

YOU MAKE ME



WHAT YOU DON'T KNOW ABOUT YOUR FOOD CAN HURT YOU

A **FOOD ALLERGY** is an abnormal reaction by the immune system to specific proteins in certain foods.

Most food allergies are triggered by:



Peanuts



Tree Nuts



Soy



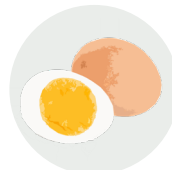
Shellfish



Fish



Milk



Eggs



Wheat

COMMON SYMPTOMS INCLUDE:

Itching or tingling in the mouth • Difficulty breathing or swallowing • Hives • Eczema
Swelling of the lips, tongue, throat or face • Diarrhea or vomiting • Dizziness or fainting

RISK FACTORS:

If you suffer from certain allergies, such as hay fever, you may also have allergies to certain foods. This is known as cross-reactivity.

- » For example, if you are allergic to birch pollen, you may also have allergic reactions to apples, carrots, peaches and pears, because they contain similar pollens. Often, cooking these foods will eliminate any reactions.

You may also be at an increased risk for food allergies if you have a family history of asthma, eczema, hives or allergies such as hay fever.

- » Additionally, asthma and food allergies commonly present together, and when they do, the symptoms for both are likely to be more severe.