

## August Nutrition Notes

**Sesame - The 9th Major Food Allergy:** On April 23rd sesame became part of a list of 9 foods that, because of the major known health implications for millions of Americans, is now required to be listed on food labels beginning January 1, 2023. Sesame seeds, along with milk, wheat, soybean, eggs, fish, shellfish, peanuts, and tree nuts are thought to be responsible for over 90% of all food allergies. Research also indicates that many individuals suffering from one food allergy may also have additional food allergies and/or sensitivities which makes going from diagnosing a food allergy to learning how to manage your risk daily through diet and lifestyle changes a challenge. While some companies will choose to begin adding food label warnings for sesame now, many will ultimately hold off. Working with a registered dietitian is pivotal in ensuring that patients and families have the tools and resources they need to navigate this area of health safely, effectively, affordably, and most importantly, enjoyably!

**Depression, Food Insecurity, and How Nutrition Can Help:** Through the lens of the Covid-19 pandemic, we are now more aware than ever of the food insecurity that plagues Americans daily. It is estimated that 10.5 percent of U.S. households were food insecure at least sometime during the year in 2019 with a potential increase in 2020 as a result of the pandemic. Poor diet quality by way of nutrient deficiencies, specifically omega-3 fatty acids, B-vitamins, and minerals such as magnesium and zinc, places individuals at higher risk for depressive symptoms in addition to several other chronic diseases. The challenge: including nutrient-dense food sources with food access and budget in mind. While this is no simple task, research continues to support the need to include education and support from an RDN in one's treatment plan to ensure a comprehensive approach that considers all factors impacting health beyond the standard scope of care.