

Allergic Reactions with Foods

What is a food allergy?

- **Allergy**- an abnormal reaction to a harmless food, something touched or smelled/inhaled- most common in infants and children < 1 year of age
- **True Allergy**- involves the body's immune system
 - Cats, milk, dust can trigger the reaction causing a runny or stuffy nose, hives (red spots, itching); cheeks that are hot and red

Facts:

- **Food Allergies**- most common are fish, shellfish, soy, wheat, milk, eggs, nuts, peanuts, seeds, soybeans
 - **Others**- citrus fruits, melons, bananas, tomatoes, chocolate, barley, rice, wheat, soybeans corn, spinach, potatoes or food protein
 - **Anaphylaxis**- severe or fatal allergic reaction involving the heart, blood vessels, skin, nose, throat, lungs, stomach or intestinal tract- drugs, insect stings, food, immunotherapy injection
- **Anaphylactoid**- wheezing, blood pressure drops, swelling, hives, shock
 - **Foods**- strawberries, wine, alcoholic beverages, eggs, spoiled fish
- **Foods are grouped into families**-
 - **Legume Family**- lima beans, kidney beans, black-eyed peas, peas, peanuts, soybeans
 - **Lily Family**- onion, garlic, chives, shallot, asparagus
- **Amines**- in chocolate and cheese can cause headaches
- **MSG**- pressure in the chest, flushing in face, anxiety, migraine headaches
- **BHT/BHA** (Food preservatives for chips)- chronic hives in adults
- **Sulfites** (preservative)- causes harm to asthma patients- wheezing, dizziness, flushing, hives, shock, even death



Signs and Symptoms:

- **First Signs**- a red, itchy rash, fever, hives, runny nose, watery eyes
- **Secondary**- sneezing, light-headed, shortness of breath, stomach or uterine cramps, feeling of anxiety, nausea or vomiting, cramping, abdominal distress, pain

What do I need to do?

- **See your Health Care Provider**- there is no cure, need to avoid the food, many children outgrow the food allergies
- **See a Registered Dietitian**- for more information

