

HEALTHY EATING TIP OF THE MONTH:

Food Allergies

May 2019



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Food Allergy Action Month: All About Allergies

What is a Food Allergy?

A **food allergy** is a reaction, also known as anaphylaxis that occurs when your immune system overreacts to a normally harmless food protein. The immune system “attacks” this food protein, which causes symptoms that range from mild to severe.

Did you know that while allergies develop more commonly in children, they can also affect adults?



FACT:

Every **3 minutes**, a food allergy reaction sends someone to the emergency room in the United States!

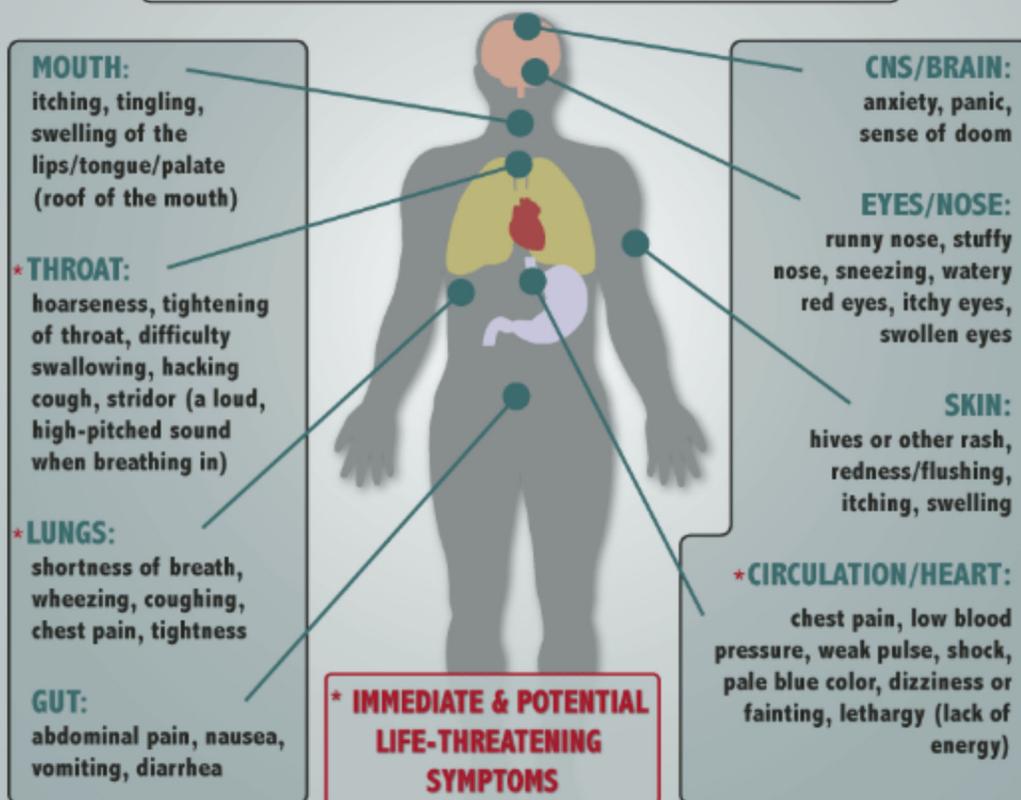


What are the Symptoms?

SIGNS AND SYMPTOMS OF ANAPHYLAXIS

Anaphylaxis (an-a-fi-LAK-sis) is a serious allergic reaction that comes on quickly and has the potential to become life-threatening. The most common anaphylactic reactions are to foods, venom, medications, and latex.

Anaphylaxis signs and symptoms that may occur alone (*) or in any combination after exposure to an allergen include:



Consult with a board-certified allergist for an accurate diagnosis and management plan.

