FOOD ALLERGY



most common food allergens



peanuts



celery



milk



cereals containing

gluten



sesame

seeds



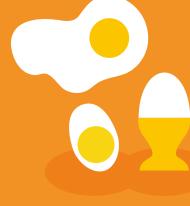
molluscs



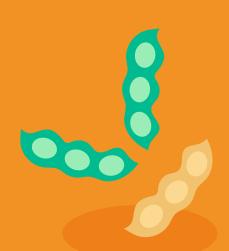
crustaceans



fish



egg



soy bean



mustard

ALLERGY

immune response

can potentially be

life-threatening

activates an



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



lupin



sulphur dioxide & sulphites

allergy vs intolerance



harmless food



activates a reaction

FOOD INTOLERANCE

not involving the immune system e.g. lactose intolerance

What are the symptoms of a food allergy?



itchy eyes









nausea, vomiting

and diarrhea

heartbeat. It requires immediate treatment with epinephrine.

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







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 traces of an allergen may unintentionally contaminate a product

may contain*

when used as ingredients,

How can I manage my food allergy?



educate family,

friends, and caregivers

about allergies



carry emergency medication

(if prescribed by

a doctor)



utensils and cookware



attending events



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