

Food allergy (Infographic)

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A [food allergy](#) is defined as an abnormal immune response to a food. Although all foods have the potential to cause an allergic reaction, most food allergies are caused by 14 common food allergens. This infographic highlights the 14 common food allergens, the difference between a food allergy and food intolerance, the common symptoms associated with an allergic reaction and provides some tips to help manage food allergies.

Download the printable version [here](#).

FOOD ALLERGY



MAIN FOOD ALLERGENS



ALLERGY VS INTOLERANCE



WHAT ARE THE SYMPTOMS OF A FOOD ALLERGY?



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?



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