

WHAT SHOULD I KNOW ABOUT FOOD ALLERGIES?

Millions of people have allergic reactions to food. Food allergy reactions are serious and can be life-threatening.

MANAGING FOOD ALLERGIES



Plan ahead



Read food labels



Avoid cross-contact



Label the food



Pay attention while serving food



Effective cleanup



SULFITE

Sulfites are preservatives used in some drinks, such as wine and beer, and foods. In concentrations of 10 mg/kg or more is also considered a food allergen.

ONE WAY TO AVOID A FOOD ALLERGY IS TO PREVENT CROSS-CONTACT



FOOD-TO-FOOD

When an allergen-containing food contacts other foods or drips on other foods.



FOOD-TO-HAND

When an allergen-containing food contacts the person serving the dish.



FOOD-TO-EQUIPMENT

Utensils are used for both allergen-free and allergen-containing foods.

ALLERGIC REACTIONS CAN INCLUDE

- Few hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth, nose, eyes
- Abdominal cramps
- Face, tongue, or lip swelling
- Hives spreading across the body
- Swelling of the throat and vocal cords
- Vomiting and/or diarrhea
- Dizziness and/or lightheadedness
- Difficulty breathing
- Loss of consciousness



GET EMERGENCY HELP IF YOU OR SOMEONE IS EXPERIENCING A FOOD ALLERGY REACTION.

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Allergies What You Need To Know

Christian Drosten



Allergies What You Need To Know:

The Enigmatic Realm of **Allergies What You Need To Know**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Allergies What You Need To Know** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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