

# NUTRITION RESOURCES

## Special Diets

This list contains online resources for accommodating special diets in school nutrition programs. Resources are listed by main category. Handouts and guides are in *italics*. Many websites contain information on multiple content areas. **Note:** The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For additional content areas related to food and nutrition, see the CSDE’s other resource lists on the [Resources for Child Nutrition Programs](#) webpage.

**Quick Tips:** Click on the blue titles below to go directly to each section. Use the blue highlighted “Return to Contents” at the end of each section to get back to Contents. Search for key words using the “Find” option in the PDF toolbar or go to “Edit” then “Find.”

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For more information, visit the CSDE’s [Nutrition Education](#) webpage or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103, 860-807-2075, [susan.fiore@ct.gov](mailto:susan.fiore@ct.gov).

*This document is available at*  
[www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesspdiet.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesspdiet.pdf).

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## Special Diets

### Accommodating Special Diets

*A Guide to Special Food and Nutrition Needs* (Institute of Child Nutrition, 2009):

<http://nfsmi.org/ResourceOverview.aspx?ID=329>

*Fact sheets with nutrition information for students with special nutrition needs, including: A Closer Look at Overweight; What is Diabetes?; Is Diabetes a Disability?; A Closer Look at Type 1 Diabetes; A Closer Look at Type 2 Diabetes; Meal Planning Methods for Diabetes; How School Nutrition Staff Help Students with Diabetes; Find Carbohydrates on Food Labels; A Closer Look at Food Allergy; A Closer Look at Food Intolerance; A Closer Look at Celiac Disease; How School Nutrition Staff Help Students with Allergies or Intolerances; How to Read a Food Label for Allergens and Ingredients; Food Labels and Milk Allergy; Food Labels and Egg Allergy; Food Labels and Peanut Allergy; Food Labels and Tree Nut Allergies; Food Labels and Fish and/or Shellfish Allergies; Food Labels for Soybean or Soy Allergy; Food Labels and Wheat Allergy; Food Labels and Lactose Intolerance; Food Labels and Gluten-Containing Foods and Ingredients.*

*A Family's Guide To* (Institute of Child Nutrition, 2009):

<http://nfsmi.org/documentlibraryfiles/PDF/20091022040235.pdf>

*Factsheets addressing topics that include School Nutrition Programs, Special Nutrition Needs, Differences Between Disabilities and Health Concerns, Physician's Statement for Disabilities, Medical Statements and Temporary Disabilities.*

*A School Administrator's Guide To* (Institute of Child Nutrition, 2009):

<http://nfsmi.org/documentlibraryfiles/PDF/20091022040612.pdf>

*Factsheets addressing topics that include Topics include School Nutrition Programs, School Nutrition Laws and Regulations and Understanding the Difference Between Disabilities and Health Concerns.*

*A School Nurse's Guide To* (Institute of Child Nutrition, 2009):

<http://nfsmi.org/documentlibraryfiles/PDF/20091022041353.pdf>

*Factsheets addressing topics that include School Nutrition Programs, Special Nutrition Needs for Disabilities and Health Concerns, Diabetic Meal Plans, Meal Plans for Food Anaphylaxis, Food Allergies and Celiac Disease Meal Plans.*

*A School Nutrition Staff's Guide To* (Institute of Child Nutrition, 2009):

<http://nfsmi.org/documentlibraryfiles/PDF/20091022041932.pdf>

*Factsheets addressing topics that include School Nutrition Programs, Special Nutrition Needs, Difference Between Disabilities and Other Health Concerns, Physician's Statement, Special Nutrition Needs for Health Concerns, Medical Statement for Health Concerns not Considered Disabilities and Temporary Disabilities.*

*A Teacher's Guide To* (Institute of Child Nutrition, 2009):

<http://nfsmi.org/documentlibraryfiles/PDF/20091022042204.pdf>

*Factsheets addressing topics that include School Nutrition Programs, Special Nutrition Needs for Disabilities and Special Nutrition Needs for Health Concerns.*

*Accommodating Children with Special Dietary Needs in the School Nutrition Programs* (U.S. Department of Agriculture, 2001): [www.fns.usda.gov/cnd/guidance/special\\_dietary\\_needs.pdf](http://www.fns.usda.gov/cnd/guidance/special_dietary_needs.pdf)

