

FOOD ALLERGY AWARENESS!

WHAT TO KNOW!

A food allergy is an abnormal response to a food triggered by the body's immune system. Once exposed to the allergen, the allergic individual can suffer a mild to life-threatening reaction. The only control is avoidance of the food. Despite taking precautions, allergic people may be unknowingly exposed to an allergen.

Approximately 11 million Americans suffer from true food allergies. Be prepared to protect your customers. Know the eight major food allergens and the symptoms of an allergic reaction.

THE EIGHT MAJOR FOOD ALLERGENS

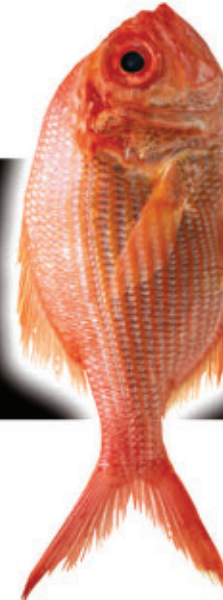
MILK



EGG



FISH



CRUSTACEAN SHELLFISH



WHEAT



SOYBEANS



PEANUTS



TREE NUTS



SYMPTOMS OF ALLERGIC REACTION

LOSS OF CONSCIOUSNESS • SHORTNESS OF BREATH • ITCHING OR TINGLING IN AND AROUND MOUTH, FACE, SCALP, HANDS AND FEET
HIVES(WELTS) • WHEEZING AND DIFFICULTY BREATHING • SWELLING OF THE FACE, EYELIDS, TONGUE, LIPS, HANDS OR FEET
TIGHTENING OF THE THROAT (DIFFICULTY SWALLOWING) • SUDDEN ONSET OF VOMITING, CRAMPS OR DIARRHEA

WHAT TO DO!

REACT QUICKLY - CALL 911

Notify Management - It Could Save A Life!

An Allergic Reaction Can Take Only Minutes To Develop. Don't Hesitate!



THE VOICE OF FOOD RETAIL

2345 Crystal Drive
Suite 800
Arlington, VA 22202-4801