

Tip Sheets

Food Allergies



A food allergy is the body's reaction to a food it mistakes for a harmful substance. Antibodies attack the supposed

invader, releasing chemicals that trigger an allergic reaction soon after the food is swallowed.

Common Reactions

Babies and toddlers are most likely affected because food allergies often develop early in life and decrease as the immune and digestive systems mature. Common reactions include:

- Skin: hives, rashes, eczema
- Digestive tract: vomiting, diarrhea, stomach cramps

Common Symptoms

Symptoms set in quickly—within a minute to an hour after eating a sensitive food—and generally disappear within 24 hours. Common symptoms of an allergic reaction include:

- Upset stomach
- Gas/bloating
- Abdominal cramps
- Vomiting/diarrhea
- Rashes
- Hives
- Eczema
- Wheezing
- Runny nose
- Stuffy nose
- Throat and/or tongue swelling

Most Common Allergen Causing Foods

- Cow's milk
- Eggs
- Soy
- Wheat
- Fish
- Shellfish
- Peanuts
- Tree nuts

Preventative Steps

- Keep classroom free of allergen food (i.e. peanut free table for eating, letter to parents requesting no allergen food brought to school).
- Check all food labels for food allergen. If no food label is present, individuals should not eat that food.
- Assure that all staff/families know of the child's allergen.

Additional Resources

FARE | Food Allergy & Anaphylaxis Emergency Care Plan

<https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/food-allergy-anaphylaxis-emergency-care-plan>

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Funding provided by the Minnesota Department of Children, Youth, and Families.

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