

The Facts About Food Allergies

What are food allergies?

A food allergy results when the immune system targets a harmless food protein as a threat and attacks it. The immune system then produces a large amount of antibodies against that particular food.

These antibodies fight the food allergens by releasing histamine, which triggers an allergic reaction.

Although there are numerous foods that can cause an allergic reaction, these 8 foods account for 90% of reactions:



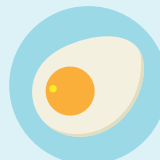
Peanuts



Tree Nuts



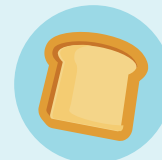
Milk



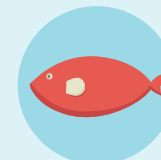
Eggs



Soy



Wheat



Fish



Shellfish

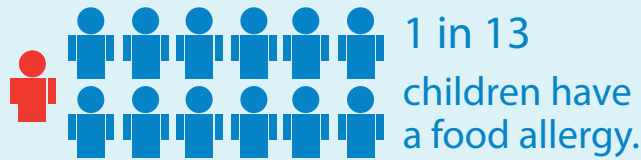
Food Allergy Signs & Symptoms:

- Hives and itching
- Swollen throat
- Stomach pains, nausea, vomiting
- Difficulty breathing and cough

What is Anaphylaxis?

Anaphylaxis is a severe allergic reaction that includes some or many of the symptoms above and can be life-threatening.

The Facts:



Every 3 minutes

a food allergy reaction sends someone to the ER.

How to get screened for a food allergy:

Speak with your child's doctor about their symptoms. Their doctor may test for food allergies by a skin prick test, blood test, oral food challenge, or trial elimination diet.

For more information visit: golisano.urmc.edu/foodallergy