

Alpha-Gal Syndrome

What is it?

Alpha-gal syndrome is a type of food allergy that makes people allergic to red meat and other products from mammals, such as beef, pork, lamb, and dairy

What causes this allergy?

Most people with this disorder contracted it through a bite from a Lone Star tick, which are commonly found in the U.S. This tick contains sugar molecule that humans cannot produce.

When the Lone Star tick attaches itself to a human, it transfers the sugar molecule, causing the food allergy.

Common Symptoms

If you have developed alpha-gal syndrome, you may experience the following symptoms:

- skin rashes
- difficulty breathing
- digestive upset
- headaches
- runny nose
- itching
- swelling
- coughing

Dietary Restrictions

Those with alpha-gal are unable to consume

- milk
- cheese
- yogurt
- butter
- mammalian meat such as beef, pork, and lamb
- gelatin made from beef or pork
- meat broth, bouillon, stock, and gravy

Also beware of some medications, supplements, and vaccinations that have alpha-gal containing additives such as

- gelatin
- glycerin
- magnesium stearate
- bovine extract

Food Swaps

greek yogurt → coconut yogurt

hamburger → turkey burger

butter → vegetable shortening

dairy milk → almond milk

Recipes for Alpha-Gal

Rosemary Almond Crusted Salmon

Ingredients:

1/2 cup olive oil
8 oz salmon
(skinless)
4 oz crushed
almonds
4 pinches of
rosemary



Directions:

1. Preheat oven to 450°.
2. Brush half of the olive oil over the salmon.
3. Combine the crushed almonds and rosemary in a shallow bowl or plate.
4. Press the salmon into the almond mixture, coating the fillet all over.
5. Place the salmon on a greased or lined baking sheet and bake for 10-15 minutes, or until the salmon flakes easily.

Chicken Fried Rice

Ingredients:

1/2 cup diced carrots	4 tbsp gluten free soy sauce
1 cup chopped bell peppers	2 tbsp rice wine vinegar
4 tbsp olive oil	1 tsp sesame oil
1 lb cut chicken breasts	1/2 cup frozen peas
4 whisked eggs	green onions
4 cups cooked brown rice	



Directions:

1. In a large skillet or wok over medium heat, saute 2 tbsp of oil with the carrots and bell peppers.
2. Slide the vegetables to one side of skillet, drizzle 1 tbsp of oil in the skillet, and place the chicken in it.
3. When the chicken is cooked through, mix it in with the vegetables and push the ingredients to the border, leaving a hole in the middle of the skillet.
4. Drizzle 1-2 tbsp of oil in open hole and scramble the eggs in that spot until they are cooked.
5. Add cooked rice, soy sauce, rice vinegar, and sesame oil to the skillet and cook for 10 minutes.
6. Mix in the frozen peas and take off the heat when the peas are heated.
7. Top the fried rice with green onions and serve.