FOOD ALLERGY



most common food allergens



peanuts



celery



milk



cereals containing

gluten



sesame seeds



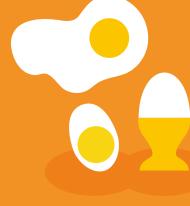
molluscs



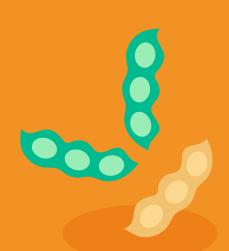
crustaceans



fish



egg



soy bean



mustard

ALLERGY

activates an

immune response

can potentially be

life-threatening



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



lupin



sulphur dioxide & sulphites

allergy vs intolerance

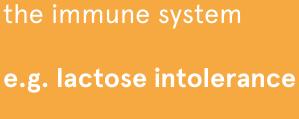


harmless food

a normally



FOOD INTOLERANCE activates a reaction not involving



What are the symptoms of a food allergy?











and diarrhea

tightening, a dangerous drop in blood pressure, and a rapid or weak heartbeat. It requires immediate treatment with epinephrine.

What is anaphylaxis?

Anaphylaxis is a severe, rapid allergic reaction that can cause airway







allergens must be highlighted with: **bold** *italic* CAPITAL or <u>underlined</u>

How can I identify food allergens?

They are written on food packaging!

Regularly check labels as ingredients can change.



when used as ingredients,

a precautionary label may be used

when traces of an allergen may

unintentionally contaminate a product

may contain*

made in a facility that processes*



read ingredient

labels carefully

educate family,

friends, and caregivers

about allergies



carry emergency

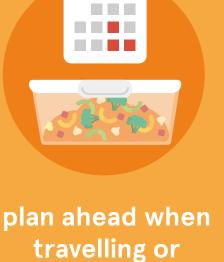
medication

(if prescribed by

a doctor)



by using separate utensils and cookware



attending events

www.eufic.org