



Food Allergens

Food allergies are immune system reactions that occur soon after eating a certain food. Even a tiny amount of allergy-causing food can trigger signs and symptoms such as digestive problems, hives, or swollen airways. In some people, a food allergy can cause severe symptoms or even a life-threatening reaction known as anaphylaxis.

The most common food allergy signs and symptoms include:

- Tingling or itching in the mouth
- Hives, itching or eczema
- Swelling of the lips, face, tongue and throat, or other parts of the body
- Wheezing, nasal congestion, or trouble breathing
- Abdominal pain, diarrhea, nausea, or vomiting
- Dizziness, lightheadedness, or fainting

Common Food Allergens

- Milk
- Eggs
- Peanuts
- Tree nuts (for example, almonds, walnuts, or pecans)
- Fish (for example, bass, flounder, or cod)
- Crustacean shellfish (for example, lobster, crab, or shrimp)
- Soy
- Wheat
- Sesame

RICHMOND COUNTY HEALTH DEPARTMENT

127 Caroline Street
Rockingham, NC 28379
910-997-8329
www.richmondnc.com/505

[Food Allergen Video](#)