*Accommodating Special Diets in School Nutrition Programs* (CSDE, 2017):

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sdn/asdsnp.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sdn/asdsnp.pdf)

Disease Management and Prevention (Academy of Nutrition and Dietetics):

[www.eatright.org/diseasemanagement/](http://www.eatright.org/diseasemanagement/)

*Child Care Fact Sheet: Reading Labels for Food Allergens* (Institute of Child Nutrition, 2009):

[www.nfsmi.org/documentlibraryfiles/PDF/20090210032840.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20090210032840.pdf)

*Handbook for Children with Special Food and Nutrition Needs* (Institute of Child Nutrition, 2006): <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080213015556.pdf>

*Helping Child Nutrition Professionals Communicate Effectively with the Families of Special Needs Children Webinar* (Institute of Child Nutrition, 2009): [www.theicn.org/documentdownload.aspx?id=2008](http://www.theicn.org/documentdownload.aspx?id=2008)

*NFSMI Best Practices for Serving Students with Special Food and/or Nutrition Needs in School Nutrition Programs* (Institute of Child Nutrition, 2009): [www.nfsmi.org/documentlibraryfiles/PDF/20090717040947.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20090717040947.pdf)

*Self-assessment tool for school nutrition professionals to assess operational issues based on four practice categories (District/School Accountability, School Nutrition Responsibility, Information Resources and Environmental Considerations).*

*Orientation to School Nutrition Management: Special Needs Instructor's Manual* (Institute of Child Nutrition, 2014):

[www.theicn.org/documentlibraryfiles/PDF/20140429044123.pdf](http://www.theicn.org/documentlibraryfiles/PDF/20140429044123.pdf)

## Accommodating Special Dietary Needs

*Orientation to School Nutrition Management: Special Needs Participant's Workbook* (Institute of Child Nutrition, 2014):  
[www.theicn.org/documentlibraryfiles/PDF/20140429044210.pdf](http://www.theicn.org/documentlibraryfiles/PDF/20140429044210.pdf)

*Orientation to School Nutrition Management: Special Needs Presentation* (Institute of Child Nutrition, 2014):  
[www.theicn.org/documentdownload.aspx?id=3818](http://www.theicn.org/documentdownload.aspx?id=3818)

Policies on Special Diets (CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333750](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333750)

Special Diets in CACFP Adult Day Care Centers (CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336530](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336530)  
*Includes special diets guide, forms, operational memoranda, and resources for Connecticut CACFP adult day care centers.*

Special Diets in CACFP Child Care Programs (CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336514](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=336514)  
*Includes special diets guide, forms, operational memoranda, and resources for Connecticut CACFP child care centers and family day care homes.*

Special Diets in School Nutrition Programs (CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333730](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333730)  
*Includes special diets guide, forms, operational memoranda, and resources for Connecticut school nutrition programs. CACFP child care centers and family day care homes.*

*Special Needs Care for the Young Child* (Institute of Child Nutrition, 2001):  
[www.nfsmi.org/documentLibraryFiles/PDF/20080612092843.pdf](http://www.nfsmi.org/documentLibraryFiles/PDF/20080612092843.pdf)

*Summary Chart: Requirements for Meal Modifications in School Nutrition Programs* (CSDE, 2017):  
[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/SDN/spdietchart.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/SDN/spdietchart.pdf)

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# Celiac Disease

## Celiac Disease

Celiac Disease (Medline Plus): [www.nlm.nih.gov/medlineplus/celiacdisease.html](http://www.nlm.nih.gov/medlineplus/celiacdisease.html)

Celiac Disease (National Digestive Diseases Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases): <http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/>

*Celiac Disease and Gluten-Free Diets Fact Sheet* (Institute of Child Nutrition, 2012):  
[www.theicn.org/documentlibraryfiles/PDF/20120327113749.pdf](http://www.theicn.org/documentlibraryfiles/PDF/20120327113749.pdf)

Celiac Disease Center (Columbia University): <https://celiacdiseasecenter.columbia.edu/>

Celiac Disease Foundation. <https://celiac.org/>

Celiac Disease Kids Site (Nemours Foundation Kids Health):  
[http://kidshealth.org/kid/health\\_problems/stomach/celiac.html](http://kidshealth.org/kid/health_problems/stomach/celiac.html)

Celiac Sprue Association: <https://csaceliacs.org/>

Gluten-free Diet: Grains and Flours (Celiac Sprue Association):  
[www.csaceliacs.info/grains\\_and\\_flours\\_glossary.jsp](http://www.csaceliacs.info/grains_and_flours_glossary.jsp)

Gluten-free Recipes (Celiac Support Association): [www.csaceliacs.org/gluten\\_free\\_recipes.jsp](http://www.csaceliacs.org/gluten_free_recipes.jsp)

National Digestive Diseases Information Clearinghouse. <http://digestive.niddk.nih.gov/>

National Foundation for Celiac Awareness: [www.celiaccentral.org/Celiac-Disease/21/](http://www.celiaccentral.org/Celiac-Disease/21/)

*What is Celiac Disease?* (National Foundation for Celiac Awareness):  
[www.celiaccentral.org/SiteData/docs/whatisceli/a89543ceb5cf210a/what%20is%20celiac%20disease%20-%202003-2015.pdf](http://www.celiaccentral.org/SiteData/docs/whatisceli/a89543ceb5cf210a/what%20is%20celiac%20disease%20-%202003-2015.pdf)

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## Diabetes

### Diabetes

*Actions for Food Service Personnel* (Children with Diabetes): [www.childrenwithdiabetes.com/d\\_0q\\_5h0.htm](http://www.childrenwithdiabetes.com/d_0q_5h0.htm)

American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

*Carbohydrate Counting for School Food Service Professionals Webinar* (Institute of Child Nutrition, December 6, 2007): [www.nfsmi.org/ResourceOverview.aspx?ID=278](http://www.nfsmi.org/ResourceOverview.aspx?ID=278)

*Care of Children with Diabetes in the School and Day Care Setting* (American Diabetes Association): [http://care.diabetesjournals.org/cgi/content/full/26/suppl\\_1/s131](http://care.diabetesjournals.org/cgi/content/full/26/suppl_1/s131)

*Children with Diabetes: A Resource Guide for Families and Schools* (New York State Department of Health, 2009): [www.health.state.ny.us/publications/0944.pdf](http://www.health.state.ny.us/publications/0944.pdf)

*Diabetes Management at School* (Children with Diabetes): [www.childrenwithdiabetes.com/d\\_0q\\_500.htm](http://www.childrenwithdiabetes.com/d_0q_500.htm)

*Diabetes Management in School and Child Care* (USDA Healthy Meals Resource Center): <http://healthymeals.nal.usda.gov/resource-library/special-diets/diabetes-management-school-and-child-care>

*Helping the Student with Diabetes Succeed: A Guide for School Personnel* (U.S. Department of Health and Human Services, June 2003): [www.niddk.nih.gov/health-information/health-communication-programs/ndep/health-care-professionals/school-guide/Pages/publicationdetail.aspx](http://www.niddk.nih.gov/health-information/health-communication-programs/ndep/health-care-professionals/school-guide/Pages/publicationdetail.aspx)

*Learning and Diabetes: A Resource Guide for Connecticut Schools and Families* (CSDE, 2014): [www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=334532](http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=334532)

*Managing Diabetes at School* (Centers for Disease Control and Prevention, 2015): [www.cdc.gov/Features/DiabetesInSchool/](http://www.cdc.gov/Features/DiabetesInSchool/)

National Diabetes Education Program (U.S. Department of Health and Human Services): <http://ndep.nih.gov/>

National Institute of Diabetes and Digestive and Kidney Diseases: [www.niddk.nih.gov/health-information/diabetes](http://www.niddk.nih.gov/health-information/diabetes)

*Special Needs Fact Sheets: Diabetes Fact Sheet for Child Nutrition Program Professionals* (Institute of Child Nutrition, 2003): [www.nfsmi.org/documentlibraryfiles/PDF/20100312115223.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20100312115223.pdf)

*Using Exchange Lists for Students with Diabetes in School Food Service Webinar* (Institute of Child Nutrition): [www.theicn.org/documentdownload.aspx?id=2393](http://www.theicn.org/documentdownload.aspx?id=2393)

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## Eating Disorders

### Eating Disorders

Academy for Eating Disorders: [www.aedweb.org/](http://www.aedweb.org/)

Anorexia Nervosa (USDA Food and Nutrition Information Center):  
<http://fnic.nal.usda.gov/diet-and-disease/eating-disorders/anorexia-nervosa>

Anorexia Nervosa and Related Eating Disorders (ANRED): [www.anred.com](http://www.anred.com)

Disordered Eating (USDA Food and Nutrition Information Center): [www.nal.usda.gov/fnic/disordered-eating](http://www.nal.usda.gov/fnic/disordered-eating)

Eating Disorders (Medline Plus): [www.nlm.nih.gov/medlineplus/eatingdisorders.html](http://www.nlm.nih.gov/medlineplus/eatingdisorders.html)

National Association of Anorexia Nervosa and Associated Eating Disorders: [www.anad.org/](http://www.anad.org/)

National Eating Disorders Association: [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

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## Feeding Problems

### Feeding Problems

*Feeding Problems Affecting Children with Disabilities and Other Access and Functional Needs Fact Sheet* (Institute of Child Nutrition, 2012): [www.theicn.org/documentlibraryfiles/PDF/20120327113749.pdf](http://www.theicn.org/documentlibraryfiles/PDF/20120327113749.pdf)

*Guidelines for Feeding and Swallowing Programs in Schools* (CSDE, 2008):  
[www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Special/Feeding\\_and\\_Swallowing.pdf](http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Special/Feeding_and_Swallowing.pdf)

*Special Needs Fact Sheets: Swallowing Fact Sheet for Child Nutrition Program Professionals* (Institute of Child Nutrition, 2004): <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080908023159.pdf>

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# Food Allergies

## Food Allergies

- Addressing Food Allergies in Schools* (PowerPoint) (National School Boards Association): [www.nsba.org/addressing-food-allergies-schools-powerpoint-presentation](http://www.nsba.org/addressing-food-allergies-schools-powerpoint-presentation)
- American Academy of Allergy, Asthma and Immunology: [www.aaaai.org/](http://www.aaaai.org/)
- Asthma and Allergy Foundation of America: [www.aafa.org/](http://www.aafa.org/)
- Food Allergen Labeling and Consumer Protection Act (FALCPA)* (U.S. Food and Drug Administration): [www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm106187.htm](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm106187.htm)
- Food Allergy and Anaphylaxis Online Toolkit* (National Association of School Nurses): [www.nasn.org/ToolsResources/FoodAllergyandAnaphylaxis](http://www.nasn.org/ToolsResources/FoodAllergyandAnaphylaxis)
- Food Allergy Book: What School Employees Need to Know* (NEA Health Information Network and the U.S. Department of Agriculture, 2012): <http://healthyfutures.nea.org/wpcproduct/food-allergy-book-what-school-employees-need-to-know-english/>  
*Designed to educate school employees about food allergies and how they can help to prevent and respond to food allergic reactions in schools (English and Spanish).*
- Food Allergy & Anaphylaxis Emergency Care Plan* (Food Allergy Research & Education (FARE), 2014): [www.foodallergy.org/document.doc?id=234](http://www.foodallergy.org/document.doc?id=234)
- Food Allergy & Anaphylaxis Network (FAAN): [www.foodallergy.org/](http://www.foodallergy.org/)
- Food Allergy Medline Plus (National Library of Medicine and National Institutes of Health): [www.nlm.nih.gov/medlineplus/foodallergy.html](http://www.nlm.nih.gov/medlineplus/foodallergy.html)
- Food Allergy Resources for School Nutrition Professionals (School Nutrition Association): <http://schoolnutrition.org/education/food-allergy/>
- Food Allergies (USDA Healthy Meals Resource System): <http://healthymeals.nal.usda.gov/resource-library/special-diets/food-allergies>
- Food Allergies and Intolerances Resource List for Consumers* (USDA Food and Nutrition Information Center, December 2010): [www.nal.usda.gov/sites/default/files/fnic\\_uploads//allergy.pdf](http://www.nal.usda.gov/sites/default/files/fnic_uploads//allergy.pdf)
- Food Allergies in Schools (Centers for Disease Control and Prevention): [www.cdc.gov/healthyyouth/foodallergies/](http://www.cdc.gov/healthyyouth/foodallergies/)
- Food Allergies/School Health (National School Boards Association): [www.nsba.org/services/school-board-leadership-services/food-allergies-school-health](http://www.nsba.org/services/school-board-leadership-services/food-allergies-school-health)
- Food Allergy Resource Center (School Nutrition Association): [www.schoolnutrition.org/Content.aspx?id=17241](http://www.schoolnutrition.org/Content.aspx?id=17241)
- Food Allergy Resources (Institute of Child Nutrition. [www.nfsmi.org/ResourceOverview.aspx?ID=428](http://www.nfsmi.org/ResourceOverview.aspx?ID=428)
- Food Allergy Standard Operating Procedures: Serving Safe Food to Students with Food Allergies* (Institute of Child Nutrition, 2012): [www.nfsmi.org/documentlibraryfiles/PDF/20130227020642.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20130227020642.pdf)
- Food Allergy Webinars (School Nutrition Association): [www.schoolnutrition.org/Content.aspx?id=12090#part1](http://www.schoolnutrition.org/Content.aspx?id=12090#part1)  
*Three free webinars on understanding and addressing food allergies in schools.*
- Guidelines for Managing Life-Threatening Food Allergies in Connecticut Schools* (CSDE, 2006): [www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=334632](http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=334632)
- Life-Threatening Food Allergies in School and Child Care Settings: A Practical Resource for Parents, Care Providers and Staff* (British Columbia Ministry for Children and Families, 1996): [www.healthservices.gov.bc.ca/cpa/publications/food\\_allergies.pdf](http://www.healthservices.gov.bc.ca/cpa/publications/food_allergies.pdf)
- Managing Food Allergies in the Cafeteria: Tips for Food Service Staff* (Food Allergy & Anaphylaxis Network): [www.foodallergy.org/page/managing-food-allergies-in-the-cafeteria-](http://www.foodallergy.org/page/managing-food-allergies-in-the-cafeteria-)
- Managing Food Allergies in Child Care Centers (Video)* (Institute of Child Nutrition, 2014): [www.nfsmi.org/ResourceOverview.aspx?ID=492](http://www.nfsmi.org/ResourceOverview.aspx?ID=492)

