FOOD ALLERGY

(Main allergenic foods in Europe)

- peanuts
- celery
- milk protein
- cereals containing gluten
- shellfish
- fish
- eggs
- sesame seeds
- mustard
- tree nuts (almonds, hazelnuts, pistachios, ...)
- soy bean

WHAT IS A FOOD ALLERGY?

- activates a reaction of the immune system
- can potentially be life-threatening
- a normally harmless food

ALLERGY

- activates a reaction not involving the immune system
- e.g.: lactose

FOOD INTOLERANCE

WHAT ARE THE SYMPTOMS OF A FOOD ALLERGY?

- itchy eyes
- shortness of breath
- dry mouth
- skin redness and hives
- abdominal pain, nausea, vomiting and diarrhea
- swelling of the airways
- drop in blood pressure

The most dangerous reaction is anaphylaxis. Requires urgent medical attention.
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 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

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