

## หน่วยการเรียนรู้ที่ 2 ชื่อหน่วย Food เรื่อง Eating Habits

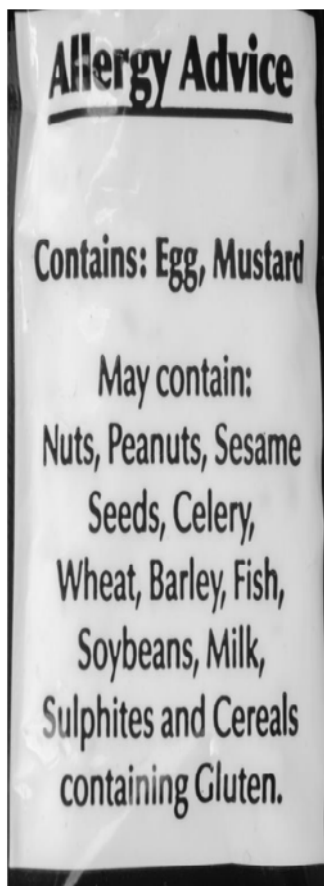
### บทความเรื่อง Food Allergies: What You Need to Know

#### What Are the Major Food Allergens?



While many different foods can cause allergic reactions, these are the eight most common allergenic foods: 1. Milk 2. Fish (e.g., bass, flounder, cod) 3. Peanuts 4. Soybeans 5. Tree nuts (e.g., almonds, walnuts, pecans) 6. Eggs 7. Wheat 8. Crustacean shellfish (e.g., crab, lobster, shrimp)

#### How Major Food Allergens Are Listed



The allergen's food source name must be shown on the food label immediately after or next to the list of ingredients in a "Contains" statement. Example: "Contains soy, wheat, and milk ...". The labeling of foods helps allergic consumers identify foods or ingredients that they should avoid.

#### Symptoms of food allergies

(allergic reactions), can include:

- Hives • Coughing • Rash
- Dizziness • Diarrhea • Cramps
- Itchy sensation in the mouth
- Face, tongue, or lip swelling and vocal cords
- Difficulty breathing • Loss of consciousness

#### What to do if symptoms occur

The above symptoms after eating certain foods may be a sign of a food allergy. Please contact medical health care.

**If you or your family member have food allergies use these tips to help reduce your risk of getting sick:**

1. Always read food labels.
2. Avoid foods that you are allergic to.
3. Know what to do in case an allergic