

Beef allergy

Beef allergy has become an increasingly common food allergy. Children with a beef allergy need to avoid beef in their diet. Beef allergy should be taken seriously. You can avoid beef and still have a balanced, healthy diet.

A 'beef challenge' may be needed to confirm that your child has an allergy to beef. Discuss this with your doctor or dietitian. If allergy testing shows that your child is sensitive to beef it is important that all sources of beef are taken out of your child's diet.

Avoid these foods:

- > beef
- > beef stock
- > beef extract
- > beef shortening
- > tallow
- > gelatine
- > Bonox

Check these foods:

The following foods may contain beef.

- > jelly
- > stock cubes
- > soup
- > animal shortening (check with manufacturer)
- > lollies containing gelatine
- > pies, pasties, sausage rolls
- > processed meats and small goods, (eg sausages, fritz, pressed meats)
- > stock cubes

Always check the ingredient list on the food product label carefully. If you are not sure, check with the manufacturer or avoid the food.

Getting enough iron

Red meat is an important source of protein, iron and zinc in our diet. It is very important to include other sources of iron in your child's diet if they are unable to eat beef.

Other sources of iron in the diet:

- > other red meats, such as lamb and kangaroo
- > chicken, fish and pork contain some iron, but not as much as red meat
- > breakfast cereals fortified with iron
- > baby rice cereal
- > baby formula contains some iron.

Eating out

If your child has a food allergy there is no reason why you should not enjoy eating out.

If your child needs emergency medication (eg an EpiPen) they should not eat out unless they have their medication with them.

Order simple dishes such as grilled chicken or fish without sauces, steamed vegetables and potato. Fresh fruit is a good option for dessert. Always check with the staff about the ingredients in the dish you want to order. If you are unsure about the ingredients in a dish do not order the food.

Cross contamination

Avoid using the same serving utensils, especially at salad bars and buffets where beef may be present.

Beef is often cooked on barbeques. Cook your food separately on top of alfoil or a barbeque plate liner, to avoid contamination.

Is beef allergy life long?

Most children will grow out of their beef allergy. Continue to follow a beef free diet and give it time. As your child gets older, it is important to have regular check ups with the allergy doctor. The doctor will check if the beef allergy is still present.

More information

- > Anaphylaxis Australia: www.allergyfacts.org.au
- > Australasian Society of Clinical Immunology and Allergy (ASCI) website: www.allergy.org.au

Children, Youth and Women's Health Service
Nutrition Department
72 King William Road
North Adelaide SA 5006
Telephone: (08) 8161 7233

