



- Food allergies are a body's reaction to a food or foods, these reactions can range from mild to severe.
- There is no cure for food allergies so it is important for those individuals with food allergies to avoid consuming the food, he or she is allergic to.
- Ninety percent of food allergens are caused by eight major allergens listed below.

<h2 style="color: #0070C0;">8 MAJOR FOOD ALLERGENS</h2> <p style="text-align: center;"> Fish Shellfish Wheat Peanuts Tree nuts Soybeans Milk/Milk by-products Eggs/egg substitute </p>	<h2 style="color: #0070C0;">ALLERGIC REACTION SYMPTOMS*</h2>	
	<h3 style="color: #0070C0;">Respiratory:</h3> <p> Problems breathing Wheezing/coughing Tingling sensation of mouth Swelling of tongue & throat Itchy/watery eyes </p>	<h3 style="color: #0070C0;">Gastrointestinal:</h3> <p> Abdominal cramps Diarrhea Vomiting </p> <hr/> <h3 style="color: #0070C0;">Skin:</h3> <p> Facial swelling Itching Hives </p>

* IN SEVERE CASES ALLERGIC REACTIONS MAY RESULT IN DEATH.



HOW CAN YOU REDUCE YOUR RISK TO FOOD ALLERGENS?

- Read labels
- Avoid foods that caused allergic symptoms in the past
- Recognize early symptoms
- Practice good hygiene