

**Don't Monkey  
Around with  
Food Allergies**

**Leave the Peanuts  
for the Elephants**

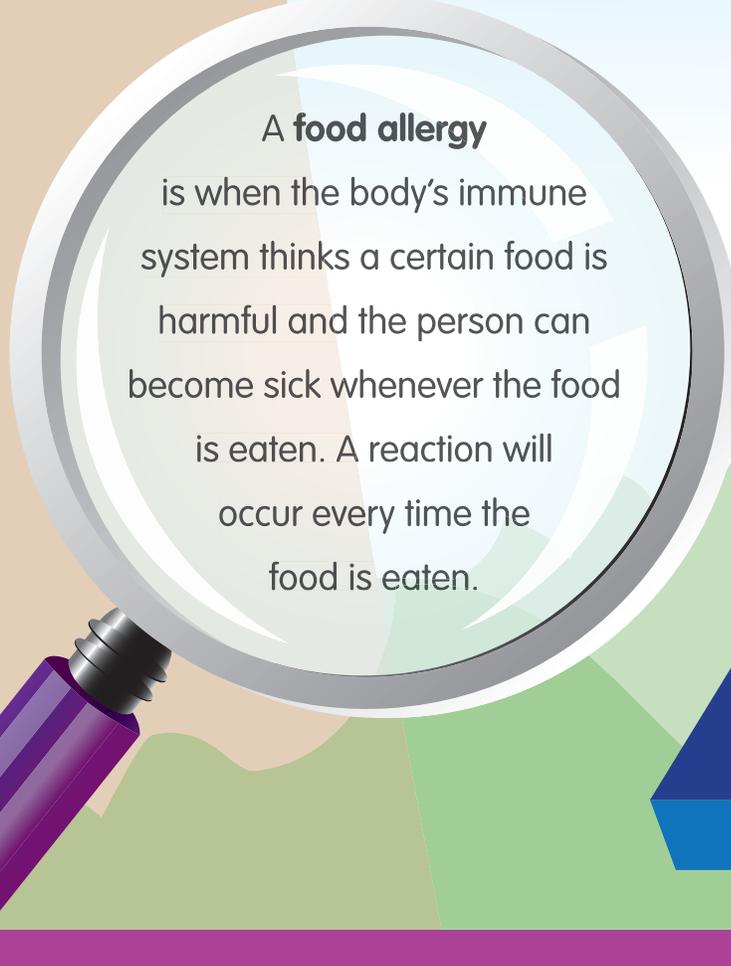


**Children's Mercy**



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?

# 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.



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

# Most Common Food Allergens

## Crustacean/Shellfish



(Shrimp)

## Soybeans

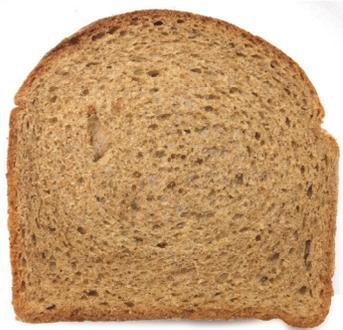


Peanuts



Milk

## Egg



Wheat



Fish

## Tree Nuts



(Walnuts)



(Almonds)



(Pecans)

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?

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# Signs and Symptoms of an Allergic Reaction

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

## M Mild Symptoms



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



### Nose

- M Runny nose
- M Sneezing



### Mouth

- M Itching
- M Tingling
- M Swelling of lips, tongue and/or mouth



### Skin

- M Hives, itchy rash, swelling of face or body part



### Abdomen (belly)

- M Vomiting, nausea (feeling like you might vomit), cramps, diarrhea



## C Complicated Symptoms

Anaphylaxis is when symptoms involve two body parts or you develop trouble breathing. You will use your epinephrine auto-injector and call 911.

### Throat

- C Tightening of throat (feeling like something is stuck in your throat), trouble swallowing, hoarseness (voice changes)
- C Cough



