

# FOOD ALLERGY AWARENESS!

## WHAT TO KNOW!

A food allergy is an abnormal response to a food triggered by the body's immune system. Once exposed to the allergen, the allergic individual can suffer a mild to life-threatening reaction. The only control is avoidance of the food. Despite taking precautions, allergic people may be unknowingly exposed to an allergen.

Approximately 11 million Americans suffer from true food allergies. Be prepared to protect your customers. Know the eight major food allergens and the symptoms of an allergic reaction.

## THE EIGHT MAJOR FOOD ALLERGENS

**MILK**



**EGG**



**FISH**



**CRUSTACEAN SHELLFISH**



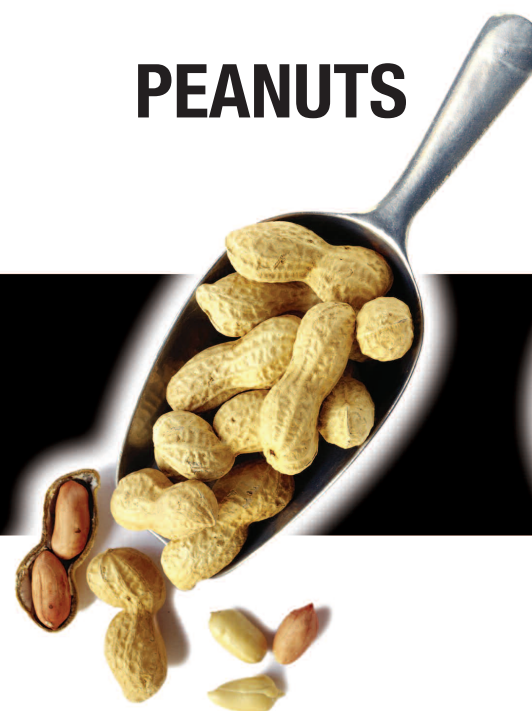
**WHEAT**



**SOYBEANS**



**PEANUTS**



**TREE NUTS**



### SYMPTOMS OF ALLERGIC REACTION

LOSS OF CONSCIOUSNESS • SHORTNESS OF BREATH • ITCHING OR TINGLING IN AND AROUND MOUTH, FACE, SCALP, HANDS AND FEET  
HIVES(WELTS) • WHEEZING AND DIFFICULTY BREATHING • SWELLING OF THE FACE, EYELIDS, TONGUE, LIPS, HANDS OR FEET  
TIGHTENING OF THE THROAT (DIFFICULTY SWALLOWING) • SUDDEN ONSET OF VOMITING, CRAMPS OR DIARRHEA

## WHAT TO DO!

# REACT QUICKLY - CALL 911

### Notify Management - It Could Save A Life!

An Allergic Reaction Can Take Only Minutes To Develop. Don't Hesitate!

