

FOOD ALLERGIES

A food allergy occurs when the body's immune system sees a food as harmful and reacts by causing allergic symptoms.

Foods that cause allergic reactions are called allergens.

Most common food allergens:

Milk

Eggs

Fish

Peanuts

Tree nuts

Soy

Wheat

Shellfish

Sesame

Contains: Wheat, Milk, Egg, and Soy

There is no cure for food allergies. Avoiding the food allergen is the best way to prevent a reaction. Early recognition and treatment can prevent serious health problems or death.

Nutrition Facts

In the United States, the 9 most common food allergens are required by law to be listed on the food label if they are present in a food.

Ingredients: Enriched flour (flour, malted barley, niacin, reduced iron, thiamine mono-nitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, high fructose corn syrup, whey, eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, mono-calcium phosphate), lecithin, mono and diglycerides.

Contains: Wheat, Milk, Egg, and Soy

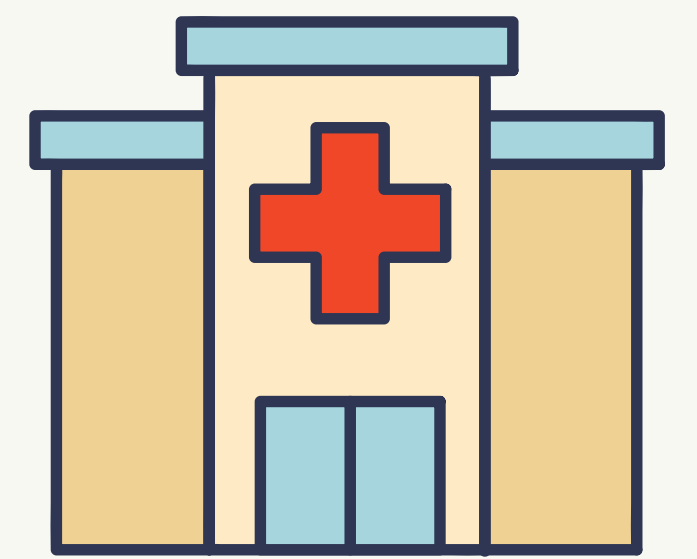
Food allergies vs. food intolerances

Food allergy

- Affects the immune system
- May be life-threatening

Symptoms may include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensations in mouth or throat
- Face, tongue or lip swelling
- Coughing or wheezing
- Dizziness and/or lightheadedness
- Difficulty breathing

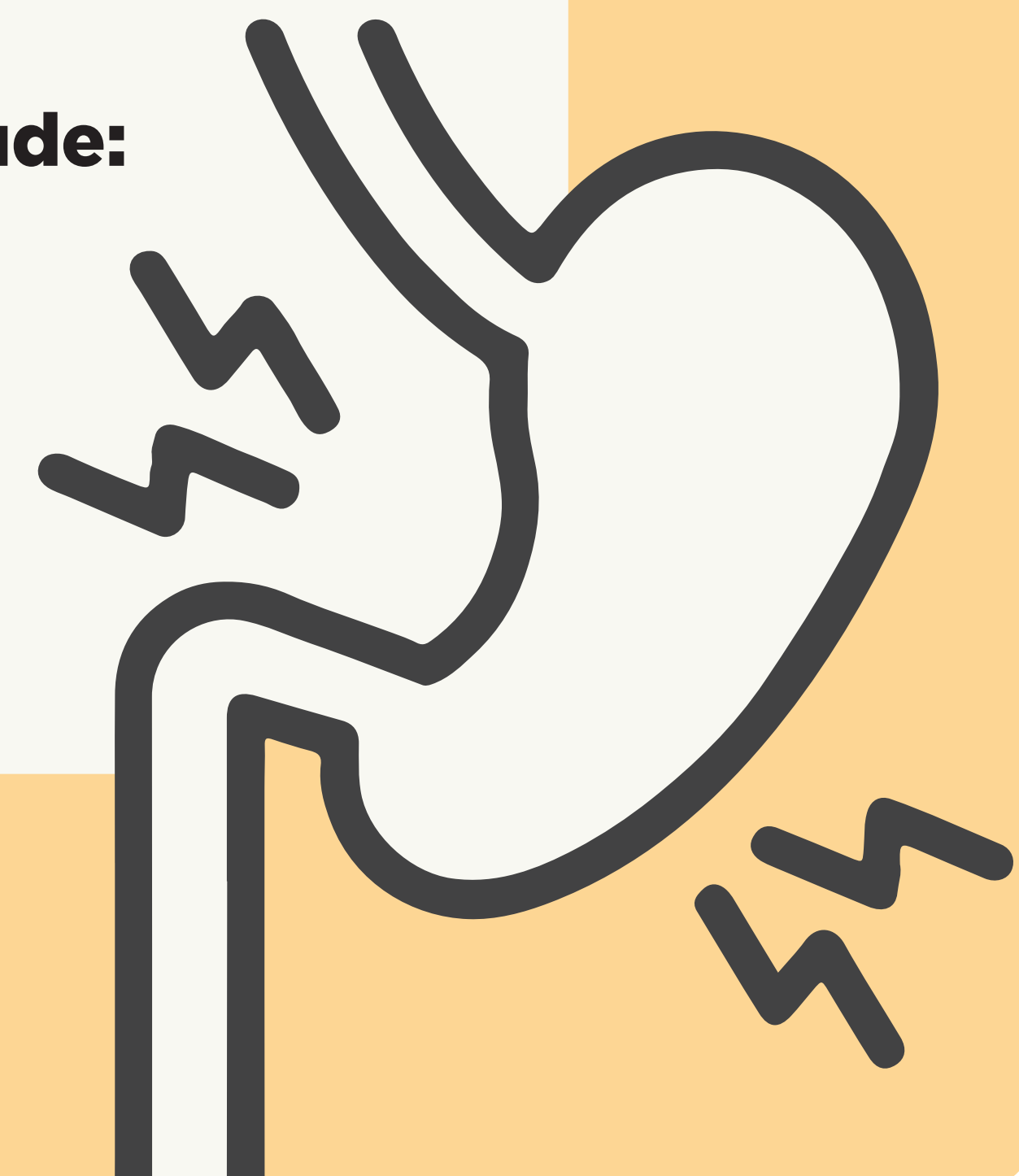


Food intolerance

- Affect the digestive system
- Not life-threatening

Symptoms may include:

- Gas and bloating
- Upset stomach
- Diarrhea
- Nausea
- Heartburn
- Stomach pain



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Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance