



# MAIN FOOD ALLERGENS



## SAFETY TIPS FOR HANDLING ALLERGENS

Avoid cross contact with allergens

- Wash and sanitize all food contact surfaces before starting to prepare a new item
- Do not use the same utensils or glove to serve foods with allergens and other foods
- Observe handwashing procedures and change gloves following established policy
- Do not make substitutions without authorization

## SYMPTOMS OF ALLERGIC REACTIONS

A food allergy is an immune system response to a particular food.

Symptoms might include:

- Itching or swelling in the mouth
- Vomiting, diarrhea or abdominal cramps and pain
- Hives or eczema
- Tightening of the throat and trouble breathing
- Drop in blood pressure