

Food Allergy Safety

What is a food allergy?

A food allergy is when the immune system mistakes a harmless food protein as a threat to the body and attacks it. The protective reaction of the immune system causes allergic symptoms.

What are the major food allergies?



- Milk
- Eggs
- Fish
- Shellfish
- Tree nuts
- Peanuts
- Wheat
- Soybeans

What are the symptoms of a food allergy?

Even the smallest amount of an allergen, that you can't even see, can cause a reaction. Reactions can range from mild to life-threatening (anaphylaxis) and can change over time, making them hard to predict.

- Itchy, scratchy throat or ears
- Rash or hives
- Stomach pain, nausea or vomiting
- Sneezing or coughing
- Diarrhea
- Swelling of the mouth or difficulty swallowing
- Trouble breathing or wheezing
- Turning blue
- Confusion, weakness, fainting, or loss of consciousness
- Chest pain

INGREDIENTS: WHOLE GRAIN ROLLED OATS, SUGAR, CANOLA OIL, PEANUT BUTTER (PEANUTS, SALT), CRISP RICE WITH SOY PROTEIN (RICE FLOUR, SOY PROTEIN CONCENTRATE, SUGAR, MALT, SALT), HIGH FRUCTOSE CORN SYRUP, BROWN SUGAR SYRUP, SALT, SOY LECITHIN, BAKING SODA, ALMOND FLOUR, PECAN FLOUR.
CONTAINS SOY, ALMOND, PEANUT AND PECAN INGREDIENTS.

How can I help keep myself and others safe?

- Know how to read a food label. Read the ingredient list to look for allergens.
- Ask if homemade items contain certain allergens, and inform restaurants of your allergy.
- Be sure to thoroughly wash hands and surfaces before and after cooking and eating. Use different utensils, plates, and cutting boards while cooking to avoid cross-contamination.
- It is important to be prepared for an attack. Physicians may prescribe an epinephrine auto-injector in case of severe anaphylaxis. If someone has a reaction, it should be used as soon as possible, and call 911.
- Know if friends or family members have food allergies, and know the warning signs.