

QUIZ

1. Peanuts are a type of nut. True or False?
2. More than 11,000,000 Americans have food allergies. True or False?

QUIZ ANSWERS

1. **False** – Peanuts are not nuts. Peanut (*Arachis hypogaea*) is actually a bean/legume vine plant that grows underground.
2. **True** – More than 11,000,000 Americans have food allergies of varying degrees of severity – at least 8% of children less than 3 years of age and 2% of the adult population in the United States.

(For more info visit www.foodallergyinitiative.org)

SIGNS OF AN ALLERGIC REACTION

- Itching & swelling of the lips, tongue, or mouth
- Itching and/or a sense of tightness in the throat
- Hoarseness
- Hacking cough
- Hives, itchy rash, and/or swelling about the face
- Nausea, abdominal cramps, and/or vomiting
- Shortness of breath, repetitive coughing, and/or wheezing
- Congested, runny nose
- Thready pulse, “passing out”
- Feeling of doom

SOME HIDDEN SOURCES OF PEANUTS

- Ice cream
- Candy
- Vegetarian burgers
- Baking mixes
- Cereals
- Crackers
- Pesto
- Chocolate
- Sauces – peanuts can often used as a thicken agent
- Marzipan
- Soups – especially dried soups

FOOD ALLERGIES 101

WHAT IS A FOOD ALLERGY?

A food allergy is an adverse reaction to a food that is triggered by the body's immune system. During a reaction, the body releases chemicals that can affect the respiratory system, the gastrointestinal system, the cardiovascular system, and the skin.

WHAT IS ANAPHYLAXIS?

Anaphylaxis is a severe and potentially life-threatening allergic reaction. Common causes of anaphylaxis include: food, insect stings, latex, and medication.

WHAT FOODS CAN PEOPLE BE ALLERGIC TO?

The most common foods that people are allergic to include: Peanuts, Tree Nuts, Eggs, Shellfish, Fin Fish, Milk, Soy, and Wheat.

HOW CAN FOOD ALLERGIES BE TREATED?

The best way to prevent a reaction is to avoid the food that causes signs and symptoms. People at risk for anaphylaxis may carry a medication called epinephrine, often called an Epi-Pen, which can be injected if a reaction occurs.

(Source: www.mayoclinic.com)

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