

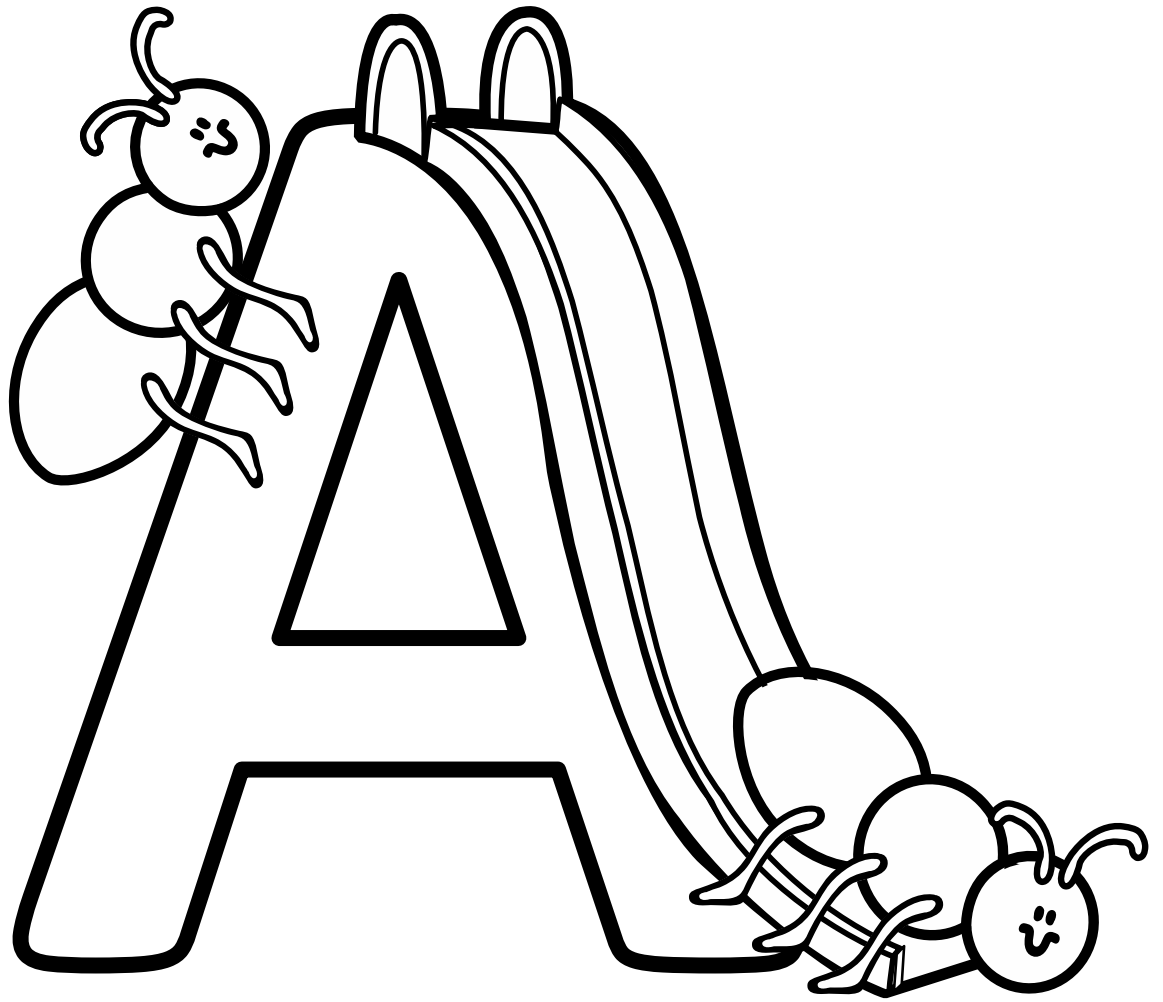
I ♥
R
D
J
Y
E
G
L O V E
T
P
F
N
S
C
M

COLORING PAGES

MY FOOD ALLERGY ABC'S



