

*Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.*

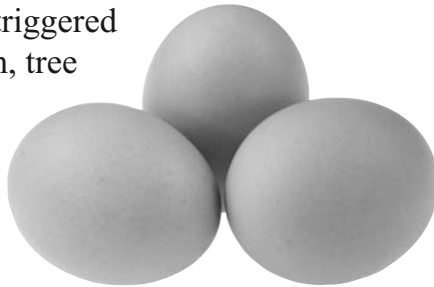
## Food Allergy may be Sensitivity

If certain foods don't agree with you, you may wonder if you have a food allergy. While it's always best to talk with your doctor, here are some basics about food allergies versus food intolerances.

### Food Allergies are Immune Responses

Usually, our immune systems react to invading organisms to protect us from getting sick. However, people with allergies have immune systems that are triggered by otherwise harmless substances, such food.

About 90 percent of food allergies are triggered by the "Big-8:" milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soy. When the immune system overreacts to the allergens, you may experience symptoms in the gastrointestinal tract, skin, or respiratory tract. For some people, a life-threatening reaction called anaphylaxis can occur.



### Food Intolerances are Dose-Specific

Unlike allergies, food intolerances do not involve the immune system. Instead, they are usually caused by difficulty digesting food, and symptoms such as nausea, cramps, bloating, diarrhea or heartburn result. Symptoms usually depend on the amount of food eaten, whereas food allergies can be triggered by just a microscopic amount. You can try eliminating the food in question to see if your symptoms improve.

Lactose intolerance is a common example of a food intolerance. It can be addressed by consuming milk in smaller amounts or using a digestive aid supplement to prevent symptoms.

### Treatment

Your doctor or allergist can test for and diagnose true food allergies. There is no cure for food allergies, so you need to avoid eating the foods you are allergic to. It's important to be diligent about reading labels and restaurant menus. You should also be aware of hidden ingredients that could cause a reaction (e.g. wheat in soy sauce).

### Dining Centers & Days of Service Call for Lunch Reservations

#### LINN COUNTY

##### Albany Senior Center

Monday - Friday (541) 967-7647

##### Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

##### Lebanon Senior Center

Monday - Friday (541) 451-1139

##### Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

##### Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

#### BENTON COUNTY

##### Corvallis Senior Center

Monday - Friday (541) 753-1022

#### LINCOLN COUNTY

##### Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

##### Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

##### Siletz, Tribal Community Center

Mon. & Wed. (541) 270-6853

##### Toledo, Trinity United Methodist

Friday (541) 270-7416

##### Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796