

# WHAT SHOULD I KNOW ABOUT FOOD ALLERGIES?

Millions of people have allergic reactions to food. Food allergy reactions are serious and can be life-threatening.

## MANAGING FOOD ALLERGIES



Plan ahead



Read food labels



Avoid cross-contact



Label the food



Pay attention while serving food



Effective cleanup



### SULFITE

Sulfites are preservatives used in some drinks, such as wine and beer, and foods. In concentrations of 10 mg/kg or more is also considered a food allergen.

## ONE WAY TO AVOID A FOOD ALLERGY IS TO PREVENT CROSS-CONTACT



### FOOD-TO-FOOD

When an allergen-containing food contacts other foods or drips on other foods



### FOOD-TO-HAND

When an allergen-containing food contacts the person serving the dish



### FOOD-TO-EQUIPMENT

Utensils are used for both allergen-free and allergen containing foods

## ALLERGIC REACTIONS CAN INCLUDE

- Few hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth, nose, eyes
- Abdominal cramps
- Face, tongue, or lip swelling
- Hives spreading across the body
- Swelling of the throat and vocal cords
- Vomiting and/or diarrhea
- Dizziness and/or lightheadedness
- Difficulty breathing
- Loss of consciousness



**GET EMERGENCY HELP IF YOU OR SOMEONE IS EXPERIENCING A FOOD ALLERGY REACTION.**

**PAHO**



Pan American Health Organization



World Health Organization  
REGIONAL OFFICE FOR THE AMERICAS

**PANAFTOSA**

Pan American Center for Foot-and-Mouth Disease and Veterinary Public Health