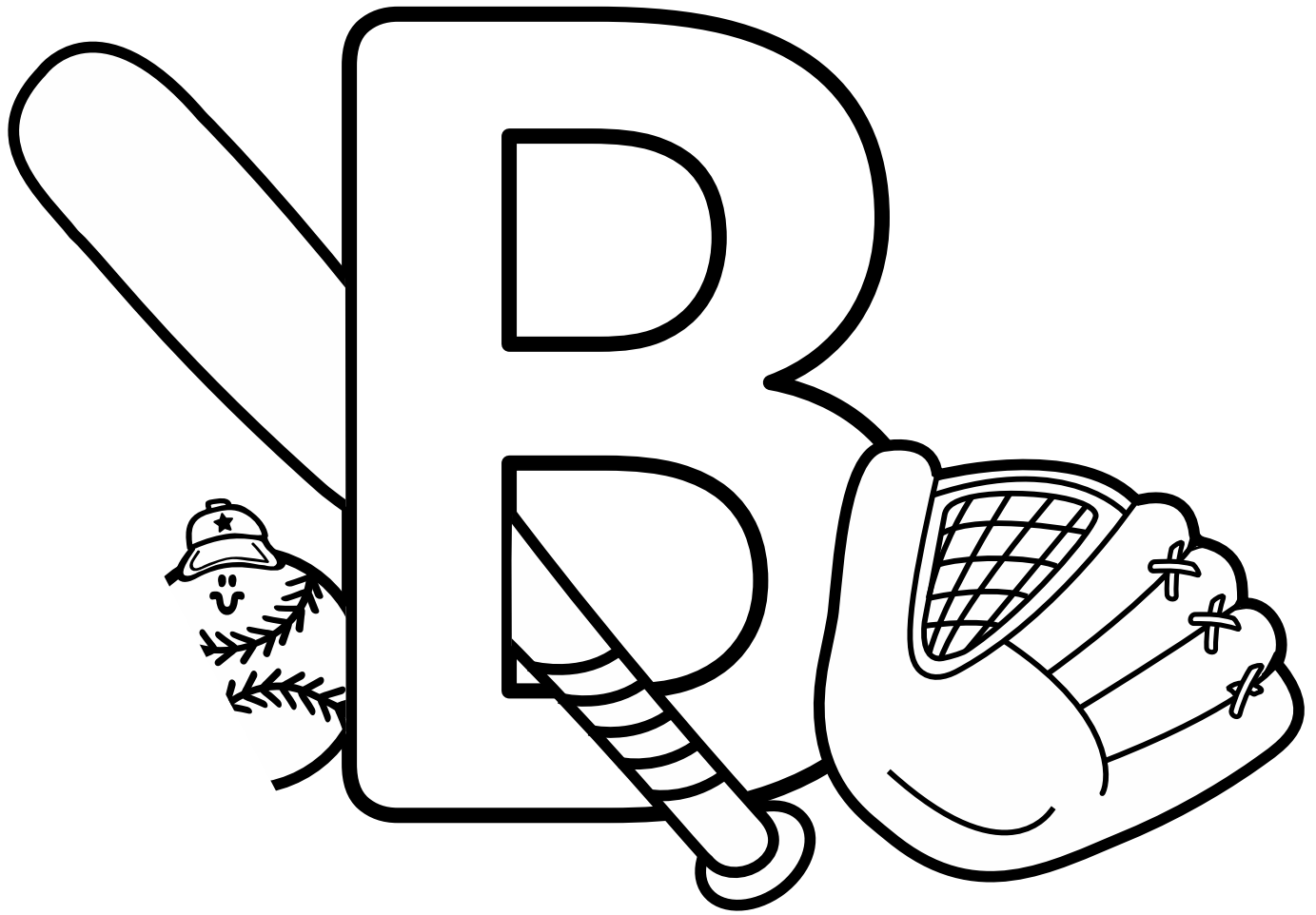
Brought to you by *the* food allergy app...



A is for...