• Although the majority of individuals experiencing anaphylaxis have skin symptoms, some of the most severe cases have no rash, hives, swelling

• **EPINEPHRINE** is the first-line of treatment for anaphylaxis

• Antihistamines, inhalers, & other treatments should only be used as secondary treatment

• **ALWAYS CARRY TWO (2) epinephrine auto-injectors at all times**

• When you, or someone you know, begin to experience symptoms, **CALL 9-1-1 IMMEDIATELY!**

FAACT
Food Allergy & Anaphylaxis
Connection Team

AWARENESS • ADVOCACY • EDUCATION

www.FoodAllergyAwareness.org

(513) 342-1293

Fax (513) 342-1239

P.O. Box 511

West Chester, OH 45071

info@FoodAllergyAwareness.org

MOST COMMON FOOD ALLERGIES

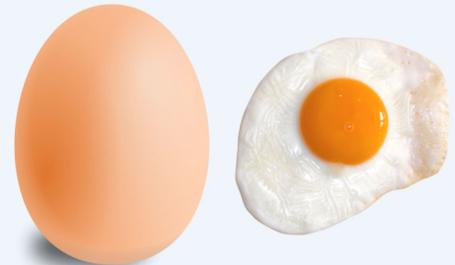
FACT:

Any food can cause an allergic reaction!



COW'S MILK & MILK CONTAINING PRODUCTS

Such as: milk powder, butter, cheese, yogurt, ice cream, etc.



EGGS



PEANUTS

TREE NUTS
Such as: almonds, cashews, pistachios, walnuts, etc.



SHELLFISH

Such as: shrimp, lobster, squid, scallops, etc.

FISH



WHEAT

SOY PRODUCTS

Such as: soy sauce, soy milk, tofu, soy nuts, etc.



How to Avoid an Allergic Reaction

- Avoid your allergens.
- Learn how to read food labels.
- Ask about ingredients in food.
- Prepare foods with clean utensils on clean surfaces.
- Wash your hands with soap and water before and after touching foods.
- Educate family, friends, and others about your allergies.
- Focus on safe foods that can be consumed.

FACT:

There is currently no cure for food allergies. The only safe method to avoid an allergic reaction is to **avoid known allergens**. Any contact with even small amounts of the allergen can cause a serious reaction!



Soy



Shellfish



Wheat



Dairy



Peanuts



Eggs



Tree Nuts



Fish

Reading Food Labels

Food Allergen Labeling and Consumer Protection Act (FALCP)

is a United States law that requires all food labels to list ingredients containing one or more of the top 8 allergens.

Nutrition Facts

Ingredients: Water, sugar, corn syrup, lecithin (soy), citric acid, whey (milk), eggs, natural flavors.

Nutrition Facts

Ingredients: Water, sugar, corn syrup, lecithin, citric acid, whey, eggs, natural flavors.

CONTAINS SOY AND MILK

Allergens can be listed using their common name in parentheses following the ingredient.

Allergens can be listed after ingredients following the word "CONTAINS"

Always read food labels carefully before purchasing or consuming any food item! You can always call a food company to ask questions regarding potential allergens.

References

- Center for Food Safety and Applied Nutrition. (n.d.). Consumers - Food Allergies: What You Need to Know. Retrieved from <https://www.fda.gov/food/resourcesforyou/consumers/ucm079311.htm>
- Food Allergies | Causes, Symptoms & Treatment. (n.d.). Retrieved from <https://acaai.org/allergies/types/food-allergy>
- Food Allergies | Healthy Schools | CDC. (n.d.). Retrieved from <https://www.cdc.gov/healthyschools/foodallergies/index.htm>
- Food allergy. (2017, May 02). Retrieved from <https://www.mayoclinic.org/diseases-conditions/food-allergy/symptoms-causes/syc-20355095>
- Food Allergy Research & Education® (FARE). (n.d.). Retrieved from <https://www.foodallergy.org/>
- Food Allergy | AAAAI. (n.d.). Retrieved from <https://www.aaaai.org/conditions-and-treatments/allergies/food-allergies>
- Kids with Food Allergies. (n.d.). Retrieved from <https://www.kidswithfoodallergies.org/page/what-is-a-food-allergy.aspx>



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Nina Littman

Patient Food and Nutrition Services

300 N. Ingalls Street

NIB N18E20

Ann Arbor, MI 48109-5407

(734) 936 - 5197