

# NUTRITION BITS AND BITES

## FOOD ALLERGIES



**Do the *Triple Check* on food products if your child has a food allergy**

- 1. Check food labels and ingredient lists for allergens at the grocery store before purchasing**
- 2. Check again when you get home and put the food away**
- 3. Check one last time before serving the food to your child**

## Food Allergy vs Food Intolerance: What's the difference?

A food intolerance response takes place in the digestive system and happens when the body is unable to break down a food ingredient. This could be due to not having enough enzymes, being sensitive to food additives or reactions to naturally occurring chemicals in foods. Often, people can eat small amounts of the food without causing life-threatening problems.

A food allergic reaction involves the immune system. The immune system identifies a food as an allergy trigger and overreacts by producing antibodies. These antibodies travel to cells that release chemicals, causing an allergic reaction.

Unlike an intolerance to food, a food allergy can cause a serious or even life-threatening reaction by eating even a tiny amount, touching or breathing in the food.

To learn more about food allergies, Check out <https://www.allergyaware.ca/courses/>

A free online interactive course that covers the basics of anaphylaxis, ways to reduce risks, and the recommended emergency treatment. Check it out!

**Reminder: Cookies baked on the same tray as peanut butter cookies can cause a risk of cross-contamination to someone with a peanut allergy.**