## Food Allergies

*Managing Food Allergies in School (Video)* (Institute of Child Nutrition, 2014):  
[www.nfsmi.org/ResourceOverview.aspx?ID=490](http://www.nfsmi.org/ResourceOverview.aspx?ID=490)

*Managing Life Threatening Food Allergies in Schools* (Massachusetts Department of Education, 2002):  
[www.doe.mass.edu/cnp/allergy.pdf](http://www.doe.mass.edu/cnp/allergy.pdf)

National Institute of Allergy and Infectious Diseases (National Institutes of Health): [www.niaid.nih.gov/](http://www.niaid.nih.gov/)

*Questions and Answers Regarding Food Allergens, including the Food Allergen Labeling and Consumer Protection Act of 2004* (U.S. Food and Drug Administration, 2015):  
[www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm059116.htm](http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm059116.htm)

*Resources for Schools* (Food Allergy Research & Education): [www.foodallergy.org/resources/schools](http://www.foodallergy.org/resources/schools)

*Safe at School and Ready to Learn: A Comprehensive Policy Guide for Protecting Students with Life-Threatening Food Allergies* (National School Boards Association): [www.nsba.org/safe-school-and-ready-learn-comprehensive-policy-guide-protecting-students-life-threatening-food%20](http://www.nsba.org/safe-school-and-ready-learn-comprehensive-policy-guide-protecting-students-life-threatening-food%20)

*School Guidelines for Managing Students with Food Allergies* (American School Food Service Association, National Association of Elementary School Principals, National Association of School Nurses, National School Boards Association and The Food Allergy & Anaphylaxis Network): [www.foodallergy.org/document.doc?id=135](http://www.foodallergy.org/document.doc?id=135)

*Special Needs Fact Sheets: Allergy Fact Sheet for Child Nutrition Program Professionals* (Institute of Child Nutrition, 2003).  
[www.nfsmi.org/documentlibraryfiles/PDF/20100312115315.pdf](http://www.nfsmi.org/documentlibraryfiles/PDF/20100312115315.pdf)

School Nutrition Association Food Allergy Resources Podcasts and Webinars (School Nutrition Association and U.S. Department of Agriculture): [www.schoolnutrition.org/Content.aspx?id=14376](http://www.schoolnutrition.org/Content.aspx?id=14376)  
Podcasts include *Legal and Regulatory Requirements for Managing Food Allergies in Schools*, *Guidance for Managing Food Allergies in Schools*, *Teamwork is Key to Successful Food Allergy Management in Schools* and *Food Safety Considerations and Food Allergy Management Best Practices for School Food Service*. The Webinar is a three-part series on *Managing Food Allergies in Schools*.

