

Food Allergies

What is Anaphylaxis?

Anaphylaxis is a severe allergic reaction. Like all allergic reactions, anaphylaxis occurs when the body's immune system reacts to harmless substances. Unlike other allergic reactions, anaphylaxis includes an extreme body reaction that could lead to rapid death if left untreated.

Foods that are most likely to cause an Anaphylactic Reaction

- Peanuts
- Tree nuts (almond, brazil nut, cashew, macadamia, hazelnut/filbert, pecan, pine nut, pistachio & walnut)
- Cow's milk
- Eggs
- Shellfish (Crustaceans & Mollusks)
- Fish
- Soy
- Wheat
- Sesame seeds

Symptoms may include:

- Itching
- Hives
- Vomiting
- Diarrhea
- Swelling of lips or face within minutes
- Closing of the throat
- Choking or difficulty breathing that can lead to unconsciousness and death



Tips for Preventing Anaphylaxis

1. Be aware of your school's anaphylactic students with specific food allergies and be careful when purchasing foods.
2. Read all labels three times; once while buying the product, once before placing it on the shelf, and check it a final time before serving.
3. Avoid serving homemade food products and restaurant prepared food products. These situations increase the possibility of cross contamination between foods, which can lead to unwanted allergens in the products.
4. Before purchasing foods for your club, consult the school for their guidelines on avoiding food allergens and preventing anaphylaxis.
5. You can also discuss food purchases with a Kids Eat Smart Dietitian.