

# Food Allergens Guide



## Definitions

### Food Allergy

It is a negative reaction of the human body's immune system to some foods, which may cause serious side effects that appear within a short period (minutes or hours). There is no treatment for food allergy patients except by avoiding the foods that cause them.

### Food Allergens

They are ingredients found in food and drinks, and they may cause an allergic reaction in people with food allergies. In some people, the immune system reacts to these components (usually proteins), leading to a food allergy.

### Cross-contamination with an allergen

It is the possibility that an allergen is present in a food in a very small amount which is transferred to the meal during manufacturing, preparation, or cooking processes.

## What is the difference between food intolerance and food allergy?

### Food Intolerance

It often occurs in children when the child is unable to digest or absorb certain parts of food due to the loss or absence of a sufficient number of enzymes to transform food into parts that are easy to absorb and benefit from the body.

### Food Allergy

Allergies often occur as a result of genetic factors. When one of the parents suffers from allergies, their children may suffer from it as well. The immune system usually fights parts of food that it considers foreign to the body. Therefore, it is important to identify the foods and ingredients that cause allergies.

## Allergenic Ingredients



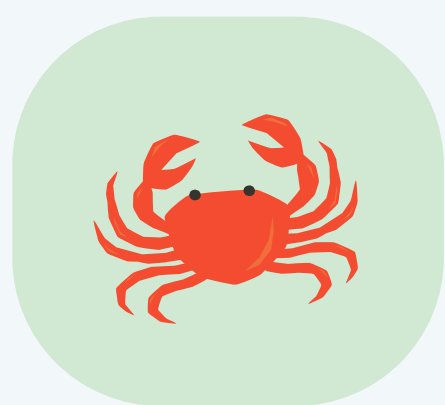
### Milk and its products

(containing lactose) such as milk and yogurt



### Grains

Grains that contain gluten, such as wheat, barley, and oats



### Crustaceans and their products

Crustaceans and their products, such as shrimp, crab and lobster



### Fish and its products

Such as fish meat and fish oil

## Allergenic Ingredients



### Mustard

Such as mustard seeds, mustard oil, mustard sauce



### Nuts

Such as cashews, pistachios, and other products that contain nuts



### Mollusks

Such as squid, sea snails, mussels, and scallops



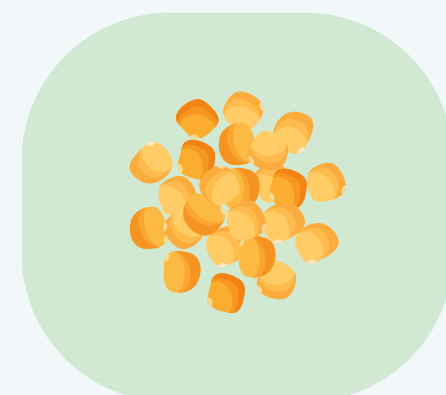
### Sesame Seeds

Such as sesame oil and tahini



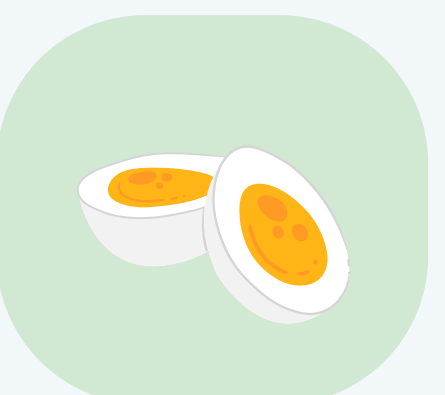
### Soybeans and its products

Such as soya milk



