



Food Allergies- Increase Your

Awareness...

Each year, millions of Americans have allergic reactions to food. Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions, and may even be life-threatening.

There is no cure for food allergies. Strict avoidance of food allergens — and early recognition and management of allergic reactions to food — are important measures to prevent serious health consequences.

To help Americans avoid the health risks posed by food allergens, Congress passed the **Food Allergen Labeling and Consumer Protection Act of 2004**. The law applies to all foods regulated by FDA, both domestic and imported, that were labeled on or after January 1, 2006. (FDA regulates all foods except meat, poultry, and certain egg products.)

- Before this law, the labels of foods made from two or more ingredients were required to list all ingredients by their common, or usual, names. The names of some ingredients, however, do not clearly identify their source.
- Now, the labels must clearly identify the source of all

Ingredients that are — or are derived from — the eight most common food allergens.

As a result, food labels will help allergic consumers to identify offending foods or ingredients so they can more easily avoid them.



About Foods Labeled Before January 1, 2006

Food products labeled *before* January 1, 2006 were not required to be re-labeled under the law of 2004. However, these foods may still be on store shelves — so be sure to take that into consideration while shopping, and always use special care when reading labels.

Food Allergies: What to Do If Symptoms Occur

The appearance of symptoms after eating food may be a sign of a food allergy. The food(s) that caused these symptoms should be avoided, and the affected person, should contact a doctor or health care provider for appropriate testing and evaluation.

- Persons found to have a food allergy should learn to read labels and avoid the offending foods. They should also learn, in case of accidental ingestion, to recognize the early symptoms of an allergic reaction, and be properly educated on — and armed

With — appropriate treatment measures.

- Persons with a known food allergy who begin experiencing symptoms while, or after, eating a food should initiate treatment immediately, and go to a nearby emergency room if symptoms progress.
www.fda.gov/Food/ResourcesForYou/Consumers

Nut Free Trail Mix



Ingredients:

- 2 parts sunflower seeds or roasted pumpkin seeds
- 2 parts raisins
- 2 parts nut-free granola
- 2 parts dried fruit (such as apricots, cherries, or dates)
- 1 part nut-free chocolate chips

Instructions:

Combine all ingredients in an airtight container

Source: www.peanutallergy.com