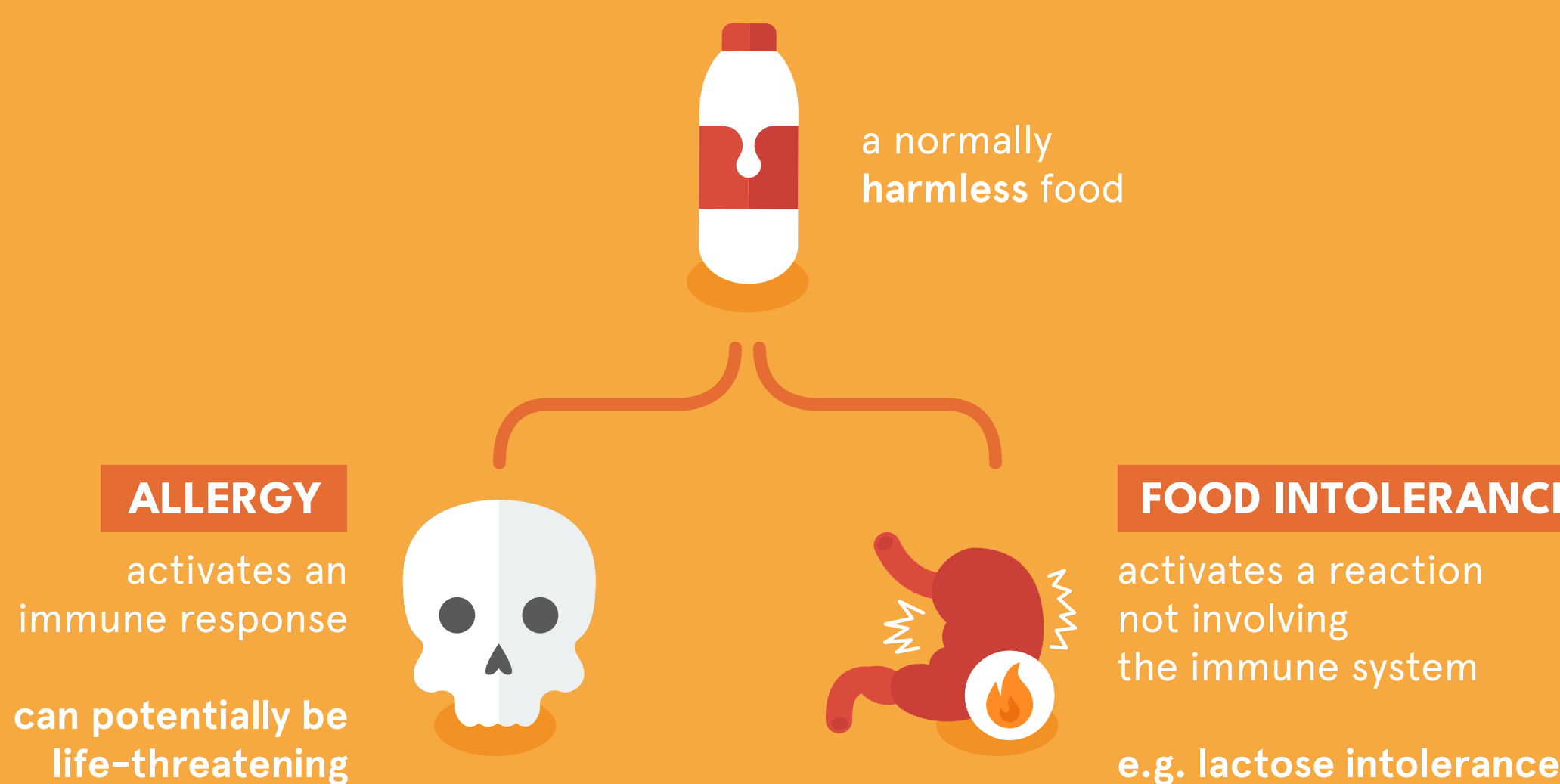


most common food allergens



allergy vs intolerance

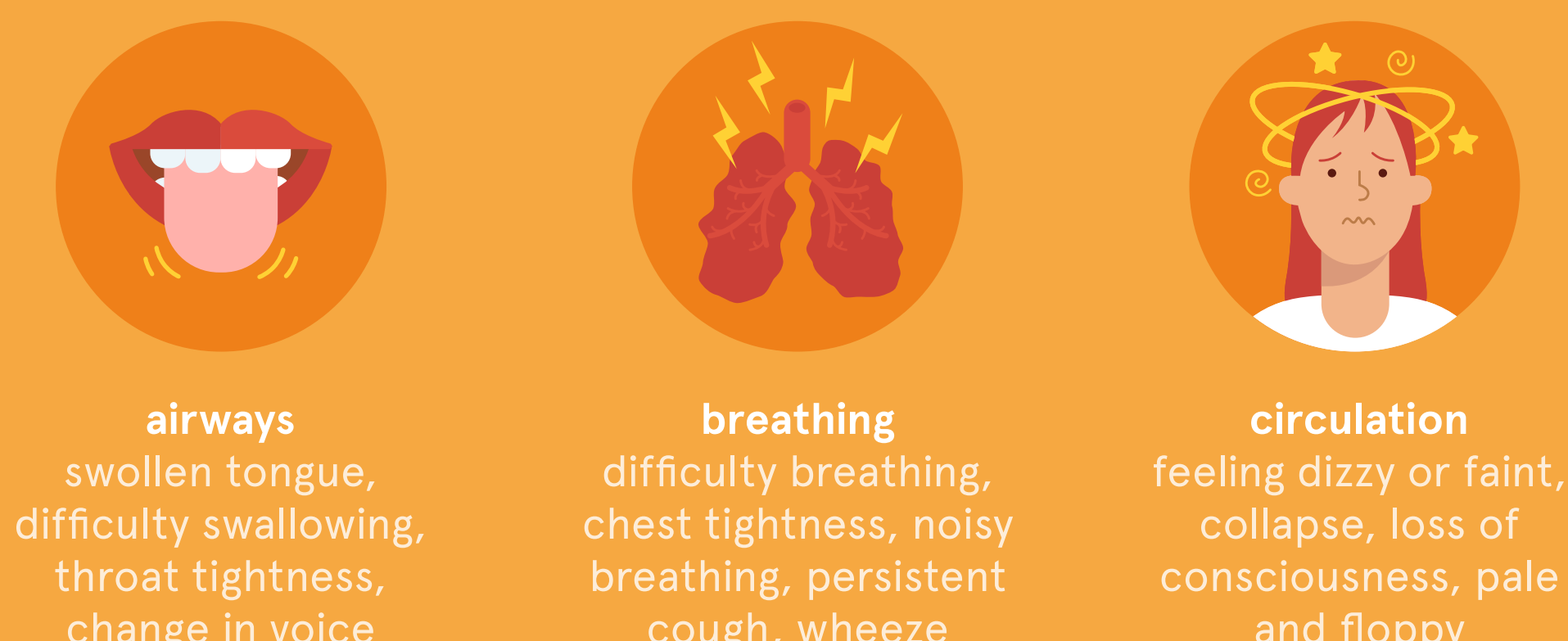


What are the symptoms of a food allergy?



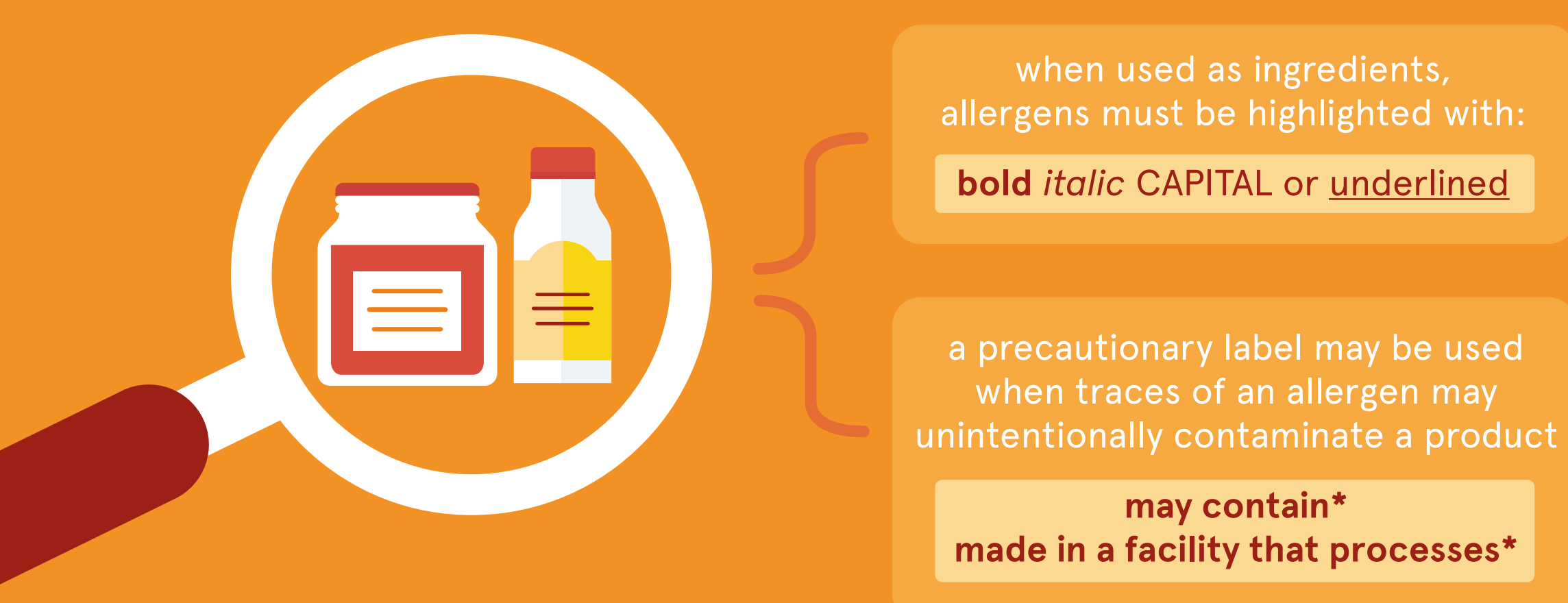
What is anaphylaxis?

Anaphylaxis is a severe, rapid allergic reaction that can cause airway tightening, a dangerous drop in blood pressure, and a rapid or weak heartbeat. It requires immediate treatment with epinephrine.



How can I identify food allergens?

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



How can I manage my food allergy?

