

Think you might have food allergies? Read this

Eating is one of the great pleasures of life. But for some people, it can also be a great risk. Your body can mistake tasty food for harmful germs. This can cause a food allergy. You could have stomachaches or dizziness, or even tongue swelling and difficulty breathing. Fortunately, you can learn how to recognize and avoid foods that your body reacts to.



Photo above by WavebreakMedia, below by Margouillatphotos

Quick facts about food allergies

1 Foods commonly known to cause allergic reactions include eggs, fish, milk, peanuts, shellfish, soybeans, tree nuts and wheat. Food allergies can develop in adults, but they usually begin in childhood.



2 Sometimes what people think are food allergies are really just intolerances, which can often be treated. If you think you have a reaction to food, always talk to your doctor.

3 If a doctor or allergist suspects an allergy, they might carry out a test known as a food challenge. Patients are fed bits of food and carefully watched for any physical reactions.

4 If your child has food allergies, make sure they know what foods they should not eat. They should not trade food with others. Talk to school officials about your child's allergy.

5 Food allergies can't be prevented with medication. But by checking ingredients and adapting recipes, allergic people can eat well and get the nutrients they need.



>> For more information on food allergies, visit www.foodallergy.org.