Life with Food Allergies:

It is vital to read food labels and contact manufacturers for clarification if you have any concerns about whether an allergen may have made its way into the item. Product ingredients are always changing. Check the label, every time, even if the person with the allergy has safely eaten that exact food before. Food labels aren’t the only ones you should read. Be sure to check labels on products like lotion, soap, and cosmetics, which can contain wheat, milk, tree nuts, or eggs.

It’s also important to avoid contamination. Every tool and surface should be thoroughly cleaned with hot, soapy water before being used. If you are preparing an allergen-free meal alongside others, make the one without allergens first. Then cover it and place it well away from the rest of the foods.

Meet the Allergens:

According to the Food Allergy and Anaphylaxis Network (FAAN), eight different foods are responsible for 90% of all allergic reactions that are related to food. These allergens are...

• Peanuts
• Milk
• Wheat
• Fish
• Tree Nuts
• Eggs
• Soy
• Shellfish

Useful Tools:

The only way to prevent an allergic reaction is to steer clear of the food. There is no medicine currently capable of preventing food allergies. However, there are some available to help control the symptoms of a reaction. If a doctor prescribes an EpiPen, have the person with the allergy carry it with them. If you have an allergy, consider wearing a medical alert ID.