

Basic facts about food allergies

Knowledge can save your life or the life of a co-worker

When your body's immune system sees food as a threat

Here are some facts about food allergies from Food Allergy Research & Education:¹

- There is no cure for food allergies
- Allergic reactions are unpredictable: symptoms and severity can change from one event to the next
- Each year in the US, 200,000 people require emergency medical care for allergic reactions to food
- More than 170 foods have been reported to cause allergic reactions
- Individuals with food allergies who also have asthma may be at increased risk for severe or fatal food allergy reactions
- Most fatal food allergy reactions are triggered by food consumed outside the home

There can be regional differences in food allergies. According to research, anaphylaxis varies across the geographic areas of the world:²

- In the Middle east, sesame is a common food allergy.
- Common triggers in Asia are milk, rice, and chickpeas.
- In western countries, common food allergies include peanuts, wheat, nuts, shellfish, milk, and eggs.

What's the difference between food intolerance and a food allergy?

When you suffer from food intolerance, your body has trouble digesting or processing a particular food. For example, if you're lactose intolerant, you might experience abdominal pain or bloating when you drink milk. Your body might have problems with chemical compounds that are added to foods to enhance flavors or act as a preservative. For example, some people get headaches from monosodium glutamate (MSG). But these are not allergic reactions.

Basic terminology that is helpful to understanding food allergies³

Antibody: Antibodies make up the core of your immune system. They're basically proteins whose purpose is to identify and neutralize antigens — foreign substances that can make you sick. Antibodies roam through your bloodstream looking for foreign substances that shouldn't be there. Antibodies mobilize quickly, grabbing and binding to these substances to keep them from making you sick. But occasionally antibodies act in crazy ways that are still a mystery to researchers. They attack substances that aren't diseases. But your body thinks they are and goes on the attack, causing an allergic reaction.

Antigen: When the body develops an antigen response to something that isn't harmful — like peanut butter — you have an allergy. Once the body recognizes this substance as a harmful agent, it is prepared to fight it the next time you see it. Which is why you have the same (and sometimes more severe) allergic reaction each time you eat peanuts. You might think that the body would get used to the food, but, unfortunately, it keeps treating food like an intruder that has to be fought.

Histamines: These are the chemicals that your immune system makes to battle allergens (triggers that cause allergic responses). Histamines are stored in mast cells in your skin, lungs, nose, mouth, gut, and blood. Once released, the histamines boost blood flow in the areas where the allergens are detected. This sets off a sequence of repair work by the body that, unfortunately, makes you miserable. For example, if you eat something the body views as bad for you, it will work in your gut and trigger an allergic reaction.

Anaphylaxis: This is the most severe reaction to a food allergy. Unfortunately, the symptoms and severity of allergic reactions can vary from person to person. In fact, you may even have a less severe reaction to a food allergy one day and a life-threatening reaction the next.

If you do feel (or observe in someone else) a severe allergic reaction, the important thing is to act: fast treatment can mean the difference between life and death. See Figure 1 for more information on recognizing allergic reactions.

What does fast response mean? Generally it means an injection of epinephrine, which is a type of adrenaline. This is considered the most effective way to stop a severe allergic attack. If your doctor has prescribed an epinephrine auto-injector, use it immediately. But you should still go to a medical facility to be checked out to make sure that symptoms are under control. Sometimes the symptoms can return even stronger than before within a few hours, which is called biphasic anaphylaxis.⁴

An allergic reaction can result in a wide variety of symptoms and affect many different parts of the body. Note that you should take even mild and moderate symptoms seriously. If you or a co-worker are in distress with any of the severe symptoms shown below, or a combination of mild or moderate symptoms, see your healthcare provider or go to an emergency clinic immediately



Any of these severe symptoms⁵

- **Lung:** short of breath, wheezing, repetitive cough
- **Heart:** pale, blue, faint, weak pulse, dizzy
- **Throat:** tight, hoarse, trouble breathing/swallowing
- **Mouth:** significant swelling of the tongue, lips
- **Skin:** many hives over body, widespread redness
- **Gut:** repetitive vomiting, severe diarrhea
- **Other:** feeling something bad is about to happen, anxiety, confusion



One or more of these mild symptoms⁵

- **Nose:** itchy/runny nose, sneezing
- **Mouth:** itchy mouth
- **Skin:** a few hives, mild itch
- **Gut:** mild nausea/discomfort

Figure 1: Food allergy reactions can vary widely in severity. A past reaction that may be mild is not a predictor of a future allergic reaction, which may be life threatening. If you have a severe reaction — especially if you have difficulty breathing or dizziness or vomiting — don't waste any time in seeking medical attention. Things can go from bad to worse quickly.

1. Food Allergy Research & Education, "Food Allergy Facts & Statistics," February 2016
2. American College of Allergy, Asthma & Immunology, "Anaphylaxis." May 2017
3. American College of Allergy, Asthma & Immunology, "Allergy and Immunology Glossary," January 2015
4. American College of Allergy, Asthma & Immunology, "Anaphylaxis." May 2017
5. World Health Organization, "Asthma: fact sheet," April 2017

This information is intended to provide general guidance on health and wellness matters and is not medical advice. MetLife is not responsible for the accuracy of this information, which may not apply to your particular circumstances, so you rely on it at your own risk. You should always consult a licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regimen, including seeking advice regarding drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and circumstances.