food Allergies

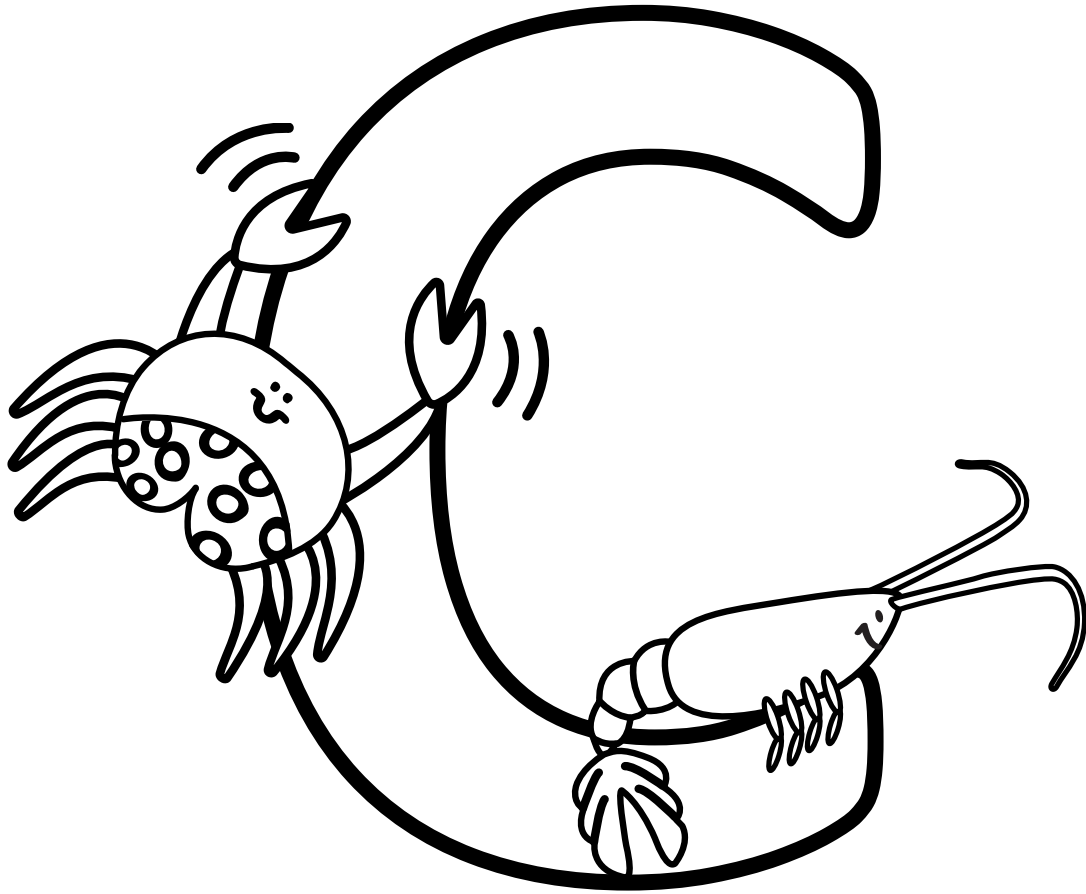
32+ million Americans have food Allergies.



B is for...

being **Brave**

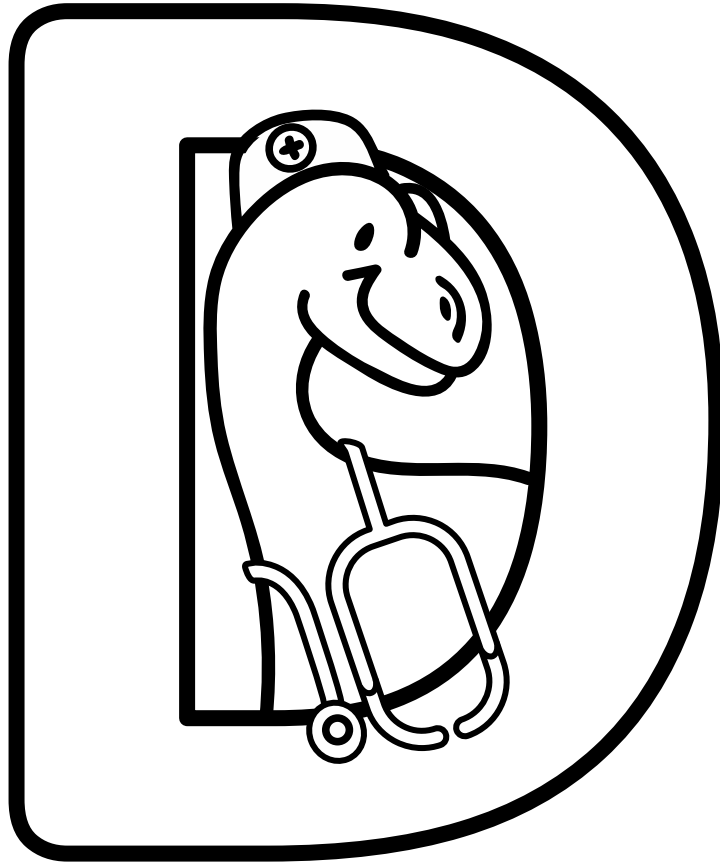
Food allergies make you *Brave* & resilient—they don't define you.



