** What is Food Allergy?**

**Any food can cause a food allergy but most intolerances and allergies are linked to:**

**Milk, Eggs, Soya, Peanuts, Celery, Mustard, Sesame, Fish, Shellfish, or mollusks like mussels, whelks, oysters, snails, and squid. Crustaceans, like prawns, crabs, lobster, and crayfish. Lupin - lupin seeds and flour can be found in types of bread, pastries, and pasta. Gluten-in wheat-based products. Sulfur dioxide and sulfites - are commonly used as preservatives to prevent browning or discoloration. And tree nuts which include almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios, and macadamia nuts**

**Allergic reactions can present themselves in a number of ways but the common symptoms of an allergic reaction are:**

**• tingling or swelling of the mouth nose or throat,**

**• cramp pains,**

**• difficulty breathing,**

**• ashes,**

**• vomiting,**

**• and diarrhea.**

**Severe allergic reactions cause a person to go into anaphylactic shock. Which means a person's blood pressure and heart rate become dangerously slow. Without the right treatment, a person can die within minutes. This is why it is so important for you to be aware of any food allergies your customers may have and to ensure that allergenic foods are labeled clearly and handled, stored, and cooked with particular care.**