



# Food Allergen

Some people may have food allergies to certain foods, and food allergies can range from mild to severe and can be fatal. If you experience food allergy symptoms after eating, seek medical attention immediately. Check food labels for allergen information to avoid eating food you are allergic to.



## What is food allergy?

Food allergy is a reaction of the body's immune system to some substances in food. A very low level of an allergenic substance may cause an allergic reaction in susceptible populations. Common allergens are:

 Cereals containing gluten	bread, pasta, cakes, pastry, meat products, sauces, soups, batter, stock cubes, breadcrumbs, foods dusted with flour, vegetarian products (e.g. plant-based milk)	 Crustaceans	shrimp paste	 Eggs	cakes, mousses, sauces, pasta, quiche, some meat products, mayonnaise, foods brushed with egg	 Fish	salad dressings, pizzas, relishes, fish sauce, other sauces (e.g. soy and Worcestershire sauces)
 Peanuts, soybeans	saucers and spread (e.g. peanut butter), cakes, desserts, groundnut oil, peanut flour, bean curd (tofu), green soybeans (edamame), fermented beans (douchi), tempeh, soya flour, textured soya protein, certain ice-cream, soy sauces, desserts, meat products, vegetarian products (e.g. plant-based milk and meat)	 Milk	yoghurt, cream, cheese, butter, milk powders, foods glazed with milk	 Tree nuts	saucers, desserts, crackers, bread, ice cream, marzipan, ground almonds, nut oils, vegetarian products (e.g. plant-based milk)	 Sulphites	meat products, fruit juice drinks, dried fruit and vegetables, wine, beer

Symptoms of food allergy include swollen face, tongue or lips, shortness of breath and itchy skin. Anaphylactic shock, an acute, severe and potentially life-threatening allergic reaction may develop in severe cases. Seek medical advice at once if the following symptoms develop after meal:

 Swollen face	 Swollen lips or tongue	 Shortness of breath	 Itchy skin	 Rash	 Anaphylactic shock
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## How to avoid food with allergens?

- Read food allergen information on food labels to identify if any food or food ingredients of your allergic concern are present in the food.
- Avoid the food or food ingredients which you are allergic to.

Ingredient: Wheat Flour, Water, Sugar, Chocolate (cacao beans, milk, antioxidant (E304, E307, E322) **(contains milk products and soybeans)**), Whole Milk Powder, Salt.



Follow the CFS Team to learn food allergy!

