

FOOD ALLERGY

(Part 1)

MAIN ALLERGENIC FOODS IN EUROPE



peanuts



celery



milk



cereals containing
gluten



shellfish



fish



molluscs



eggs



sesame
seeds



mustard



tree nuts
(almonds, hazelnuts,
pistachios, ...)



soy bean



lupin



sulphur dioxide
& sulphites

WHAT IS A FOOD ALLERGY?

activates a reaction
of the immune
system

can potentially be
life-threatening



ALLERGY

a normally
harmless food



FOOD INTOLERANCE

activates a reaction
not involving
the immune system

e.g.: lactose

WHAT ARE THE SYMPTOMS OF A FOOD ALLERGY?



itchy eyes



shortness
of breath



dry mouth

the most dangerous
reaction is anaphylaxis
requires urgent
medical attention



skin redness
and hives



abdominal pain,
nausea, vomiting
and diarrhea



swelling of
the airways



drop in blood
pressure

FOOD ALLERGY

(Part 2)

HOW CAN I IDENTIFY FOOD ALLERGENS?

They are written on **food packaging!**
Regularly check labels as **ingredients can change.**



when used as ingredients,
allergens must be highlighted in:
***bold italic* CAPITAL or underlined**

when it might unintentionally
contain traces of an allergen,
precautionary label may be used:
may contain*
made in a facility that process*

HOW CAN I MANAGE MY FOOD ALLERGY?



wash utensils
to avoid **cross
contamination**



be cautious of
places **where serving
utensils are shared**
e.g. buffets or ice
cream parlours



ensure that **restaurant
staff** are aware
of your allergy



**clean surfaces
well** with cleaning
sprays