

# FOOD ALLERGIES



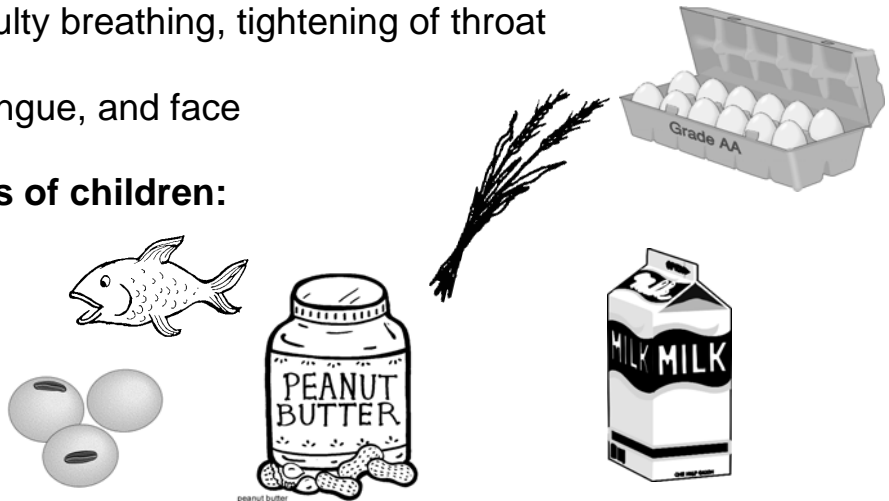
- ✓ Food allergies are often inherited.
- ✓ Food allergies are often confused with food sensitivities.
- ✓ Food allergies can be life threatening, food sensitivities usually are not.
- ✓ Everyone reacts in different ways to a food allergen. Symptoms may appear within seconds or up to several hours after eating the food.
- ✓ If you suspect your child may have a food allergy or food sensitivity, contact your healthcare provider. They will be able to tell you what foods your child should not eat.

## Examples of food allergy symptoms:

- Hives, skin rash
- Cramps, diarrhea, nausea, vomiting
- Runny nose, difficulty breathing, tightening of throat
- Itchy eyes
- Swelling of lips, tongue, and face

## Common food allergies of children:

- Cow's milk
- Eggs
- Fish, shellfish
- Nuts, peanuts
- Soybeans
- Wheat



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