C is for...

Crustaceans

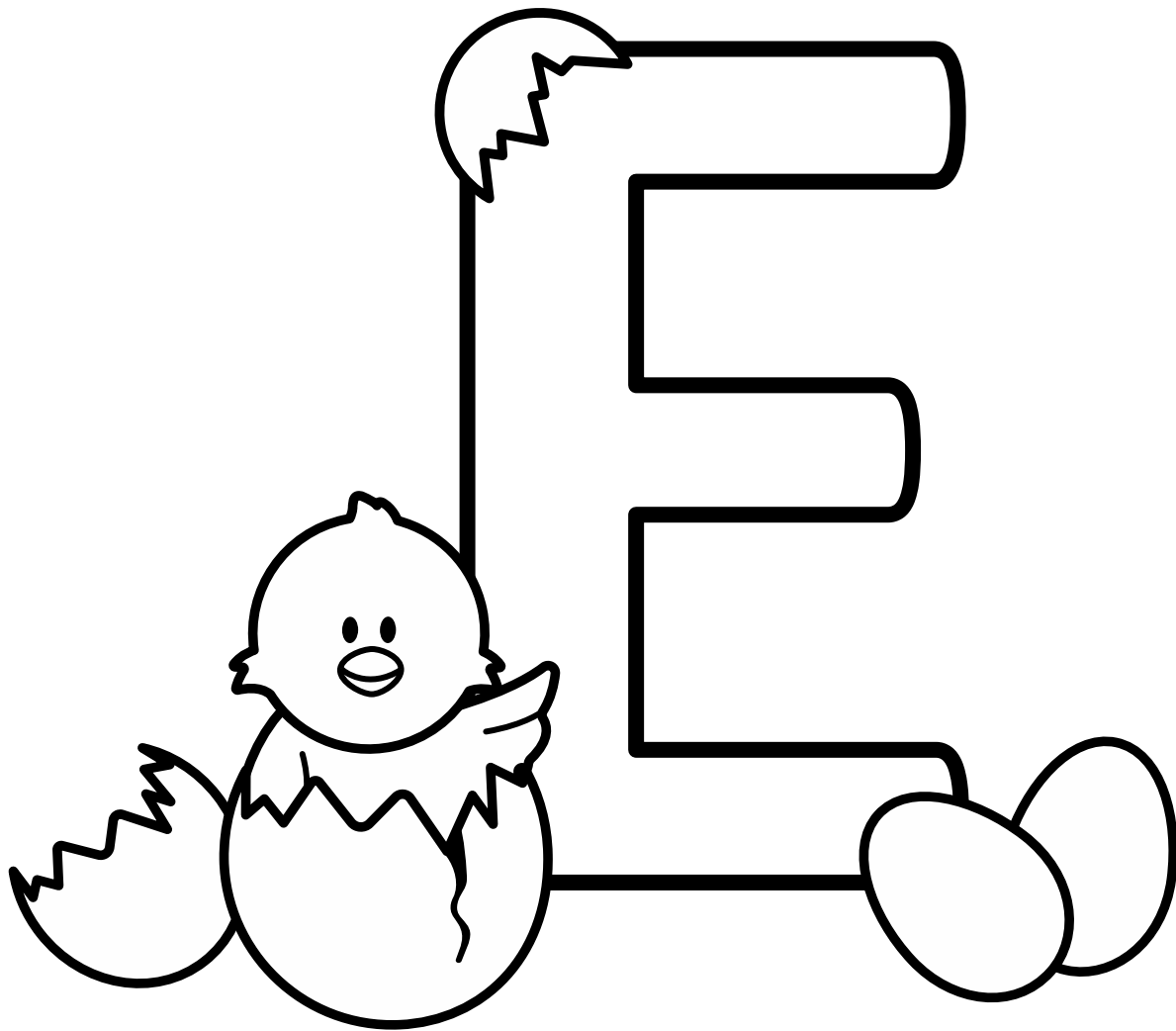
Crabs, lobsters & shrimp are Crustaceans.
Crustacean shellfish are a top allergen.



D is for...

