

FOOD ALLERGY FACT SHEET

Overview of Food Allergies

What is a food allergy?

A food allergy is when the body mistakenly reacts to a certain food or ingredient as if it were harmful. The food that causes the reaction is called an allergen.

What are the symptoms of a food allergy reaction?

Symptoms can happen within a few minutes or up to a few hours after being eaten, inhaled, or coming in contact with the allergen. Symptoms can be seen or felt in different parts of the body.

- Hives (reddish, swollen, itchy areas on the skin)
- Skin rash or eczema
- Swelling of the tongue or throat and difficulty breathing
- Itching in the mouth, throat, or ear canal
- Abdominal cramps, nausea, diarrhea, and/or vomiting
- Nasal congestion or a runny nose
- Sneezing or slight, dry cough
- Odd taste in the mouth
- Trouble swallowing
- Shortness of breath, turning blue
- Drop in blood pressure (feeling faint, confused, weak, passing out)
- Loss of consciousness
- Chest pain
- A weak or "thready" pulse
- Sense of "impending doom"
- Anaphylaxis
- Death

What is anaphylaxis?

Anaphylaxis is a serious reaction that happens quickly. Anaphylaxis can involve many different parts of the body. The most severe symptoms can restrict breathing and blood circulation and may cause death.



What are the most common foods that cause allergic reactions?

The most common foods include:

- Milk
- Eggs
- Peanuts
- Tree nuts (for example, walnuts, almonds, cashews, pistachios, and pecans)
- Wheat
- Soy
- Fish
- Crustacean shellfish (for example, shrimp, lobster, and crab)

How are food allergies diagnosed?

A qualified medical professional, such as an allergist or physician, can diagnose food allergies by using a variety of tests.

How are allergic reactions treated?

Reactions should be treated according to the student's Food Allergy Action Plan/Emergency Care Plan. Antihistamines and other medicines can be used. In severe cases, epinephrine should be given as soon as possible. Always call 911!

Coping With Food Allergy

Waguih William IsHak



Coping With Food Allergy:

Coping with Food Allergy Claude Albee Frazier,1974 Food Allergy Dean D. Metcalfe,Hugh A. Sampson,Ronald A. Simon,Gideon Lack,2014-01-28 Food Allergy is a unique book which uses a scientific approach to cover both pediatric and adult adverse reactions to foods and food additives Following the successful formula of the previous editions Food Allergy has established itself as the comprehensive reference for those treating patients with food allergy or suspected allergy This fifth edition has been thoroughly revised and updated It is a practical readable reference for use in the hospital or private practice setting Each of the chapters is capable of standing alone but when placed together they present a mosaic of the current ideas and research on adverse reactions to foods and food additives The book covers basic and clinical perspectives of adverse reactions to food antigens adverse reactions to food additives and contemporary topics including a review of the approaches available for diagnosis Food Allergy is directed toward clinicians nutritionists and scientists interested in food reactions and will be an invaluable resource for all those working in this field Coping with Food Allergies Bradley Foliat Olson,2008 Dealing with Food Allergies in Babies and Children Janice Vickerstaff Joneja,2007-10-01 The tools and methods this guide provides for analyzing and treating allergies in children are adaptable to a variety of situations without ever losing sight of a child s nutritional needs Recognizing that deficiencies in critical nutrients during a child s early years can have enormous consequences on growth and bodily functions the book focuses on prevention and allergy management during pregnancy in the early weeks of life and in early childhood The unique allergen scale and the strategies for confronting the 10 most common allergens will help parents balance their child s specific nutritional needs while managing delicate allergies to food A Little Nut's Guide to Coping with Food Allergies Octavia Fineman,2019-12-10 Does your food allergy control how you feel in food outlets and public spaces Do you care for someone with a severe food allergy and don t know who to trust for advice Have you ever been asked if your food is safe to eat Then this guide is what you need It is a unique insight from myself a tree nut allergy sufferer It s witty yet serious to help you take control And that s exactly what you need to ensure you are safe and never afraid to eat out again A Little Nut s Guide to Coping with Food Allergies is like no other allergy book It contains personal stories and advice from different people who have experienced the issues around food allergies I truly believe this book will help transform your life forever Octavia x **The Handbook of Wellness Medicine** Waguih William IsHak,2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health Coping with Food Intolerances Dick Thom,1995 **Food Allergies, What Do I Eat Now?** Donna Pilgram,Prudence Munger,1998-11-01 **Coping with Food Allergy** Claude Albee Frazier,1974

