

# What is a food allergy?

A food allergy is when your body has a reaction to food. It can affect your skin, breathing, digestive tract or heart. Symptoms can occur within minutes, but may not show for up to two hours after contact with the food.

## What are common causes of food allergies?

Tree Nuts	Eggs
Peanuts	Fish
Milk	Shellfish
Wheat	Soy

## What are the symptoms of food allergy?

- Trouble breathing, wheezing, or coughing
- A tingling sensation in your mouth
- Swelling of the tongue and throat
- Rash, hives or swelling
- Vomiting, stomach cramps, or diarrhea
- Fainting

Seek immediate medical attention if you have any of these symptoms shortly after eating – even if they are mild and don't last long. Food allergies can cause death.



**For more information about food allergies, contact  
The Food Allergy & Anaphylaxis Network  
[www.foodallergy.org](http://www.foodallergy.org) or 800-929-4040.**



For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org