



## What is a FOOD ALLERGY?

A food allergy is an immune response caused by exposure to allergens..

### Symptoms:

- ⇒ Digestive problems
- ⇒ Hives or swollen airways
- ⇒ Anaphylaxes
- ⇒ Itching
- ⇒ Swelling of the face

### Food intolerances are not allergies.

Intolerances do not have life threatening effects.



## Commons Allergies Among Children

- Milk
- Egg
- Peanut
- Tree Nuts
- Fish
- Shellfish
- Wheat
- Soy
- Chocolate



## What is a GLUTEN FREE Diet?

A gluten free diet is a diet that eliminates foods that have Gluten. Gluten is found in grains such as Wheat, Barely and Rye.

### Hidden culprits:

- Gravy
- Soy Sauce
- Cold Cuts
- Tomato Soup



## What is Celiac Disease?

Celiac disease is a digestive disease that damages the small intestine, as a result of Gluten consumption and interferes with the absorption of nutrients from food. Lifelong diet is the only treatment for this disease.