Doctor & Diagnosis

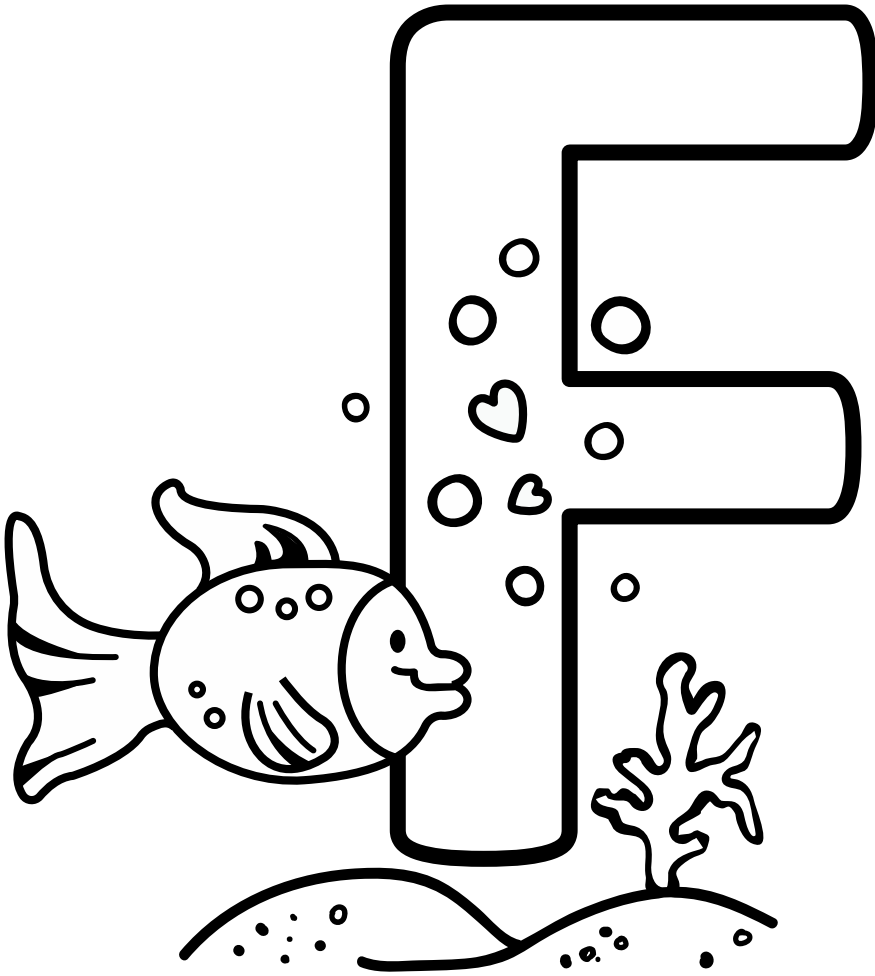
Food allergy is Diagnosed
by a special Doctor called an allergist.



E is for...

Egg

Egg is a top allergen. Eggs 'hide' on food labels with tricky names like 'albumen'.



F is for...

