call Number: 25.6 .H3)

Hart, M. (2009). *The Everything guide to cooking for children with autism: From everyday meals to holiday treats: 200 tasty recipes your child will love to eat*. Avon, MA: Adams Media. (Call Number: 25.6 .H378)

Hasselbeck, E. (2009). *The G free diet: A gluten-free survival guide*. New York: Center Street. (Call Number: 25.6 .H37)

Hemenway, S. (2009). *Classic American cuisine*. [S.l.] : Stephanie Hemenway. (Call Number: 25.6 .H4)

Kaplan-Mayer, G. (2010). *The kitchen classroom: 32 visual GFCF recipes to boost developmental skills*. Bethesda, MD : Woodbine House. (Call Number: 25.6 .G2)

Laakso, B. (2009). *Enjoy life's cupcakes for everyone!: 150 delicious treats that are safe for most anyone with food allergies, intolerances, and sensitivities*. Beverly, MA: Fair Winds Press. (Call Number: 25.6 .L3)

Lewis, L. (2011). *Special diets for special kids, volumes 1 and 2 combined*. Arlington, TX: Future Horizons. (Call Number: 25.6 .L48 2011)

Mallorca, J. (2007). *The wheat-free cook: Gluten-free recipes for everyone*. New York: William Morrow. (Call Number: 25.6 .M3)

Marks, B., Sisirak, J., & Heller, T. (2010). *Health matters: The exercise and nutrition health education curriculum for people with developmental disabilities*. Baltimore: Paul H. Brookes Pub. Co. (Call Number: 48 .M3)

Pascal, C. (2006). *The whole foods allergy cookbook: Two hundred gourmet & homestyle recipes for the food allergic family*. Ridgefield, CT: Vital Health Pub. (Call Number: 25.6 .P3)

Story, M. ... [et al.]. (2002). *Bright futures in practice: Nutrition pocket guide*. Arlington, VA: National Center for Education in Maternal and Child Health, Georgetown University. (Call Number: 25.6 .B752 2002)

Tessmer, K. A. (2009). *Tell me what to eat if I have celiac disease: Nutrition you can live with*. Franklin Lakes, NJ: New Page Books. (Call Number: 25.6 .T4)

Websites on Nutrition

American Dietetic Association

<http://www.eatright.org/About/Content.aspx?id=8379>

Disabled World

<http://www.disabled-world.com/fitness/>

RD411

http://www.rd411.com/index.php?option=com_content&view=article&id=402:developmental-disability-and-nutrition&catid=105:professional-refreshers&Itemid=400

U. S. Dept. of Agriculture

http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=3&tax_subject=275&topic_id=1336&level3_id=5231