Don't Monkey Around with Food Allergies

Leave the Peanuts for the Elephants

Children's Mercy
My name is Phil. My friend Sawyer has allergies to peanuts. Sawyer needs help learning about how to be safe with food allergies. How can Sawyer be safe?

My name is Sawyer and I’m allergic to peanuts. Can you tell me what that means? What should I do to be safe?

What is a Food Allergy?

A food allergy is when the body’s immune system thinks a certain food is harmful and the person can become sick whenever the food is eaten. A reaction will occur every time the food is eaten.
Most Common Food Allergens

The eight most common food allergens:

- Peanut
- Wheat
- Tree nuts
- Soy
- Egg
- Milk
- Fish
- Shellfish

Many other foods can cause a food allergy. Can you list your food allergens?

________________________
________________________
________________________
Signs and Symptoms of an Allergic Reaction

If you have any symptoms, immediately tell an adult so proper medicine can be given to you.

**Mild Symptoms**
- Swelling of lips, tongue and/or mouth
- Hives, itchy rash, swelling of face or skin
- Tingling
- Itching

If mild symptoms develop, you will be given an antihistamine. An antihistamine comes in pill or liquid form.

**Complicated Symptoms**
- Vomiting, nausea (feeling like you might vomit), cramps, diarrhea
- Tightening of throat (feeling like something is stuck in your throat)
- Swallowing, hoarseness (voice changes)
- Cough
- Cough, wheeze, labored breathing
- Blue skin, fainting, fast heart rate
- Feeling something bad is going to happen

**Epinephrine**

Epinephrine is also known as adrenaline. Your body makes this naturally when you are scared. It makes your heart beat faster. Epinephrine is also a medication that is used when someone has anaphylaxis.
Can you find all the hidden food allergens in this picture?
(Answers on the back cover.)

Do you know how to pronounce anaphylaxis? Use your imagination - two friends on a seesaw - Ana, Phil, Axis. You got it!
Read the ingredients on the food label to find the food allergens. This label has been color coded to help you easily identify the food allergens.

**Nutrition Facts**

12 servings per container  
**Serving size** 1 Bar (46g)  
**Amount Per Serving**  
**Calories** 198  

<table>
<thead>
<tr>
<th>Nutrition</th>
<th>Amount</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>198</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>70g</td>
<td>108%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4g</td>
<td>20%</td>
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<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
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<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>195mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>17g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6g</td>
<td>24%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Includes 1g Added Sugars</td>
<td>1g</td>
<td>2%</td>
</tr>
<tr>
<td>Sugar Alcohol</td>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>17g</td>
<td>34%</td>
</tr>
<tr>
<td>Vitamin D</td>
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<td>7%</td>
</tr>
<tr>
<td>Calcium</td>
<td>540mg</td>
<td>54%</td>
</tr>
<tr>
<td>Iron</td>
<td>2.7mg</td>
<td>15%</td>
</tr>
<tr>
<td>Potassium</td>
<td>350mg</td>
<td>10%</td>
</tr>
</tbody>
</table>

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Soy Nugglets, Soy Protein, Oat Flour, Chocolate Chips, Vanilla Extract, Roll Oats, Palm Kernel and Palm Oil, Whey Protein, Cocoa Powder, Soy Nuts, Roasted Almonds  
CONTAINS: Soy, Milk, Tree Nuts, Wheat

**How to Read a Food Label**

It is wise to read all the ingredients on the food label, or ask your parent if the food is safe to eat. Always think before you eat.

So I should not eat foods that I am allergic to. I should always read food labels, and I will ask an adult for help when I eat.
Think Before You Eat

It is very important that you read the labels on your food or ask a grownup to read it for you. Can you circle the possible food allergens that may be hidden in these foods? (Answers on the back cover.)

Menu

Cupcake
- Peanut
- Tree nuts
- Fish
- Milk
- Egg
- Soy

Tuna Sandwich
- Peanut
- Tree nuts
- Fish
- Milk
- Egg
- Soy

Candy Bar
- Peanut
- Tree nuts
- Fish
- Milk
- Egg
- Soy

Muffin
- Peanut
- Tree nuts
- Fish
- Milk
- Egg
- Soy

Cross-contact is when a food allergen may come in contact with your food. Washing utensils like spoons or bowls used in cooking your food can help.

I will ask my chef to wash all utensils to avoid cross-contact with my allergens.
My name is ___________________________.

My food allergies are ___________________.

My reactions are _______________________.

I keep my auto-injector ___________________.

My auto-injector expires ___________________.

My health care provider is _________________.

My favorite safe snack is _________________.

These adults know how to use my auto-injector: _________________________.

All About Me
Draw a picture and describe how it feels to have a food allergy.
Being Safe at School

Tips for Staying Safe at School
1. Never share food with anyone, not even your friends.
2. Ask for your table to be cleaned prior to eating. An adult should use commercial wipes and spray cleaners to remove food allergens from tables and other surfaces.
3. Wash your hands before and after meals with soap and water. Do not use antibacterial sanitizer gels because they will not wash away food allergens.
4. Ask your friends to wash their hands.
5. Bring safe snacks that you can eat during snack time and parties in the classroom.
6. Teach your friends about food allergies so they can help keep you safe.
7. Have a Food Allergy Action Plan and two auto-injectors with your school nurse.

Circle the pictures that display being safe at school with food allergies.
(Answers on the back cover.)
Being Safe when Eating Out

Make it a habit to plan ahead before eating out. Consider making an Eating Out Checklist and placing it somewhere it can remind you. Cut out the Dining Out Card and place in your wallet.

Eating Out Checklist

☐ Plan ahead.

☐ Look at the restaurant’s website and ingredients.

☐ Call ahead. Ask how the food is prepared, and if accommodations for food allergies can be made.

☐ Avoid buffets and salad bars where cross-contact from food allergens may occur.

☐ Bring your Dining Out Card.

☐ Always carry your epinephrine auto-injector.

Dining Out Card

I am allergic to:

Please make sure my food does not contain this food. Also make sure that the utensils used to make my food do not come into contact with my food allergens.

Thank you, and I look forward to my delicious meal.

Find the below words in the word search. (Answers on the back cover.)

Allergy  Egg  Epinephrine  Fish  Food  Milk  Peanut  Shellfish  Soy  Tree nut  Wheat
Give Us a Click!
To learn more about food allergies go to:
childrensmercy.org/food-allergies/

This publication was produced by Jodi Shroba, APRN, and Alicia Brush, RN, BSN, BFA. Photos and illustrations © Alicia Brush 2016. Used with permission.