### Lung

- C Cough, wheeze, labored breathing



### Heart

- C Blue skin, fainting, fast heart rate



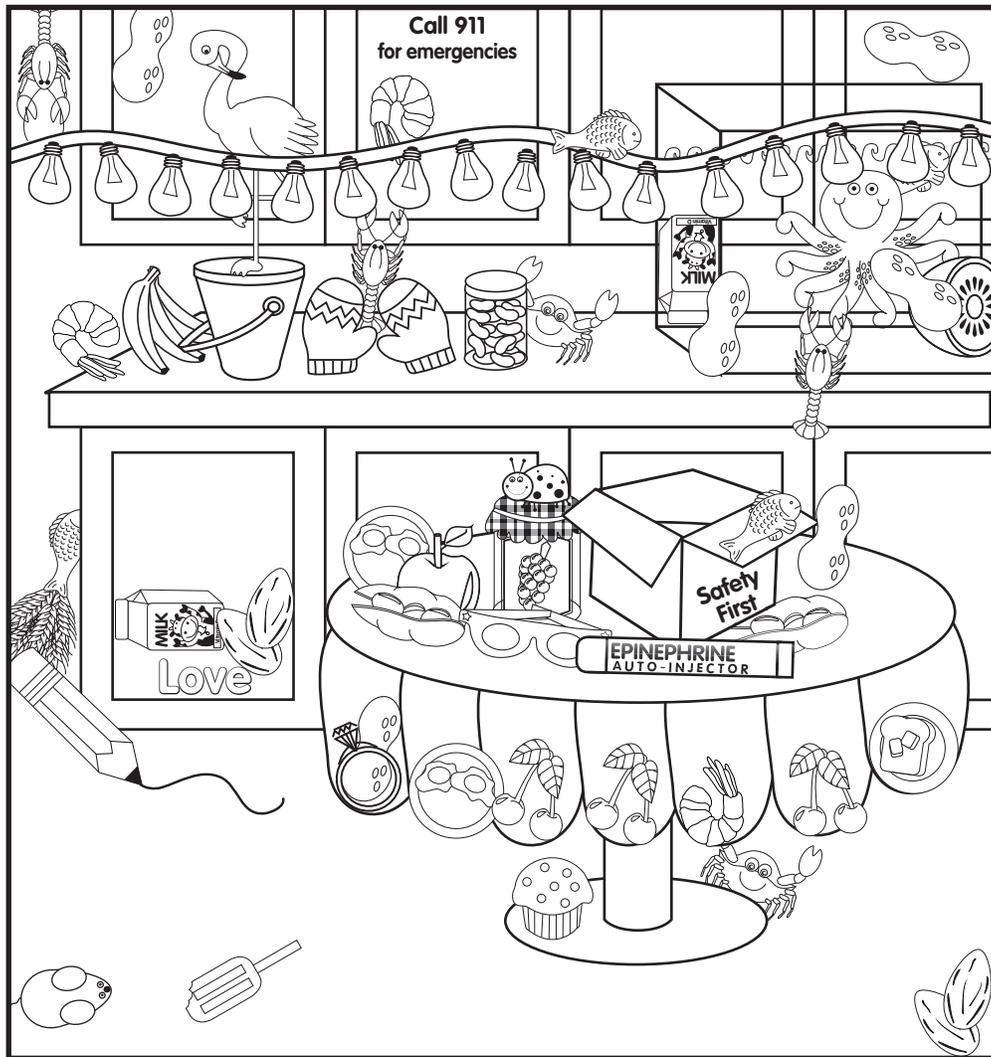
### Other

- C Feeling something bad is going to happen



## Epinephrine

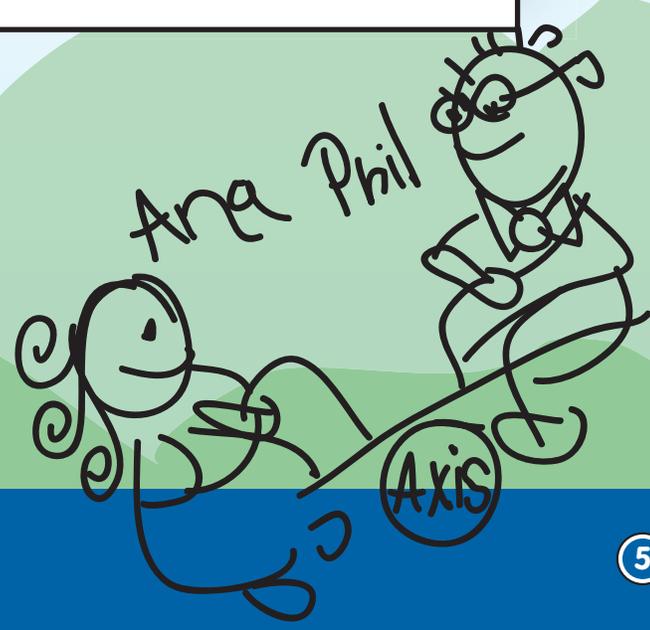
Epinephrine is also known as adrenaline. Your body makes this naturally when you are scared. It makes your heart beat faster. Epinephrine is also a medication that is used when someone has anaphylaxis.



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!