*Students with Chronic Illnesses: Guidance for Families, Schools and Students* (National Heart Lung and Blood Institute (no date): [www.nhlbi.nih.gov/files/docs/public/lung/guidfam.pdf](http://www.nhlbi.nih.gov/files/docs/public/lung/guidfam.pdf)  
Presents positive actions schools and families can take to address multiple chronic diseases at once using the same action steps.

*Teamwork is Key to Successful Food Allergy Management in Schools* (School Nutrition Association, February 22, 2012):  
[www.schoolnutrition.org/Content.aspx?id=16596](http://www.schoolnutrition.org/Content.aspx?id=16596)

*Understanding Food Allergy* (National Institute of Allergy and Infectious Diseases):  
[www.niaid.nih.gov/topics/foodallergy/understanding/Pages/default.aspx](http://www.niaid.nih.gov/topics/foodallergy/understanding/Pages/default.aspx)

*Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs* (Centers for Disease Control and Prevention, 2013): [www.foodallergy.org/document.doc?id=249](http://www.foodallergy.org/document.doc?id=249)

*Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs: Frequently Asked Questions* (Centers for Disease Control and Prevention, 2013):  
[www.cdc.gov/healthyouth/foodallergies/pdf/Food\\_Allergy\\_Guidelines\\_FAQs.pdf](http://www.cdc.gov/healthyouth/foodallergies/pdf/Food_Allergy_Guidelines_FAQs.pdf)

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### Inborn Errors of Metabolism

*Inborn Errors of Metabolism Fact Sheet* (Institute of Child Nutrition, 2012):  
[www.theicn.org/documentlibraryfiles/PDF/20120327114424.pdf](http://www.theicn.org/documentlibraryfiles/PDF/20120327114424.pdf)

*Update on Inborn Errors of Metabolism Webinar* (Institute of Child Nutrition):  
[www.theicn.org/documentdownload.aspx?id=2002](http://www.theicn.org/documentdownload.aspx?id=2002)

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# Lactose Intolerance

## Lactose Intolerance

*Allowable Milk Substitutes for Children without Disabilities* (CSDE):

[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sdn/milksub.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/sdn/milksub.pdf)

*Fluid Milk Substitutions in the School Nutrition Programs* (Federal Register Vol. 73, No. 178, Friday, September 12, 2008): <http://edocket.access.gpo.gov/2008/pdf/E8-21293.pdf>

Lactose Intolerance (National Digestive Diseases Information Clearinghouse):

<http://digestive.niddk.nih.gov/ddiseases/pubs/lactoseintolerance/index.htm>

*Lactose Intolerance Health Education Kit* (National Dairy Council):

[www.nationaldairyCouncil.org/EducationMaterials/HealthProfessionalsEducationKits/Pages/LactoseIntoleranceHealthEducationKit.aspx](http://www.nationaldairyCouncil.org/EducationMaterials/HealthProfessionalsEducationKits/Pages/LactoseIntoleranceHealthEducationKit.aspx)

*Special Needs Fact Sheets: Lactose Intolerance Fact Sheet for Child Nutrition Program Professionals* (Institute of Child

Nutrition, 2003): <http://nfsmi-web01.nfsmi.olemiss.edu/documentLibraryFiles/PDF/20080908023132.pdf>

What is Lactose Intolerance? (National Dairy Council):

[www.nationaldairyCouncil.org/EducationMaterials/HealthProfessionalsEducationKits/Pages/LactoseIntoleranceAndDairy.aspx](http://www.nationaldairyCouncil.org/EducationMaterials/HealthProfessionalsEducationKits/Pages/LactoseIntoleranceAndDairy.aspx)

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