# Managing Food Allergies

This playbook offers a step-by-step guide to adjusting your diet in order to manage and cope with food allergies and intolerances. It covers the identification of allergens, dietary changes, and maintaining a balanced diet.

### Step 1: Identify Allergens

Work with a healthcare provider to determine which foods cause reactions through tests or an elimination diet.

### Step 2: Educate Yourself

Learn about the foods that trigger your allergies or intolerances, including hidden sources and cross-contamination risks.

### Step 3: Plan Meals

Create a meal plan that excludes allergens while ensuring a balanced intake of nutrients.

### Step 4: Read Labels

Always check food labels for potential allergens and understand labeling laws in your region.

### Step 5: Prepare Food

When cooking, ensure that kitchen equipment is free from allergen residues to prevent cross-contamination.

### Step 6: Communicate Needs

Inform restaurant staff or hosts of your dietary restrictions to avoid accidental exposure to allergens.

### Step 7: Carry Alternatives

Keep safe food alternatives and snacks on hand to avoid situations where you may not have suitable food options.

### Step 8: Emergency Plan

Have an emergency action plan and carry necessary medications, such as antihistamines or epinephrine auto-injectors, in case of accidental ingestion.

## General Notes

### Consult Professionals

Always seek advice from qualified healthcare professionals before making significant changes to your diet.

### Continual Review

Regularly review your dietary plan and consider revisiting your healthcare provider to reassess your food allergies and intolerances.