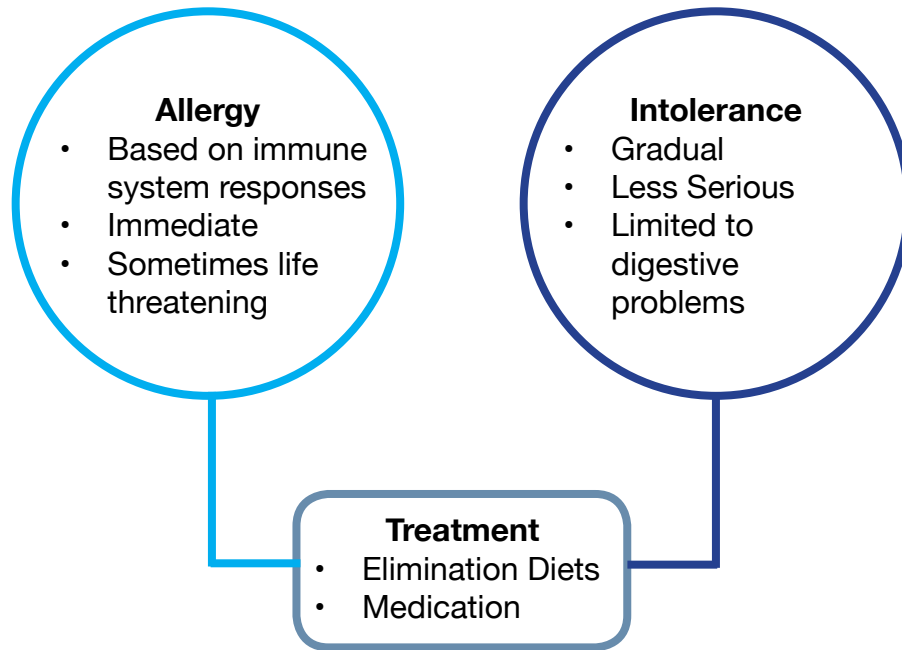


# Nutrition



## Prevention Ideas:

- Recognize signs of allergic reactions and be prepared to act quickly
- Be open to parents and their requests for special diets
- Provide food recommendation based off of their childrens' needs
- Encourage parents to investigate the possibility of an allergy an calming their fears

## Allergy Symptoms

<b>Respiratory</b>	<ul style="list-style-type: none"><li>• Watery, red, itchy eyes</li><li>• Asthma</li><li>• Throat Swelling</li><li>• Non-seasonal runny nose/ congestion</li></ul>
<b>Skin</b>	<ul style="list-style-type: none"><li>• Eczema</li><li>• Hives</li><li>• Swelling of mouth, eye-lids, lips</li><li>• Itching</li></ul>
<b>Digestive</b>	<ul style="list-style-type: none"><li>• Diarrhea</li><li>• Constipation</li><li>• Nausea</li><li>• Bloating</li><li>• Stomach Aches</li><li>• Flatulence</li></ul>
<b>Brain &amp; Nervous Systems</b>	<ul style="list-style-type: none"><li>• Dizziness</li><li>• Irritability/agression</li><li>• Anxiety or Hyperactivity</li><li>• Exhaustion</li></ul>
<b>Other</b>	<ul style="list-style-type: none"><li>• Dark circles under eyes</li><li>• Excessive sweating or slight fever</li><li>• Rapid heartbeat</li><li>• Muscles aches</li></ul>

