

Food Allergies and Food Intolerances



Let's learn about it

Food allergies:

A food **allergy can be life-threatening**. If you have a food allergy, even a little bit of that food can be dangerous.

Common symptoms

- Red face, hives or rash, itchy skin, trouble breathing, swollen lips, tongue or throat.

Common food allergies



Peanuts



Tree nuts



Soy



Milk



Mustard



Seafood



Sesame Seeds



Wheat



Eggs

Let's learn what to do

- ✓ See a nurse or doctor if you think you have a food allergy or intolerance

- ✓ Read food labels

- Read ingredient lists every time you shop. Food companies often change ingredients.
- Do not eat foods with allergy warnings like *may contain ...or may contain traces of...*
- Avoid foods with no ingredient list.
- If you do not know an ingredient, do not eat the food until you get more information.

- ✓ Cook at home

- Know exactly what is in your food.
- Avoid cross-contamination (see back page).

- ✓ Be prepared when eating out

- Call the restaurant ahead to see if they have safe foods.
- At the restaurant, tell your server about your allergy.

Food intolerances:

A food intolerance is not life threatening. It means your body cannot break down certain foods.

Common symptoms

- Stomach pain, gas, nausea, vomiting and diarrhea.

Common food intolerances



Lactose (a sugar in milk)



Fructose (a sugar in pop & sweets)



Seafood



Wheat



Corn products

What is cross-contamination?

- Cross-contamination is when an unsafe food (causes a reaction) touches a safe food (no reaction). The safe food is now unsafe.
- For example, a knife with peanut butter goes into a jam jar. The jam will now cause a reaction in someone with a peanut allergy.
- Cross-contamination can happen when you prepare, cook, serve or store food.



Cross-contamination is when unsafe food touches safe food. Both foods can now cause a reaction.

Prevent cross-contamination in the kitchen



1 Before cooking

- Clean everything you need: Hands, aprons, dish towels, counters, cutting board, stovetop, cooking tools, mixing bowls, dishes and cutlery.



2 While cooking & eating

- Use separate equipment for safe foods: Knives, cutting boards, can openers, pots, pans, baking pans, pasta strainer and serving tools.



- Do **not** use cast iron pans or wooden cooking tools with safe foods.

If you do not have enough equipment to keep safe foods separate (like 2 cookie sheets), wrap safe foods with aluminum foil

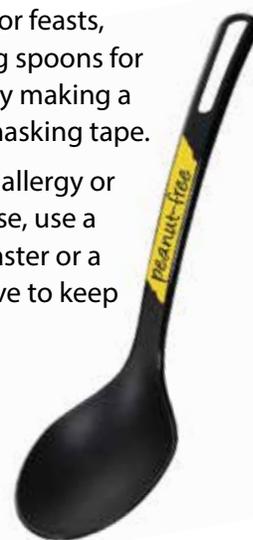
3 Keeping food warm or cold

- Use new aluminum foil when keeping foods warm.
- Use clean containers, plastic wrap, aluminum foil or plastic baggies to store safe foods in the fridge or freezer.



4 Special occasions

- At potlucks or feasts, label serving spoons for safe foods by making a label with masking tape.
- For a wheat allergy or Celiac disease, use a separate toaster or a toaster sleeve to keep toast safe.



5 Storing food



- Use separate cupboards and containers for safe food.
- Label safe foods clearly.

