Food Allergy Basics

9 Most Common Food Allergens
• Milk
• Eggs
• Peanuts
• Tree Nuts
• Soy
• Wheat
• Fish
• Shellfish
• Sesame

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