Fish

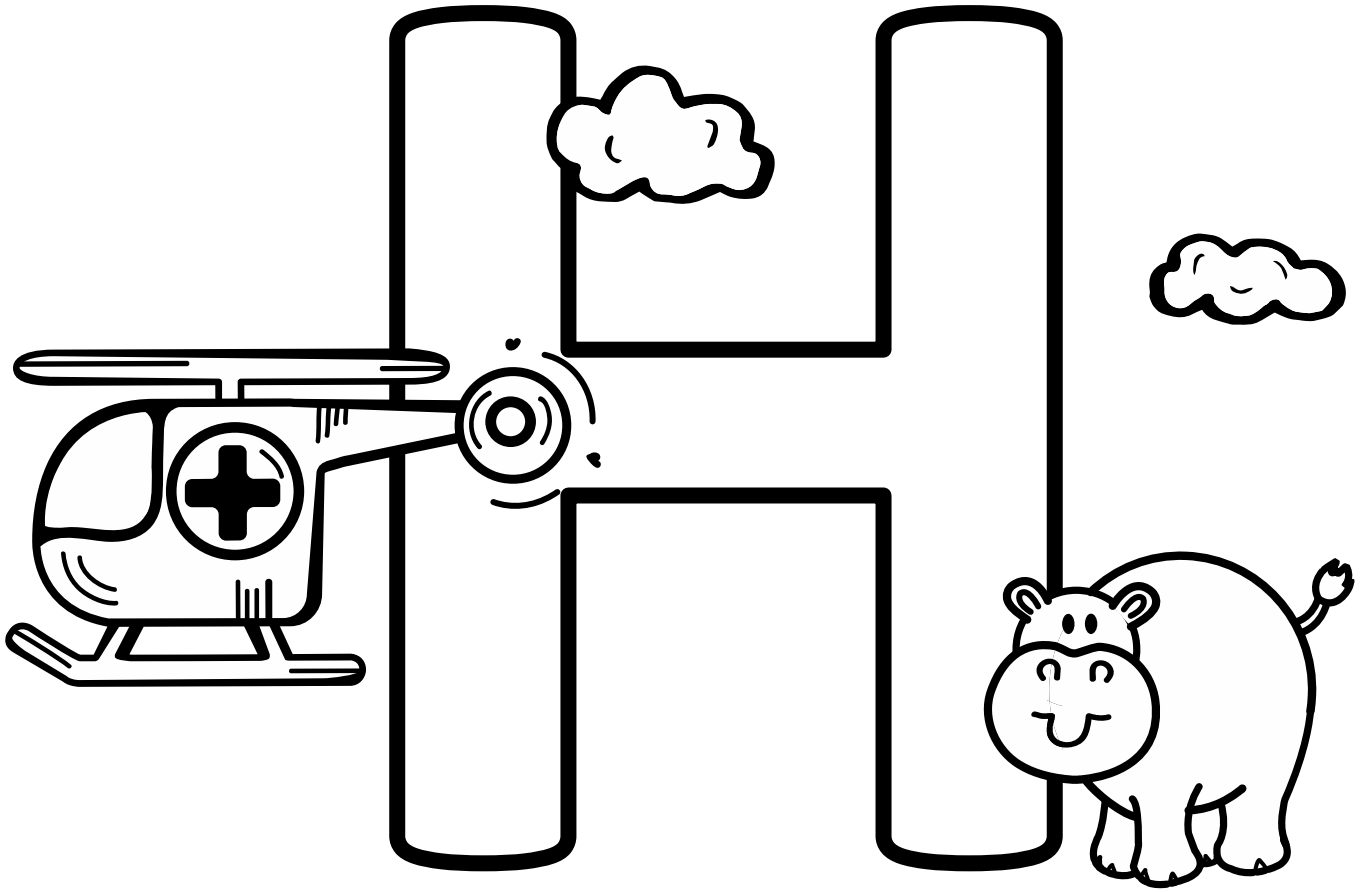
Fish is a top allergen in the U.S.
—for both kids and grown ups.



G is for...

Gut

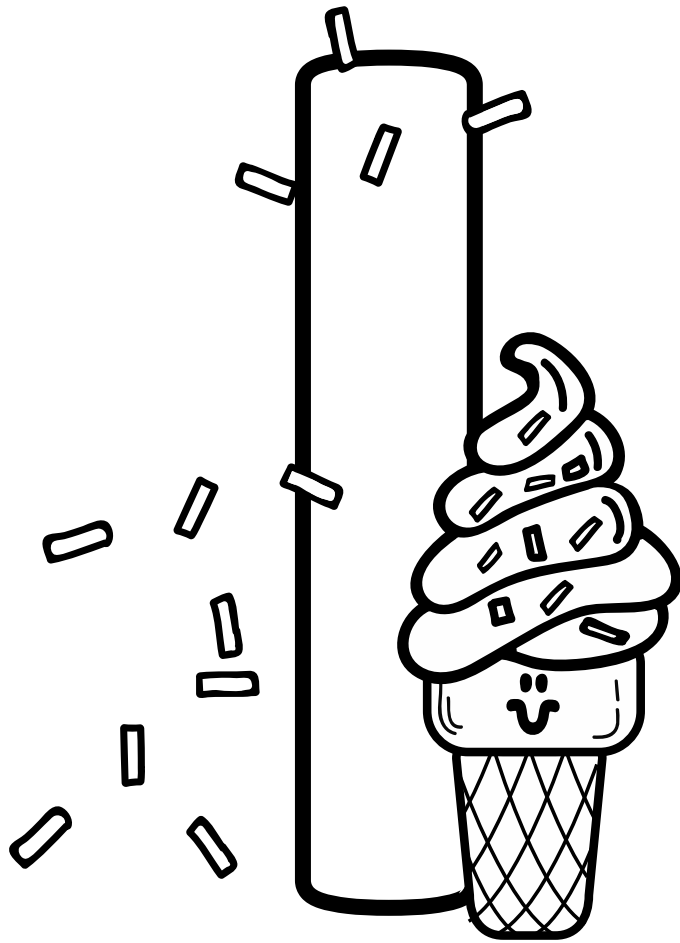
Allergic reactions can sometimes affect your Gut (stomach) & make you feel sick.



