

FOOD ALLERGENS

WHAT IS A FOOD ALLERGY?

Food allergies occur when your body reacts to substances in your food that are harmful to your immune system; these substances are known as allergens. The most common allergens for young children are milk and egg but, fortunately, many children outgrow these allergies by the time they have reached 5-7 years of age. However, allergies such as those to seafood, peanuts and tree nuts may develop later and are lifelong conditions.

WHAT SHOULD I DO IF I THINK I HAVE A FOOD ALLERGY?

See a doctor or allergist if you experience food allergy symptoms shortly after eating. If possible, see your doctor when the allergic reaction is occurring, this will help your doctor make a diagnosis.

Seek emergency treatment if you develop any signs or symptoms of an allergic reaction, such as:

- Constriction of airways that makes it difficult to breathe
- Shock with a severe drop in blood pressure
- Rapid pulse
- Dizziness or light-headedness

HOW DO I KNOW IF I HAVE A FOOD ALLERGY?

Allergic reactions to food may not be severe for some people, but for others, an allergic food reaction can be life-threatening. Signs of food allergy could start to show within a few minutes after eating and should be treated immediately.

The most common food allergy signs & symptoms include:

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

WHAT ALLERGENS COULD BE IN FISHAWAYS?

At Fishaways we use different ingredients and shared equipment in our kitchens, as well as products that have been produced by suppliers, so we cannot guarantee that our food is completely free of allergens or traces of allergens. Common allergens that may be found in our food are (but are not restricted to):

