

Food Allergies: Knowledge is Power

Some of the most common allergens are:



- Tree Nuts
- Dairy
- Eggs
- Shellfish
- Soy
- Wheat



Facts to Remember

- Food proteins can't be killed by hand sanitizer, they need to be taken off by washing your hands or using wet wipes
- It's important to check labels before eating something new

Avoid the Allergen!

- If you are allergic to a food, the best thing that you can do, is avoid it to stop future reactions
- Reactions will most likely include, hives – red bumps, nausea, itchy throat, lightheadedness, stuffy nose

Great Kids Books About Food Allergies:

- **Food Allergies and Me – By: Juniper Skinner**
 - **Horace and Morris Say Cheese: Which Makes Dolores Sneeze – By: James Howe**
 - **A Book About Food Allergies – By: Ina K. Chung**
 - **Peanut-Free Tea for Three – By: Heather Mehra**
 - **Everyday Cool with Food Allergies – By: Micheal Pistiner**
 - **Happy Halloween, Teal Pumpkin! – By: Cynthia Platt**
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Great Websites To Check Out About Food Allergies:

- **Food Allergy & Anaphylaxis Connection Team (FAACT)**
 - **United States Department of Agriculture (USDA) – Allergies Tab**
 - **FARE–Food Allergy Research & Education**
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Food Allergy Recepies

- **Kids with Food Allergies**
 - **Allergic Living**
 - **Eating with Food Allergies**
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Make sure to check out the Bernards Township Health Department website for more information!

Did you miss our presentation on August 8th? No worries! Everything we covered is all in this slideshow!

Link to slides from presentation: [LINK](#)

If you are new to having an allergy, these websites would be perfect for you! Even if you don't have one yourself, learning about them can also be very helpful. These websites cover treatment, symptoms, and prevention for food allergies.

Great websites to check out:

FAACT - [LINK](#)

USDA - [LINK](#)

FARE - [LINK](#)

ACAAI - [LINK](#)

AllergyHome - [LINK](#)

University Of Michigan Health - [LINK](#)

Food Allergy Safe Recipes - Make sure to still check ingredients

Having an allergy means you can't eat some foods, but it allows you to try new things. You can always experiment yourself, but here are some great websites to check out that aren't just allergy safe, but also delicious!

Kids With Food Allergies - [LINK](#)

Allergic Living - [LINK](#)

Eating With Food Allergies - [LINK](#)



FOOD ALLERGY FACTS

If you have a food allergy, your body mistakenly labels something in that food (usually a protein) as dangerous. This activates the same defense system that fights off invading viruses, like the one that causes the flu. The next time you encounter that allergen, your body goes into attack mode, and you experience an allergic reaction.



THE TWO CATEGORIES OF FOOD ALLERGIES

IgE-mediated

Your immune system makes proteins called antibodies to recognize and get rid of viruses and bacteria. IgE is one of these antibodies. If your body mistakes a food for a harmful invader, it will typically produce IgE antibodies that are tailored to recognize that specific food.

NON-IgE-mediated

Other parts of the immune system react to the allergen. White blood cells known as T cells are thought to be the main actor in many IgE-mediated allergic reactions to food. In this class of food allergy, reactions usually don't begin until hours or sometimes days after eating the food.

FAST FACTS

- ✂ We don't yet know what causes food allergies
- ✂ The tendency to develop food allergies seems to run in families
- ✂ Food allergy is more common in babies and young children than it is in older kids and adults
- ✂ You can still develop a food allergy in adulthood



ALLERGIC REACTION SIGNS & SYMPTOMS

Skin

Hives (angry red lumps), itching, rash or reddening of the skin
Swelling in the tongue, face or lips

Respiratory

Coughing, wheezing, trouble breathing or swallowing
Tightness in the throat or chest
Sneezing, stuffy nose, itchy nose or watery eyes

Cardiovascular (heart)

Skin turning pale or blue, dizziness, lightheadedness, or fainting

Gastrointestinal

Nausea, belly pain or cramps, vomiting or diarrhea

Other Symptoms

Feeling convinced that something terrible is about to happen
A metallic taste in the mouth

TREATING FOOD ALLERGIES

The main strategy for managing food allergies is to strictly avoid the allergen, so you can prevent future reactions. Learn how to keep traces of the allergen from accidentally getting into your food during meal preparation and cleanup.

If you have a child with a severe allergy to a food like peanut, your allergy specialist may offer you the option of a treatment called oral immunotherapy.



sperry.ca This resource was made possible due to an unrestricted grant from Sperry.

FOOD ALLERGIES

SIGNS & SYMPTOMS TO WATCH FOR

8 FOODS
CAUSE ALMOST
90%
OF FOOD ALLERGY
REACTIONS



MILK



EGGS



SHELLFISH



FISH



SOY



WHEAT



TREE NUTS



PEANUTS

FOOD ALLERGY SIGNS & SYMPTOMS



DID YOU KNOW? Allergic reactions to foods can occur within minutes of eating or up to hours later.

HIVES OR ECZEMA

Red, swollen, dry or itchy skin rash



RUNNY/STUFFY NOSE & SNEEZING



ITCHY, WATERY OR RED EYES



ITCHY/TINGLING MOUTH OR EARS



ABDOMINAL CRAMPS

Upset stomach, cramps, vomiting or diarrhea



COUGHING OR WHEEZING



DIZZINESS/ LIGHTEADEDNESS



SWOLLEN LIPS, TONGUE OR THROAT



TROUBLE BREATHING OR SWALLOWING



FUNNY TASTE IN MOUTH



CHEST PAIN

Weak, uneven heartbeat



LOSS OF CONSCIOUSNESS



+ ANAPHYLAXIS +

A very serious and potentially fatal allergic reaction that involves a sudden drop in blood pressure, loss of consciousness and body system failure.



IF YOU OR A LOVED ONE EXPERIENCE ANY OF THE ABOVE SYMPTOMS, SEEK MEDICAL ATTENTION AS SOON AS POSSIBLE.