MY FOOD ALLERGY ABC'S

Brought to you by the food allergy app...
A is for...

food Allergies

32+ million Americans have food Allergies.
B is for...

being Brave

Food allergies make you Brave & resilient—they don’t define you.
C is for...

Crustaceans

Crabs, lobsters & shrimp are *Crustaceans*. *

*Crustacean* shellfish are a top allergen.
D is for...
Doctor & Diagnosis

Food allergy is Diagnosed by a special Doctor called an allergist.
E is for...

Egg

Egg is a top allergen. Eggs ‘hide’ on food labels with tricky names like ‘albumen’.
F is for...

Fish

Fish is a top allergen in the U.S. —for both kids and grown ups.
G is for...

Gut

Allergic reactions can sometimes affect your Gut (stomach) & make you feel sick.
H is for...

Help

Look out for your friends with food allergies and Help them stay safe, too.
I is for...

doctor’s Instructions

Always follow your doctor’s Instructions (aka emergency action plan) for allergic reactions.
J is for...

Just stay calm

When you’re having an allergic reaction, just stay calm.
K is for...

2 Kids per classroom

In the U.S., about 2 Kids in every classroom have food allergies.
L is for...

Learn to read Labels

Become an ingredients detective — Learn to read food Labels for allergens.
M is for...

Milk

*Milk* (Dairy) is a top allergen. It can ‘hide’ on food labels with tricky names like ‘whey’.
N is for...

tree Nuts

Almonds, Brazil nuts, cashews, hazelnuts, pecans, pistachios & walnuts are tree Nuts.
O is for...

1 Out Of 13

1 Out Of 13 kids in the U.S. has a food allergy—you are not alone!
P is for... Peanut

Peanut allergy is one of the most common food allergies.
Q is for...

Quick action

When you have an allergic reaction, it’s important to take *Quick* action.
R is for...

allergic Reaction

An allergic Reaction can affect your lungs, heart, throat, mouth, skin, gut & thinking.
S is for...
Sesame & Soy

_Sesame_ and _Soy_ are also top allergens.
T is for...

Tell someone

Tell a grown up if you feel funny after you eat, or you think you ate an allergen.
U is for...

Unsure

*Unsure* what’s in a food you want to eat? If there is no food label, don’t eat it!
V is for...

symptoms can Vary

Allergic reaction symptoms can Vary—each reaction can progress differently.
**W** is for...

Wheat

*Wheat* is a top allergen. *Wheat* is often in breads, cereals, pasta & desserts.
X is for...

Cross contact

Cross contact is when food does not contain your allergen, but touches it.
Y is for...

You

You’ve got this! Know Your allergens to take care of YOU!
Z is for...

— zee end —
ACKNOWLEDGEMENTS

ILLUSTRATIONS
Molly D’Isernia, Artist in Residence

BOOK CONCEPT & CONTENT
Gayle Rigione, Allergy Force Co-founder

INSPIRATION
Elijah-Alavi Silvera, 2014-2017

REFERENCES
ACAIAI: https://acaaai.org/allergies/anaphylaxis

FAACT: https://www.foodallergyawareness.org/newly-diagnosed

FARE: https://www.foodallergy.org/resources

FDA/FALCPA: https://www.fda.gov/food

*Have fun teaching your child the ABC’s of food allergies with this original coloring book. This book is not intended to offer medical advice.

www.allergyforce.com

Copyright Allergy Force LLC © 2021. All Rights Reserved.