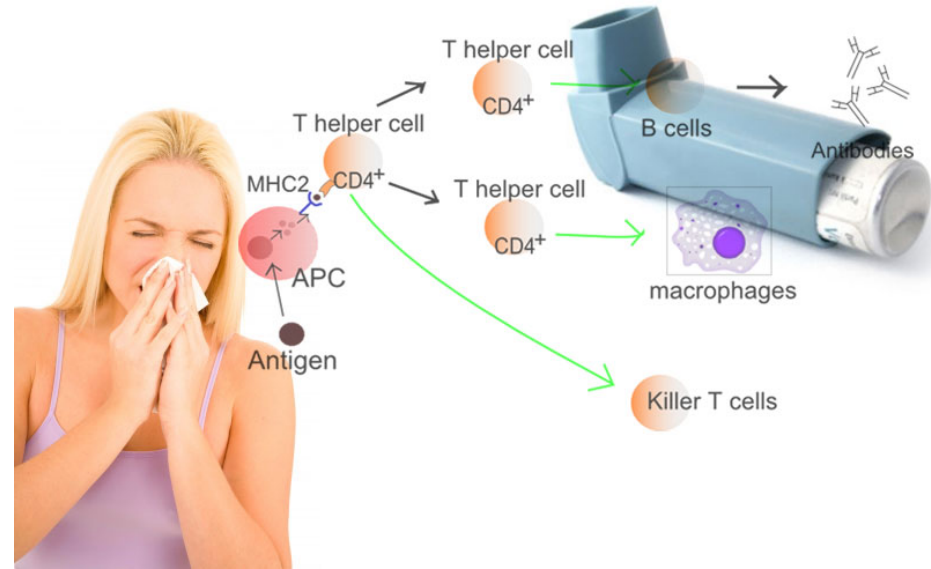


Informational Allergy Presentation



What is an allergy?

- A damaging immune response by the body to a substance, to which it has become hypersensitive
- Human immune system reacts to substances that normally don't harm the body



Why do people have allergies?



- Decrease in richness of gut bacteria?
- Genetics?
- Lack of exposure at early age?

Number of people with food allergies has increased

Scientists still don't know exactly why



Pollen



Dust Mites



Mold



Foods

What Can Cause Allergies?



Insect Bites



Latex



Medicines

Common Food Allergens



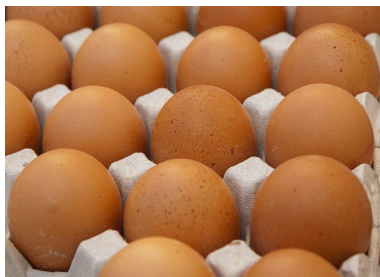
Wheat/Gluten



Soy



Tree Nuts/Peanuts



Eggs



Fish/Shellfish



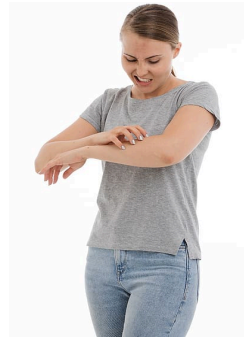
Milk

FDA Requires Foods Containing These Allergens to be Labeled

Allergic Reaction Scale



1. Annoying
(Sneezing, Itchy Eyes)

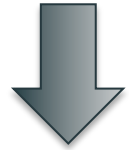


2. Mild
(Coughing, Itchy Skin)



3. Risky
(Wheezing, Small Bumps)

Allergic Reactions Can Be Life Threatening!
Call 911 If You Suspect a Dangerous or Deadly Reaction



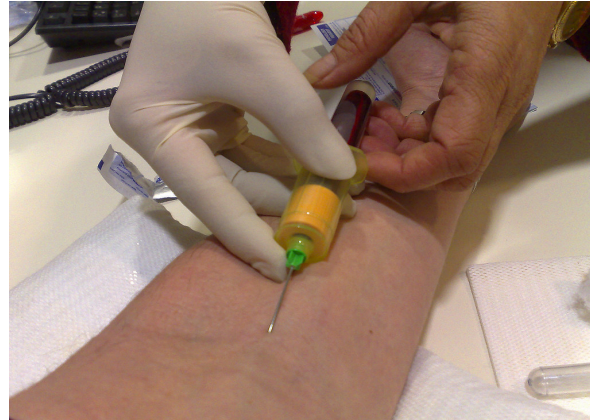
5. Deadly
(Puffy Face, Hard to Breathe)



4. Dangerous
(Hives, Lip/Throat Swelling)

How do you know you have allergies?

- Initial discovery usually by accidental exposure
- Put food on back of hand
- Scratch testing and blood testing



How Do You Live With Allergies?



Eliminate Allergens



Carry Your Own Food



Avoid Foods



Keep Your Medication Handy

Takes some lifestyle changes, but can be managed!

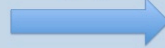
Allergy Alternatives

EGG-FREE OPTIONS

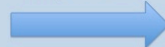
Contain Egg



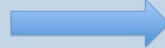
Cake



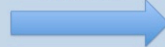
Mayonnaise



Noodles



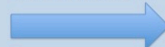
Waffles



Ice Cream



Chocolate Bar



Egg Free!



*Please review all ingredients with your doctor. The products shown here are for informational purposes only and do not constitute medical advice.

Allergy Alternatives

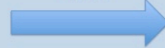
WHEAT-FREE OPTIONS

Contain Wheat

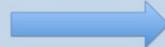
Wheat Free!



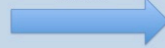
Pasta



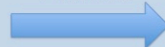
Bread



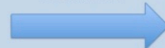
Pizza



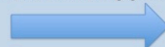
Pancakes



Cookies



Chicken Nuggets



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Allergy Alternatives

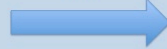
DAIRY-FREE OPTIONS

Contain Dairy

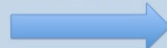
Dairy Free!



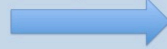
Milk



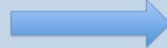
Ice Cream



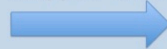
Yogurt



Cheese



Whipped Cream



Butter



*Please review all ingredients with your doctor. The products shown here are for informational purposes only and do not constitute medical advice.

Allergy Fun Facts

- How much money do people spend per year on medical costs for food allergies?
 - \$4.3 Billion
- What percentage of Americans have allergies?
 - 35%
- What causes the most allergy related deaths?
 - Medicine (Most common = Penicillin)
- Famous People with Allergies:
 - Kim Kardashian (Cats)
 - Serena Williams (Peanuts)
 - Drew Brees (Dairy, Wheat, Eggs, Nuts)

Bibliography

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[Landau, Elizabeth. “Why Are Food Allergies on the Rise?” CNN, Cable News Network, 3 Aug. 2010, www.cnn.com/2010/HEALTH/08/03/food.allergies.er.gut/.](http://www.cnn.com/2010/HEALTH/08/03/food.allergies.er.gut/)

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