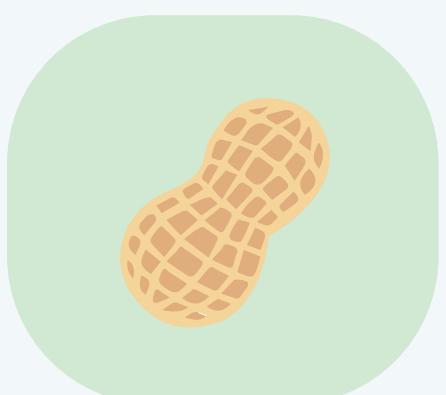
### Lupine

Such as lupine oil and lupine flour



### Eggs and its products

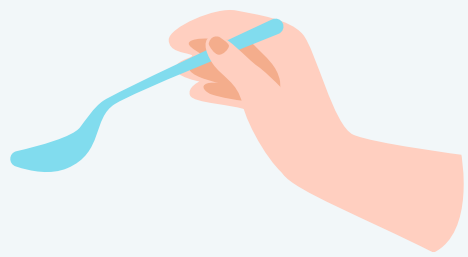
Such as mayonnaise



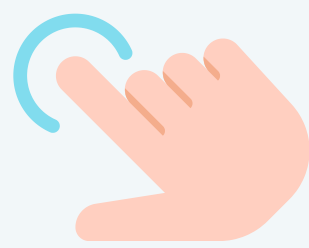
### Peanuts and its products

Such as peanut butter

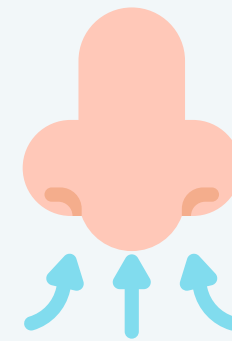
## Allergy Triggers



**Consumption**



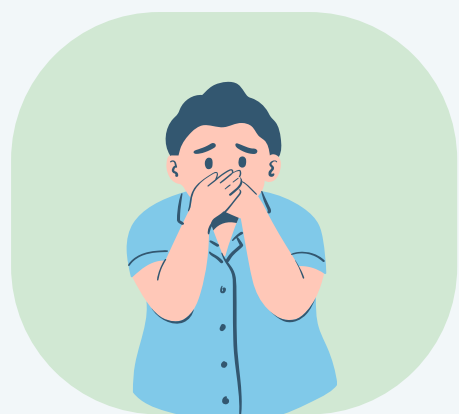
**Touch**



**Inhalation**

## Symptoms of Food allergy

Food allergy symptoms range from mild to severe, and the most severe type is called anaphylactic shock. Anaphylactic shock is a severe and dangerous allergic reaction that can interfere with breathing, lead to low blood pressure, and affect the heart rate. Symptoms may appear within a minute of exposure to the allergen. Peanuts and tree nuts are among the most common foods to cause allergies.



**Nausea and vomiting**



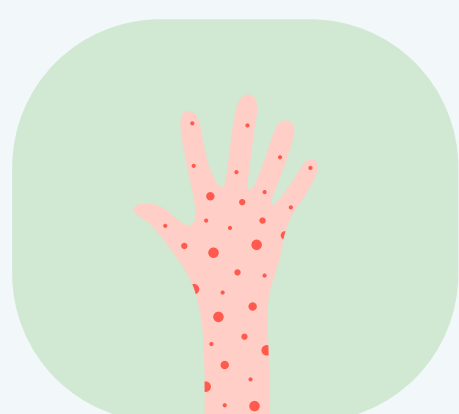
**Itching**



**Coughing**



**Abdominal pain**



**Skin rash**



**Fainting**



## Symptoms of Food allergy



Headache



Facial swelling



Shortness of breath



Mouth numbness



Sneezing



Difficulty swallowing

## Tips for parents if a child suffers from a food allergy

Talk to your child about their food allergy, explain to them that there's a specific food substance they're allergic to. Describe what it looks like, where it might be found, and what could happen if they eat it.



## Tips for parents if a child suffers from a food allergy



When your child attends events alone, make sure to inform the organizers about their food allergy.

Inform the school administration, teacher, or counselor about your child's food allergy and remind them consistently.



Consider placing a card indicating your child's allergy to a particular food item when the child goes to school.

When traveling, ensure that you know the name of the food allergen in the language of the country you are visiting, to ensure clear understanding.



Encourage your child to read the ingredients lists on packaged (ready-to-eat) foods and asking the food provider about the ingredients before consuming them.

For severe allergies, provide an epinephrine self-injection pen for your child at the school clinic.



# Stay Healthy