

MAJOR FOOD ALLERGENS

Food allergies occur when the immune system reacts to certain foods. Someone with food allergies may experience **adverse (mild, severe, or life threatening)** reactions to food or products that have food allergens. While many foods can cause allergic reactions, there are **nine foods** that are considered **major allergens**.

With proper labeling, individuals with food allergies can identify the foods and ingredients they should not eat.



SYMPTOMS OF FOOD ALLERGIES

While most symptoms from food allergies are mild and limited to skin or digestive discomfort, some may progress to a severe, **life-threatening** allergic reaction called **anaphylaxis**. Symptoms of an allergic reaction can occur within minutes to a few hours after a person has ingested a food item.

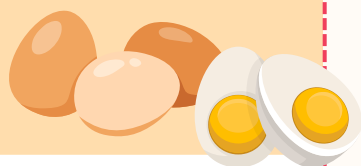
Symptoms of food allergies (allergic reactions), can include:

- Hives
- Abdominal cramps
- Difficulty breathing
- Flushed skin or rash
- Coughing or wheezing
- Tingling or itchy sensation in the mouth
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Dizziness and/or lightheadedness
- Swelling of the throat and vocal cords
- Loss of consciousness
- Constricted airways in the lungs
- Suffocation by swelling of the throat and larynx
- **"Anaphylactic shock"** (severe lowering of blood pressure and shock)

MILK



EGGS



PEANUTS



FISH

Such as bass, flounder, cod



SESAME



SOYBEANS



WHEAT



TREE NUTS

Such as almonds, walnuts, pecans



CRUSTACEAN SHELLFISH

Such as crab, lobster, shrimp

