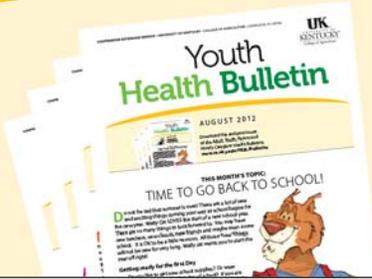


Youth Health Bulletin



JULY 2013

Download this and past issues
of the Adult, Youth, Parent and
Family Caregiver Health Bulletins:
www.ca.uky.edu/HEEL/Bulletins

Reprinted by:
K-State Research & Extension
Atchison County Office
405 Main/PO Box 109
Effingham, KS 66023
913-833-5450

THIS MONTH'S TOPIC: FOOD ALLERGIES

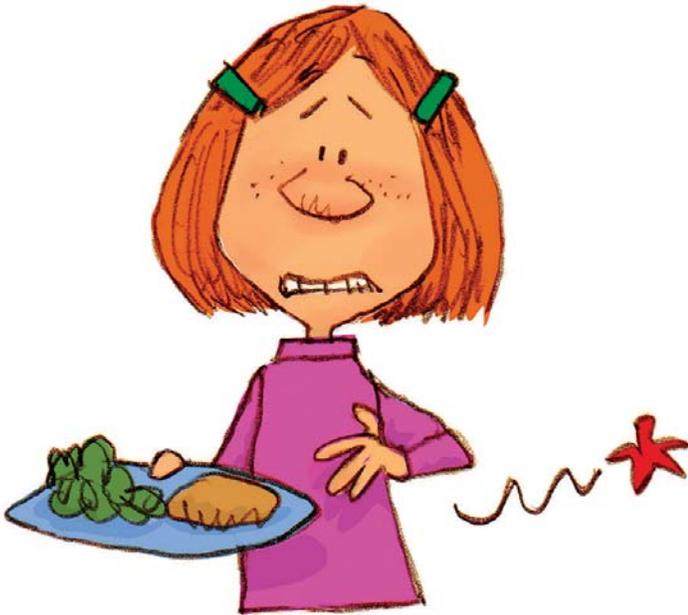
Did you know that 3 million kids in the United States have food allergies? Are you one of them? The most common foods that people are allergic to are peanuts, seafood, milk, eggs, soy and wheat. When you have an allergy, it means that your body is treating something in the food as if it is really bad for you, even though it is not.

Signs that you might be having an allergic reaction include a runny nose, itchy skin rash, a tingling in the tongue or mouth, tightness in the throat, hoarse voice, coughing, nausea, stomach pain or cramps, and/or diarrhea.

Continued on the back →



If you eat a food and have an allergic reaction, you need to tell an adult right away.



Word Scramble

GCLAIREL ICOARNTE: _____

OFDO ALEBL: _____

UPEASTN: _____

INKS STET: _____

OODF TSTIBUUSSTE: _____

ANSWERS: Allergic Reaction, Food Label, Peanuts, Skin Test, Food Substitutes

Continued from page 1

How do you get a food allergy?

You may know you have a food allergy after eating a certain food, when your body has a reaction. Many doctors think that you have allergies when you are born. But they may also develop over time or may be triggered by something around you. Serious allergies usually last a lifetime, but some allergies may be outgrown, meaning that when you are an adult you do not have them anymore.

What do you do?

If you eat a food and have an allergic reaction, you need to tell an adult right away. You may need to go to the doctor. If you need to see a doctor, he or she will ask you a lot of questions about your reactions and about what happened. They will do a skin test to see how your body reacts to a very small amount of the food. To do a skin test, a small part of the food is put in a liquid and put on your skin. If you get a raised, red spot, you are allergic.

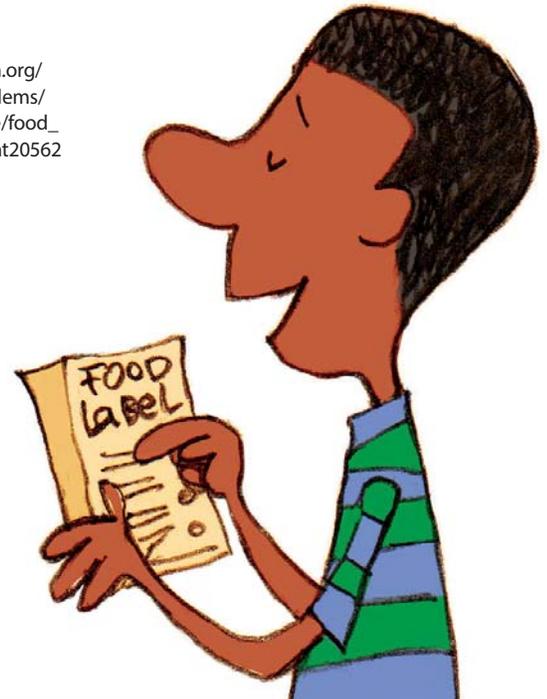
When the doctor knows what kind of allergy you have, he or she will teach you how to prevent it. The best thing to do is to avoid the food and

anything that has that food in it. You and your parent should always read food labels to be sure you do not accidentally eat that food. You may even have to stay away from foods made in the same factory. With the doctor and your parents, make a plan in case you have a reaction.

Allergies can be frustrating when you are not allowed to eat foods that you really like. Many companies now make substitutes so you can have the taste, without the reaction.

SOURCE:

http://kidshealth.org/kid/health_problems/allergiesimmune/food_allergies.html#cat20562



Youth
Health Bulletin

Written by: Nicole Peritore
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University
of Kentucky HEEL program)

