

The Ultimate Guide to Allergy-Friendly Food for Families

- Skin rashes, hives, or eczema
- Swelling of the face, lips, tongue, or throat
- Difficulty breathing
- Nausea, vomiting, or diarrhea
- Abdominal pain
- Dizziness or fainting

In severe cases, food allergies can be life-threatening. This is why it is so important to be aware of the symptoms of food allergies and to know how to avoid them.

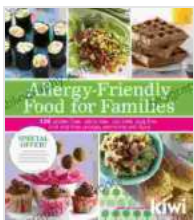
- Milk
- Eggs
- Peanuts
- Tree nuts (such as almonds, walnuts, and pecans)
- Soy
- Wheat
- Fish
- Shellfish

These allergens can be found in a variety of foods, including:

- **Milk:** Milk is found in dairy products such as milk, cheese, yogurt, and ice cream. It can also be found in baked goods, processed foods, and many other foods.
- **Eggs:** Eggs are found in many foods, including breakfast foods, baked goods, and pasta. They can also be used as an ingredient in many sauces, dressings, and other foods.
- **Peanuts:** Peanuts are found in a variety of foods, including peanut butter, candy, and trail mix. They can also be hidden in other foods, such as cookies, granola bars, and ice cream.
- **Tree nuts:** Tree nuts are found in a variety of foods, including nuts, nut butters, and granola bars. They can also be hidden in other foods, such as cookies, trail mix, and ice cream.
- **Soy:** Soy is found in a variety of foods, including soy milk, tofu, tempeh, and edamame. It can also be found in many processed foods, such as soy sauce, miso, and vegetarian burgers.
- **Wheat:** Wheat is found in a variety of foods, including bread, pasta, cereal, and baked goods. It can also be found in many processed foods, such as crackers, cookies, and soups.
- **Fish:** Fish is found in a variety of foods, including fresh fish, canned fish, and fish sticks. It can also be found in many processed foods, such as fish sauces, fish burgers, and fish tacos.
- **Shellfish:** Shellfish are found in a variety of foods, including shrimp, crab, lobster, and clams. They can also be found in many processed foods, such as seafood salads, soups, and stews.

- Read food labels carefully. The Food Allergen Labeling and Consumer Protection Act (FALCPA) requires food manufacturers to list all of the major allergens on food labels. These allergens include: milk, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish.
- Be aware of hidden allergens. Allergens can be hidden in a variety of foods, even foods that you would not expect. For example, peanuts can be hidden in cookies, granola bars, and ice cream. Soy can be hidden in soy sauce, miso, and vegetarian burgers. Wheat can be hidden in crackers, cookies, and soups.
- Ask questions. If you are not sure if a food contains an allergen, ask the manufacturer or the person who prepared the food.
- Be prepared. Carry an epinephrine auto-injector (such as an EpiPen) with you at all times. Epinephrine is a medication that can help to stop an allergic reaction.

- **Breakfast:**



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★★★★☆ 4 out of 5

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 Text-to-Speech : Enabled
 Screen Reader : Supported
 Enhanced typesetting: Enabled
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- Oatmeal with berries and nuts
- Scrambled eggs with whole-wheat toast
- Yogurt with fruit and granola
- **Lunch:**
 - Peanut-free peanut butter and jelly sandwiches on whole-wheat bread
 - Tree nut-free trail mix
 - Leftover pasta with tomato sauce
- **Dinner:**
 - Chicken stir-fry with brown rice
 - Salmon with roasted vegetables
 - Lentil soup
- **Snacks:**
 - Fruit (such as apples, bananas, and oranges)
 - Vegetables (such as carrots, celery, and cucumbers)
 - Dairy-free yogurt
 - Rice cakes with peanut-free peanut butter

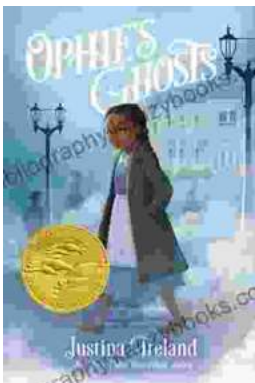


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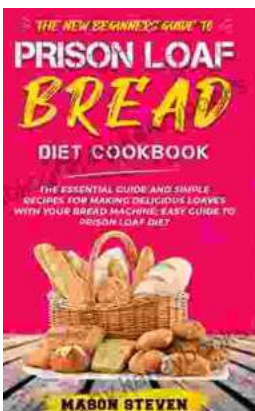
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