The Complete Food Allergy Cookbook Marilyn Gioannini,1996 Here you ll learn to detect the symptoms that may indicate a food allergy identify the cause in your diet substitute safe tasty alternatives avoid problem foods at dinner parties and restaurants and alter your favorite recipes so you and your family can eat enjoyable meals without sacrificing flavor You

ll learn how to prepare and eat satisfying wholesome allergen free meals The 150 recipes here include main and side dishes breads soups salads sauces desserts and more You ll find everything you need to shop smartly cook sensibly and dine out safely in this informative easy to use book BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved **The Whole Way to Allergy Relief & Prevention** Jacqueline Krohn,Frances A. Taylor,Erla Mae Larson,1991 Dealing with Food Allergies Janice Vickerstaff Joneja,2003-04-01 Presenting up to date information on current diagnostic methods and treatment options this guide describes the effects of food allergies on the skin mucous membranes and respiratory and digestive tracts discusses treatment by allergists and other healthcare professionals and empowers readers to manage their food allergies **Cambridge Handbook of Psychology, Health and Medicine** Carrie D. Llewellyn,Susan Ayers,Chris McManus,Stanton Newman,Keith J. Petrie,Tracey A. Revenson,John Weinman,2019-05-16 This third edition of the much acclaimed Cambridge Handbook of Psychology Health and Medicine offers a fully up to date comprehensive accessible one stop resource for doctors health care professionals mental health care professionals such as psychologists counsellors specialist nurses academics researchers and students specializing in health across all these fields The new streamlined structure of the book features brief section overviews summarising the state of the art of knowledge on the topic to make the information easier to find The encyclopaedic aspects of the Handbook have been retained all the entries as well as the extensive references have been updated Retaining all the virtues of the original this edition is expanded with a range of new topics such as the effects of conflict and war on health and wellbeing advancements in assisted reproduction technology e health interventions patient reported outcome measures health behaviour change interventions and implementing changes into health care practice **Nutrition** Dorothy J. Klimis-Zacas,2001 This reader of public press articles contains timely selection from such sources as Harvard Health Letter Mayo Clinic Health Letter Healthy Weight Journal and The New England Journal of Medicine The topics discussed include eating patterns of people today the importance of nutrients and fibre the affect of diet on health weight management food safety and the world s food supply **Krause's Food, Nutrition, & Diet Therapy** L. Kathleen Mahan,Sylvia Escott-Stump,2000 Answers a variety of questions related to food diet and nutrition offering advice on how diet can be altered to improve metabolism what diet changes can be helpful in treating different ailments how different aspects of a person s diet affects specific body systems and other related topics Chemical Susceptibility and Urea-formaldehyde Foam Insulation Bruce McGregor Small,1982 Organic Gardening and Farming Jerome Irving Rodale,1974 Normal and Therapeutic Nutrition Corinne Hogden Robinson,Marilyn R. Lawler,1977 *Guidebook for Nutrition Counselors* Virginia Aronson,Barbara Danielson Fitzgerald,Lynn Vincent Hewes,1990 **Medical and Health Care Books and Serials in Print** ,1986

Adopting the Track of Term: An Emotional Symphony within **Coping With Food Allergy**

In some sort of taken by screens and the ceaseless chatter of fast transmission, the melodic elegance and mental symphony developed by the published word usually fade in to the background, eclipsed by the persistent sound and interruptions that permeate our lives. But, set within the pages of **Coping With Food Allergy** a stunning literary prize brimming with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, that charming masterpiece conducts visitors on a mental trip, well unraveling the concealed melodies and profound influence resonating within each carefully constructed phrase. Within the depths with this touching examination, we shall examine the book is central harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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