# How to Read a Food Label

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**

% Daily Values\*

<b>Total Fat</b> 70g	<b>108%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 195mg	<b>8%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 6g	<b>24%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
Sugar Alcohol 2g	
<b>Protein</b> 17g	<b>34%</b>
Vitamin D 28IU	7%
Calcium 540mg	54%
Iron 2.7mg	15%
Potassium 350mg	10%

\*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 NUGGETS, SOY PROTEIN, OAT FLOUR, CHOCOLATE CHIPS, VANILLA EXTRACT, ROLL OATS, PALM KERNEL AND PALM OIL, SUNFLOWER OIL, WHEY PROTEIN, COCOA POWDER, SOY NUTS, ROASTED ALMONDS  
 CONTAINS: SOY, MILK, TREE NUTS, WHEAT



# 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



\$2<sup>25</sup>

Peanut Fish Milk  
Tree nuts Wheat Shellfish  
Egg Soy

### Tuna Sandwich



\$3<sup>50</sup>

Peanut Fish Milk  
Tree nuts Wheat Shellfish  
Egg Soy

### Candy Bar



\$1<sup>25</sup>

Peanut Fish Milk  
Tree nuts Wheat Shellfish  
Egg Soy

### Muffin



\$2<sup>00</sup>

Peanut Fish Milk  
Tree nuts Wheat Shellfish  
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.

# All About Me

**My name is** \_\_\_\_\_ .

**My food allergies are** \_\_\_\_\_ .

**My reactions are** \_\_\_\_\_ .

**I keep my auto-injector** \_\_\_\_\_ .

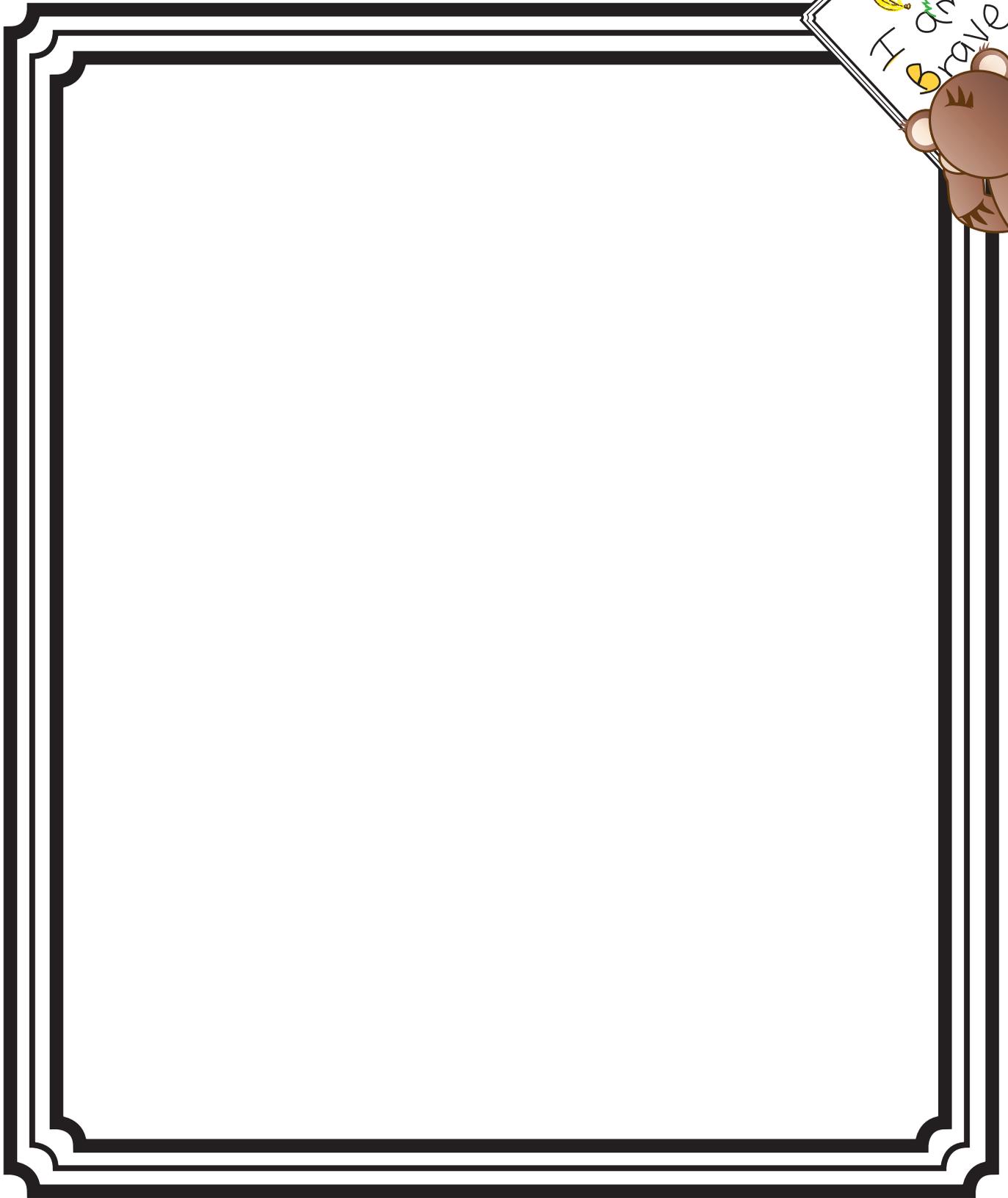
**My auto-injector expires** \_\_\_\_\_ .

