

Food Allergies

[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.

[Caydan] Hi kids! Welcome to CDC Kidtastics Radio! I'm Caydan Kidtastic. Today, we're talking about food allergies.

[Chris] A food allergy is when the body reacts to a certain food as if it was harmful.

[Caydan] There are eight types of foods that cause most food allergies: cow's milk, eggs, peanuts, fish, shellfish, soybeans, wheat, and tree nuts, such as walnuts, pecans, almonds, and cashews.

[Chris] For some people, a food allergy may just cause mild symptoms, like a runny nose, itchy skin rash, or tingling in the tongue or lips. For others, the reaction might be serious and include swelling of the tongue and throat, trouble breathing, vomiting or diarrhea, rash, coughing or wheezing, dizziness, or loss of consciousness. Symptoms can be so sudden and severe that a person could die from eating the food.

[Caydan] Because some kids have severe food allergies, it's important to be aware of this at school.

[Chris] Your teacher might explain that someone in your class has an allergy to a particular food. Since we know that some kids can have really severe reactions, we need to help make sure they aren't exposed to that food.

[Caydan] Yeah. So I shouldn't give half of my peanut butter and jelly sandwich to someone who has a peanut allergy?

[Chris] Right! It's a good idea not to share any foods with anyone. We all need to be good friends and help protect the safety of our friends and schoolmates.

[Caydan] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INFO.