FOOD ALLERGY
(Part 1)

MAIN ALLERGENIC FOODS IN EUROPE
- peanuts
- celery
- milk
- cereals containing gluten
- shellfish
- fish
- molluscs
- eggs
- sesame seeds
- mustard
- tree nuts (almonds, hazelnuts, pistachios, ...)
- soy bean
- lupin
- sulphur dioxide & sulphites

WHAT IS A FOOD ALLERGY?
- activates a reaction of the immune system
- can potentially be life-threatening

ALLERGY

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

FOOD INTOLERANCE

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

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 or **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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