

FOOD ALLERGIES

KNOW THE SIGNS, STAY SAFE

Food allergies are an immune system reaction that happens soon after eating certain food. Even a tiny amount of allergy-causing food can trigger symptoms such as hives, swollen airways and digestive problems.

Recognize the Signs of an Allergic Reaction:

Mild to Moderate Symptoms:

- Itchy mouth, tongue, or throat
- Hives, rash, or red skin
- Stomach pain, vomiting, or diarrhea
- Sneezing or runny nose

Severe (Anaphylaxis) Symptoms:

- Swelling of the lips, face, or throat
- Difficulty breathing or wheezing
- Drop in blood pressure or fainting
- Fast heartbeat
- Loss of consciousness



Anaphylaxis is a medical emergency – act immediately!

Communication Saves Lives – Tips for Food Handlers

- Always ask guests, clients, or visitors about food allergies.
- Clearly label all food items, especially at buffets or shared stations.
- Never assume—check ingredient lists or consult a supervisor if unsure.
- Wash hands and sanitize surfaces before and after food preparation.
- Store allergen-containing and allergen-free items separately.
- Read and verify ingredient labels carefully.
- Ensure all staff are trained regularly on allergen awareness and emergency procedures.

Nutrition Facts		4.7%	0.6%
Serving Size: 100g Amount Per Serving		ENERGY	PROTEIN
Calories		100kcal	0.5g
% Daily Value*			
Total Fat	10g	37.8%	0.5%
Cholesterol	10g	20%	0.2g
Sodium	10g	10%	0.2g
Total Carbohydrate	10g	20%	
Fiber	10g	20%	
Sugars	10g	20%	
Saturated Fat	10g	20%	
Trans Fat	10g	20%	
Vitamins	10g	20%	
Calcium	10g	20%	
Iron	10g	20%	



3 stages of an allergic reaction

- Symptoms can vary in severity and timing, and some individuals may have a sudden, life-threatening anaphylactic reaction that needs urgent medical care.

1. **Prodrome:** The first stage of an allergic reaction and usually occurs within minutes of exposure to the allergen. During this stage, the body releases histamine and other chemicals, causing mild symptoms such as itching, redness, and swelling.
2. **Early reaction:** Occurs within minutes to hours after exposure to the allergen. During this stage, symptoms may become more severe, including hives, nasal congestion, wheezing, and abdominal pain.
3. **Late reaction:** Occurs several hours to days after exposure to the allergen. During this stage, symptoms such as **fatigue, headache,** and muscle aches may develop. In some individuals, this stage may also be accompanied by a recurrence of skin symptoms, such as hives or itching.

Be Aware of Common Food Allergens:



Celery: in salads, some meat products, stock cubes and soups



Molluscs: Mussels, land snails, squid and whelks, in oyster sauce and fish stews



Cereals (gluten): In wheat, bulgar wheat, rye, barley, couscous, semolina, bread, cake, pasta, pastry, fried foods dust with flour



Mustard: Liquid mustard, powder and seeds. Also in curries, marinades, salad dressings and sauces



Crustaceans: Lobster, crabs, prawns and scampi



Nuts: Almonds, Brazil nuts, Walnuts, Hazelnuts, Pistachios, Cashews and Pecans



Eggs: cakes, mayonnaise, sauces



Peanuts: Used in biscuits, curries, sauces (satay sauce)



Fish: In some fish sauces, salad dressings, stock cubes



Sesame Seeds: in Hummus, tahini, Halwa, Foods like buns, crackers, cookies, and bagels have sesame seeds.



Lupin: Lupin flour and seeds can be found in some types of bread, pastries and even pasta



Milk: In butter, cheese, cream, milk powders and yoghurt, in foods glazed with milk, powdered soups and sauces



Soya: Soya based milk, tofu, Miso paste, Soy sauce and Soy protein

If You Suspect an Allergic Reaction:

1. Help the person stay calm and seated.
2. Never leave the person alone — monitor breathing and signs of shock.
3. Take him/her to the nearest clinic/hospital if necessary.



Sulphur Dioxide: Used in dried fruits like raisins, apricots and prunes.