Take A Minute – Save a Life:
You Need To Know About Food Allergies

- Food allergies can kill.
- Millions have food allergies.
- Food allergies are on the rise in children.
- There is NO cure for food allergies.
- Staying away from food allergens is the ONLY way to avoid reactions.

Any food can be an Allergen!
The most common food allergens are:

1. Tree Nuts & Peanuts
2. Milk Products
3. Soy
4. Wheat
5. Fish & Shellfish
6. Eggs

SPOT A REACTION — Save a Life!
- Symptoms appear within seconds to hours.
- Symptoms range from skin rash to trouble breathing to death.
- Get help right away — CALL 911

For more information: www.foodallergy.rutgers.edu
www.iowafoodsafety.org

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