

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.

PAHO



Pan American Health Organization



World Health Organization
www.who.int/americas

PANAFTOSA

Pan American Center for Foot-and-Mouth Disease and Veterinary Public Health

Allergy The Facts

Zahid Ameer



Allergy The Facts:

Allergy Robert J. Davies, Susan Ollier, 1989 Here is a title that will fill the void in the literature on the prevention and treatment of allergies The book describes what a sufferer can or cannot be allergic to what diseases are caused by allergy which symptoms can be treated and which can be cured Among the many common allergic reactions discussed are those caused by bee stings alcoholic beverages cosmetics shellfish and medicines This helpful guidebook will serve as a valuable alternative to the scattered material much of it unreliable currently available on the subject It is written in plain language and is easily understandable by laypersons as well as as practitioners who need concise treatment on this complex malady

Allergy Information for Teens, Fourth Edition James Chambers, 2022-07-01 Provides basic consumer health information for teens about allergies including facts about treating and preventing allergic reactions and complications and tips for coping with allergies at home and school Includes index and resource information **Serving People with Food**

Allergies Joel J. Schaefer, 2025-09-30 This book brings together a vast store of knowledge and practical advice for people working in the food service industry and contains tools for cooks managers and chefs to help them create and modify recipes that meet the needs of people afflicted with multiple food allergies In the second edition of Serving People with Food Allergies Kitchen Management and Menu Creation food allergy statistics are updated not only for the United States but now include information about worldwide food allergy increases and the different food allergens present in various nations It follows chef Joel s culinary career in the industry working in a variety of operations implementing the processes from the book s first edition Also new recipes free from the top nine allergens and gluten plus recipes meeting the latest trends in plant based cuisine are now featured The vetting process for receiving food products is explained in detail including what to ask what documents will be needed and how to handle and store these ingredients safely Key Features Provides information on new specialty products that will enhance menu offerings and reduce liability issues Gives restaurant managers and owners ideas on how to analyze their menu to identify current options Gives college and university food service providers detailed instructions on how to arrange their operation to safely store cook and serve foods for their students and staff with food allergies New recipe categories and all recipes to be free of top nine food allergens with the addition of plant based recipes Food Facts , 1927 Dr. Psenka's Seasonal Allergy Solution

Jonathan Psenka, 2015-03-03 Recent studies show that the number of people suffering with seasonal allergies has been skyrocketing and is expected to continue increasing into the foreseeable future And in the United States alone 65 million people suffer with seasonal allergies on a regular basis In Dr Psenka s Seasonal Allergy Solution author and naturopathic physician Dr Jonathan Psenka tells readers they can and should aim for a cure Readers will discover how people often attempt to manage the symptoms of their seasonal allergies with pills sprays drops and even painful shots But very few of these medications treat the cause so symptoms are likely to return year after year Dr Psenka has developed a highly detailed fourstep plan so readers will finally target the root cause of their

seasonal allergies and be free of allergy medication By following Dr Psenka s advice on how to use natural remedies before during and after allergy season readers can finally wave good bye to their pesky runny noses and scratchy throats

Understanding Allergies Zahid Ameer,2020-03-15 Tired of suffering from allergies Understand Allergies delves into the science behind allergies common allergens and practical strategies to manage symptoms and improve your quality of life Whether you struggle with hay fever dust mites or food allergies this comprehensive guide offers valuable insights and helpful tips for living a healthier allergy free life

Environmental Issues and Allergy, An Issue of Immunology and Allergy Clinics of North America, E-Book Jill A. Poole,2022-10-21 In this issue of Immunology and Allergy Clinics guest editor Jill A Poole brings her considerable expertise to the topic of Environmental Issues and Allergy Provides in depth reviews on the latest updates in Environmental Issues and Allergy providing actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews

Directory of Web Sites Graham Bennett,1999 Overloaded with the mass of information on the Internet Frustrated by how difficult it is to find what you really want Now you don t need to spend hours browsing around the Internet or grappling with the huge number of hits from an Internet search engine the Directory of Web Sites will take you straight to the best educational sites on the Internet From archaeology to zoology from dance to technology the Directory provides information more than 5 500 carefully selected Web sites that represent the best of what the Internet has to offer The sites are grouped by subject each one features a full description and the text is complemented throughout by screenshots and fact boxes As well sites have been selected purely on educational merit all sites with overtly commercial content and influence from Internet providers have been excluded

Handbook of Allergic Disorders ,2003 This comprehensive resource provides clinical guidance for pinpointing the cause and providing a remedy for allergic disorders Each allergy description includes definition allergen causes signs and symptoms diagnostic tests treatments special considerations prevention tips and patient teaching aid Topics covered range from asthma and pollen allergies to environmental occupational and food and drug allergies Provides the latest information on traditional and herbal remedies topicals antihistamines and OTC medications

A Guide to Allergies Dr.Ramdas, Anuradha S.K.,2005

Whispering the Secrets of Language: An Emotional Quest through **Allergy The Facts**

In a digitally-driven world where displays reign great and instant communication drowns out the subtleties of language, the profound strategies and psychological nuances concealed within words usually go unheard. However, located within the pages of **Allergy The Facts** a charming fictional treasure sporting with fresh emotions, lies an extraordinary journey waiting to be undertaken. Composed by a talented wordsmith, this wonderful opus encourages readers on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the material of every word. Within the psychological depths with this touching review, we will embark upon a genuine exploration of the book's key styles, dissect their captivating publishing model, and succumb to the powerful resonance it evokes deep within the recesses of readers' hearts.

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