Tomato Food Allergy Fact Sheet

What is a Tomato Allergy

A tomato allergy is a type 1 hypersensitivity to tomatoes. Type 1 allergies are commonly known as contact allergies. When a person with this type of allergy comes into contact with an allergen such as a tomato, chemicals are released into exposed areas such as the skin, nose, and respiratory and digestive tracts. In turn, this causes an allergic reaction.



Despite the fact that tomatoes and tomato-based products are some of the most heavily consumed foods in the western diet, tomato allergies are extremely rare. An individual with a tomato allergy is also prone to allergic reactions with other nightshades, including potatoes, tobacco, and eggplant. Often, people with a tomato allergy will have a cross-reaction to latex as well (latex-fruit syndrome).

What are the symptoms?

Allergies are mistaken by your body as being harmful. Therefore your immune system sill release antibodies to counteract the harmful ingredient. The next time you eat that food your immune system delivers histamines along with other chemicals into the bloodstream, casuing a wide arrange of symptoms

Symptoms of a tomato allergy occur shortly after the tomato is consumed

- Skin rash, eczema, or hives (urticaria)
- abdominal cramps, nausea, vomiting, or diarrhea
- an itching sensation in the throat
- coughing, sneezing, wheezing, or runny nose
- swelling of the face, mouth, tongue, or throat
- anaphylaxis (very rarely)



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Prevention

- **Avoid eating tomatoes** or having any contact with them if you are diagnosed with tomato allergy. Here are some tomatoes and tomato products to avoid:
  - **Fresh/Raw tomato:** such as tomato in salsa or sun-dried tomato.
  - **Cooked tomato:** Some may be allergic to fresh tomatoes, while others can get symptoms when eating cooked tomatoes such as: pureed tomato, pasta sauces, chili, vegetable broth, soups and stews, etc.
  - **Nightshade vegetables:** You may need to consult a doctor to confirm whether you can eat vegetables in nightshade family, such as bell peppers, eggplant.
- Keeping cutting boards and knives free from all tomato products
- Wear a medic-alert bracelet
- Keep medications and an epi-pen on you

What substitutes can be used for tomatoes?

- **Tomato paste**: look for Umeboshi Paste or Tamarind concentrate
- **Raw and/or lightly-cooked tomatoes**: Under ripe mango, raw zucchini, summer squash
- Using a “White Sauce” such as alfredo sauce or bechamel instead of a “Red Sauce” (aka marinara) in pastas or pizza
- Look for tomato-free sauces like ketchup, salsa, or barbecue
- If not allergic, try using bell pepper to make a Red Sauce without tomato

Alfredo Sauce

- 8 oz of heavy whipping cream
- 1 egg yolk
- 3 tablespoons of butter
- ¼ cup of grated Parmesan cheese
- ¼ cup of Romano cheese
- 2 tablespoons of grated Parmesan cheese
- 1 pinch ground nutmeg
- Salt to taste

- First, butter should be melt in a saucepan over medium heat, stir in the heavy cream.
- Add Parmesan and Romano cheese, salt and nutmeg.
- Simmer for 3-5 minutes over medium-low heat. Garnish Parmesan cheese.

