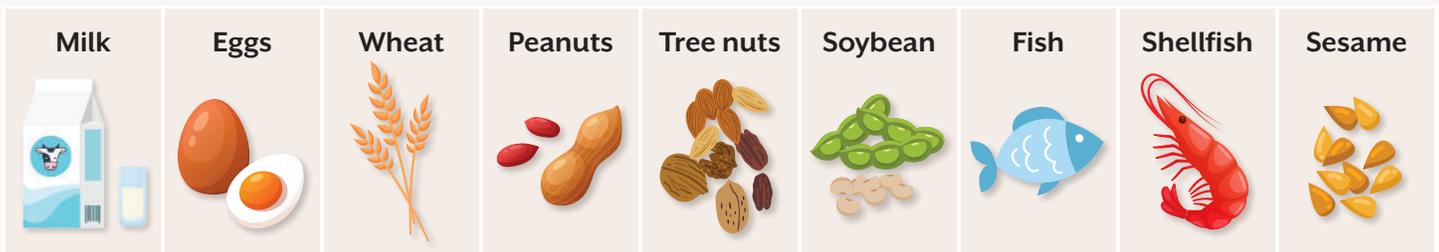


What Is a Food Allergy?

Your body's immune system response to certain foods

The “Big 9” Allergens



Food allergies can develop through eating, touching or inhaling specific foods that can trigger an immune response. In some people, a food allergy can cause severe symptoms or even a life-threatening reaction.

Prevention Methods

- Know the “Big 9” Allergens.
- Avoid foods that can cause an allergic reaction.
- Read food labels carefully, even on familiar products.
- Store and label food allergens separately.
- Wash hands thoroughly after handling a food allergen and before preparing allergen-free meals.
- Prevent cross-contact!
 - Separate utensils, cutting boards and cookware.
 - If same equipment is used, wash and sanitize thoroughly before use.

Common Symptoms

- Tingling or itching in the mouth
- Hives, itching or eczema
- Swelling of the lips, face, tongue, and throat or other parts of the body
- Belly pain, diarrhea, nausea or vomiting
- Wheezing, nasal congestion or trouble breathing
- Dizziness, lightheadedness or fainting

In case of an emergency

- Have an EpiPen or other auto-injector on hand to treat severe allergic reactions, such as anaphylaxis.
- Seek emergency treatment if anaphylaxis symptoms develop (difficulty breathing, severe drop in blood pressure, rapid pulse, dizziness or lightheadedness).



shfb.org/nutrition-center/



SECOND HARVEST
of SILICON VALLEY