

### Food Allergy Definition:

A food allergy is an immune system response to an otherwise harmless food or food component, usually a protein. The body reacts by flooding the system with histamines and other chemicals to fight off what is perceived as an invader in the body.

### Most Common:

Milk, Eggs, Soy, Nuts/Seeds, Wheat, Soy, Fish, and Shellfish

### Food Allergy Reactions:

Mild to life threatening: itchy skin, hives, vomiting, swelling of the lips/tongue/ throat, wheezing, difficulty breathing, or anaphylactic shock.

### Food Intolerance or Food Sensitivity:

A reaction to a food that does not involve the immune system (for example: lactose intolerance). Typically the symptoms are mild and not life threatening.