Nutrition

Allergy

- Based on immune system responses
- Immediate
- Sometimes life threatening

Intolerance

- Gradual
- Less Serious
- Limited to digestive problems

Treatment

- Elimination Diets
- Medication

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

Respiratory	 Watery, red, itchy eyes Asthma Throat Swelling Non-seasonal runny nose/ congestion
Skin	EczemaHivesSwelling of mouth, eyelids, lipsItching
Digestive	DiarrheaConstipationNauseaBloatingStomach AchesFlatulence
Brain & Nervous Systems	DizzinessIrritability/agressionAnxiety or HyperactivityExhaustion
Other	 Dark circles under eyes Excessive sweating or slight fever Rapid heartbeat Muscles aches

