**8 Most Common Food Allergens**
- Milk
- Eggs
- Peanuts
- Tree Nuts
- Soy
- Wheat
- Fish
- Shellfish

*Note: Any food can cause a reaction*

---

**Know the Difference**

**Food Intolerance**
when the body has difficulty digesting a certain food—
the immune system is not affected

**Food Allergy**
an immune system response to a certain food

**Anaphylaxis**
a sudden, severe allergic reaction that can cause
difficulty breathing, tongue and throat swelling—
even DEATH

---

**What Does an Allergic Reaction Look Like?**
- Hives
- Puffy face, lips, or tongue
- Itchy red skin
- Hard to breathe
- Tight throat
- Hard to swallow
- Tummy ache
- Diarrhea
- Vomiting (Throwing-up)
- Weakness (drop in blood pressure)

---

**In case of an Allergic Reaction**
**Give Epinephrine then Call 911**

---

**Food Allergy Management & Education**
stlouischildrens.org/FAME | June 2017