**My health care provider is** \_\_\_\_\_ .

**My favorite safe snack is** \_\_\_\_\_ .

**These adults know how to use my auto-injector:** \_\_\_\_\_ .

Draw  a picture and describe how it feels to have a food allergy.



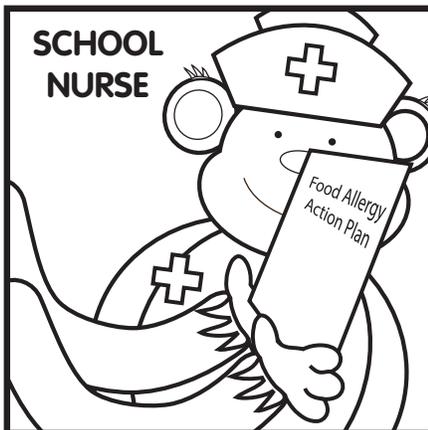
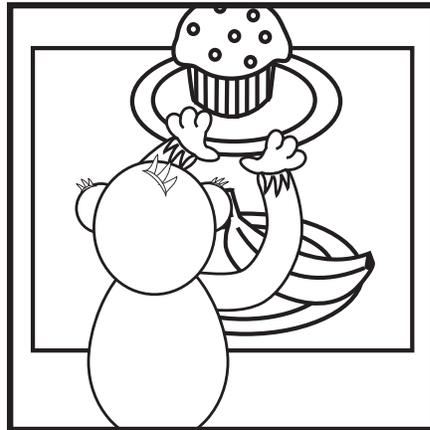
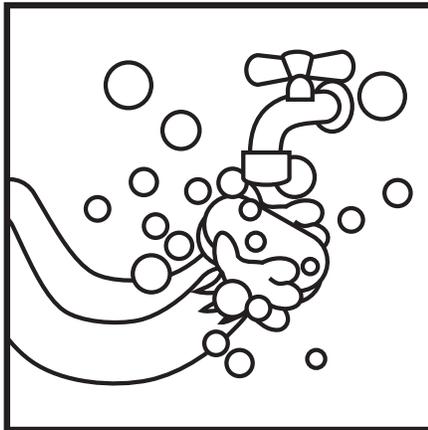
# Being Safe at School

## 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.

**Dining Out Card**

I am allergic to:

\_\_\_\_\_

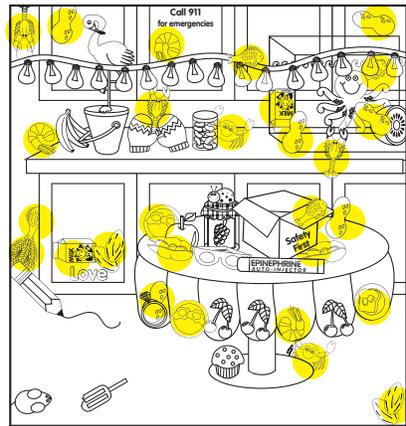
Please make sure my food does not contain this food. Also make sure that the utensils used to make my food do not come into contact with my food allergens.

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

E P I N E P H R I N E E  
G A B S H E L L F I S H  
G C D S E A F G O I W S  
K T R E E N U T O N H O  
P I R Y S U T U D W E Y  
F I S H D T R E L G A H  
W N E A T M I L K O T U  
L O V E A L L E R G Y I

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

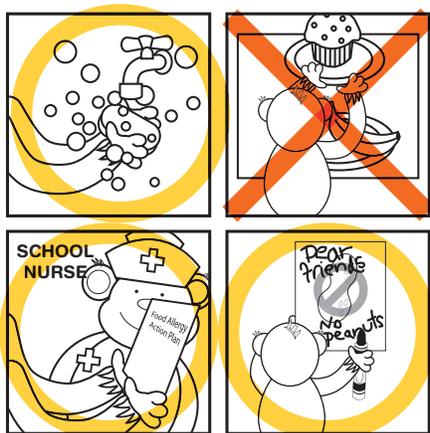


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\*Please note, answers for this page may vary. It is important always to ask what ingredients were used in food preparation and to ask about food cross-contact.

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It is not safe to share food, even with your friends.

(p. 10)



(p. 11)

## Give Us a Click!

To learn more about food allergies go to:  
[childrensmercy.org/food-allergies/](http://childrensmercy.org/food-allergies/)