H is for...

Help

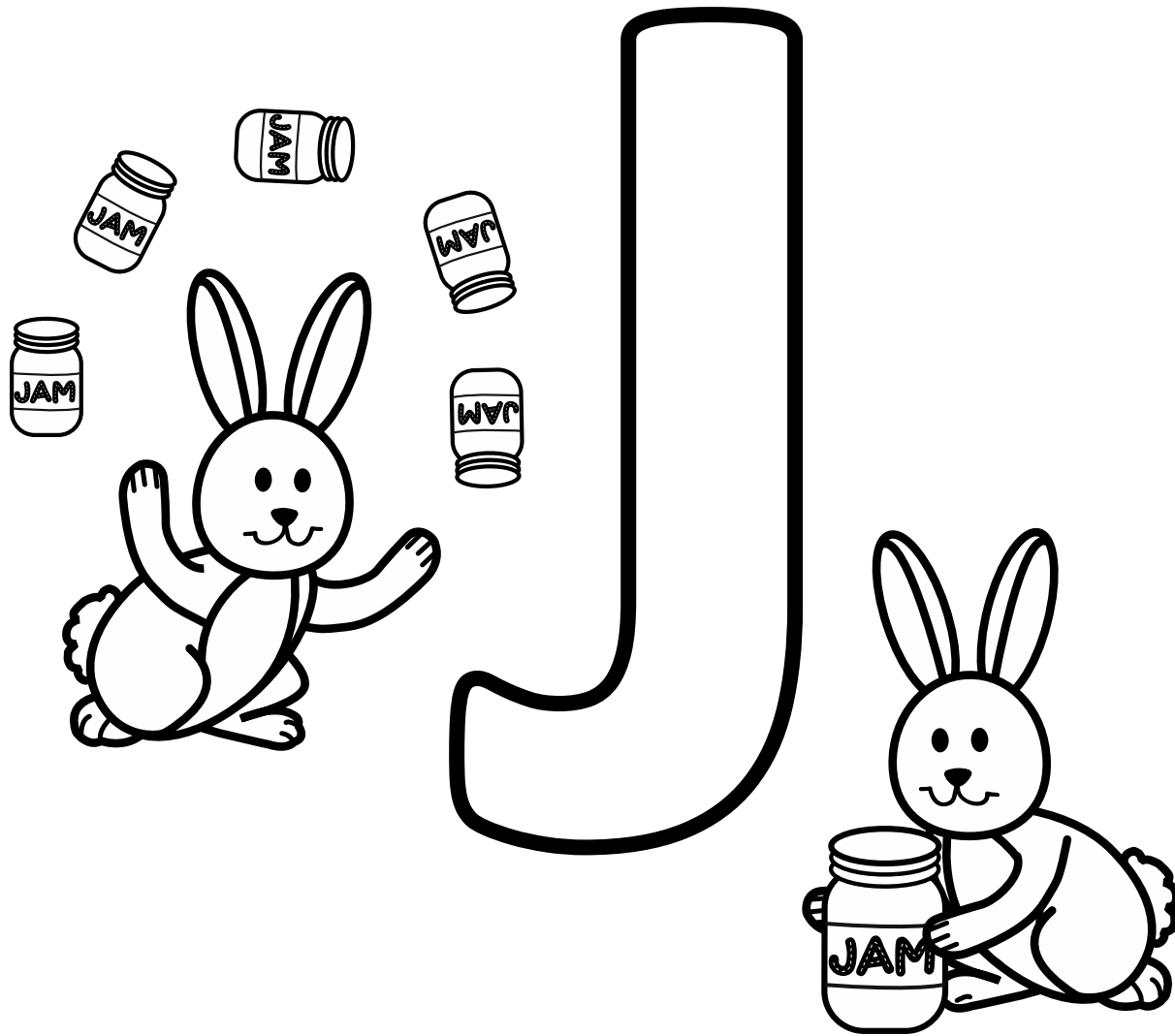
Look out for your friends with food allergies and Help them stay safe, too.



