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Food allergies can be a big challenge, especially since there's no cure



How to Avoid the Big 8 Food Allergens Demo Script

How to Avoid the Big 8 Food Allergens Demo Script (Continued)

Here's a breakdown of other grocery sources. Think about your best options as I run through them:

Warehouse clubs are generally cost-effective, but they may not offer many options. Most offer some dairy-free milk alternatives and nut-free snacks, but even those foods can include some "Big 8" allergens. Always check the label before purchasing.

Don't overlook ethnic markets. They are especially good for grain, fruit and vegetable allergies, since different food traditions may rely on grains and plants that are less common in American cooking. Be aware of cross contamination, especially if you are

considering these options. Always check the label for allergens. If you are unsure, ask the store manager for help. Some ethnic markets may have dedicated allergen-free sections.



FARE works on behalf of 32 million Americans with potentially life-threatening food allergies. To learn more, visit [foodallergy.org](https://www.foodallergy.org).

Brown Rice with Olives and Basil

*Makes 4 servings; ½ cup per serving
Per serving: 208 Calories; 0.5 g Saturated Fat; 139 mg Sodium*

Serve this easy side dish with a grilled or roasted poultry entrée.

1 cup uncooked brown rice
1 teaspoon olive oil and 1 teaspoon olive oil, divided use
4 ounces button mushrooms, quartered
1 medium garlic clove, minced
¼ cup sliced black olives, drained
1 tablespoon chopped fresh basil
⅛ teaspoon salt
⅛ teaspoon pepper

1. Prepare the rice using the package directions, omitting the salt and margarine.
- 2.

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
