



FOOD ALLERGY AWARENESS



Any food can cause an allergic reaction, but most are caused by eight foods: peanuts, tree nuts, milk (all dairy), eggs, wheat, soy, fish, shellfish.

Symptoms of an allergic reaction may range from minor, such as itching and hives, to anaphylaxis, a whole-body reaction that can include stomach pain or cramping, trouble breathing, confusion, cough, diarrhea, trouble swallowing, fainting, nausea, vomiting and more.

If a person is having a food allergy reaction, they need help right away. Depending on the symptoms they may need an antihistamine or epinephrine, given through an auto-injector such as the EpiPen®. 911 needs to be called right away if someone has a serious allergic reaction.

Kids with food allergies often have anxiety about food. They may feel left out or get teased or bullied because they are different, yet it's actually fairly common to have a food allergy. One in 13 kids under the age of six has a food allergy.

AT HOME ACTIVITY

Savor this sweet and healthy combination in three quick and easy steps.

Fruit Salad

Ingredients

- 2 medium apples, cored and thinly sliced
- 2 bananas, thinly sliced
- 1 cup red grapes
- 1 orange, peeled and sliced

- 1 tablespoon 100 percent orange juice
- 2 tablespoons lemon juice

Directions

1. Combine all ingredients in a large glass bowl. Toss to mix well.
2. Refrigerate for 10 minutes.
3. Serve chilled.

Source: Allina Health
www.allinahealth.org/recipes

Note: If making food for anyone with food allergies, make sure you wash your hands before starting. Also, for safety it's important all fruits are washed and prepared and cut with tools that have been thoroughly washed with soap and water (knives, cutting boards, plates). This is to prevent cross contamination of other foods, which could make someone with food allergies sick.

WASH YOUR HANDS!



Washing your hands is the easiest way to reduce the risk of spreading germs that cause infections, illness and allergic reactions. You should wash hands after using the bathroom, blowing your nose, coughing, sneezing, and before and after eating a meal or snack. A child or adult with a severe food allergy could have a reaction if someone else near them has not washed their hands and comes in contact with that person. Good hand washing is one sure way to keep you and others in good health!