I is for...

doctor's **Instructions**

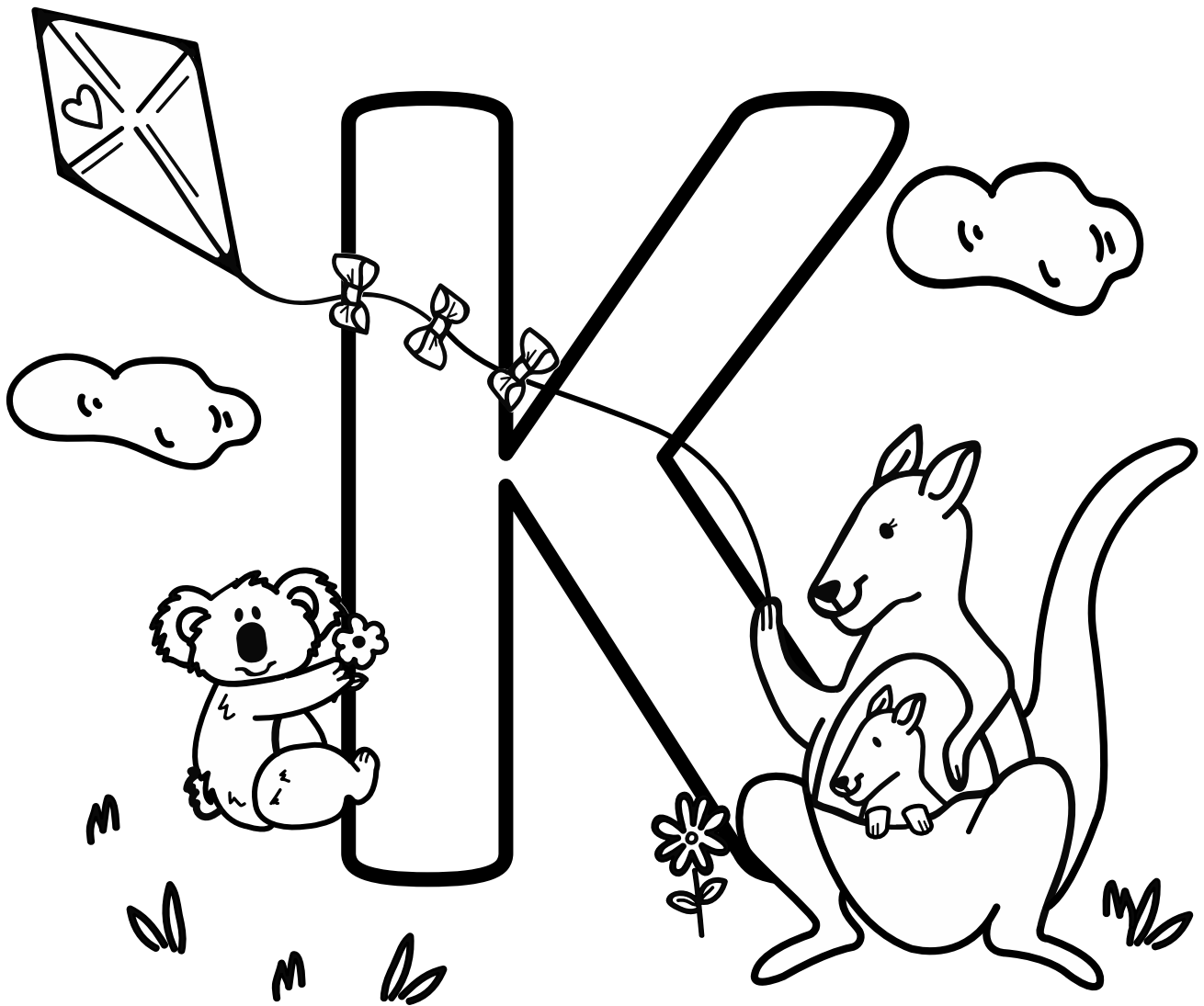
Always follow your doctor's Instructions (aka emergency action plan) for allergic reactions.



J is for...

Just stay calm

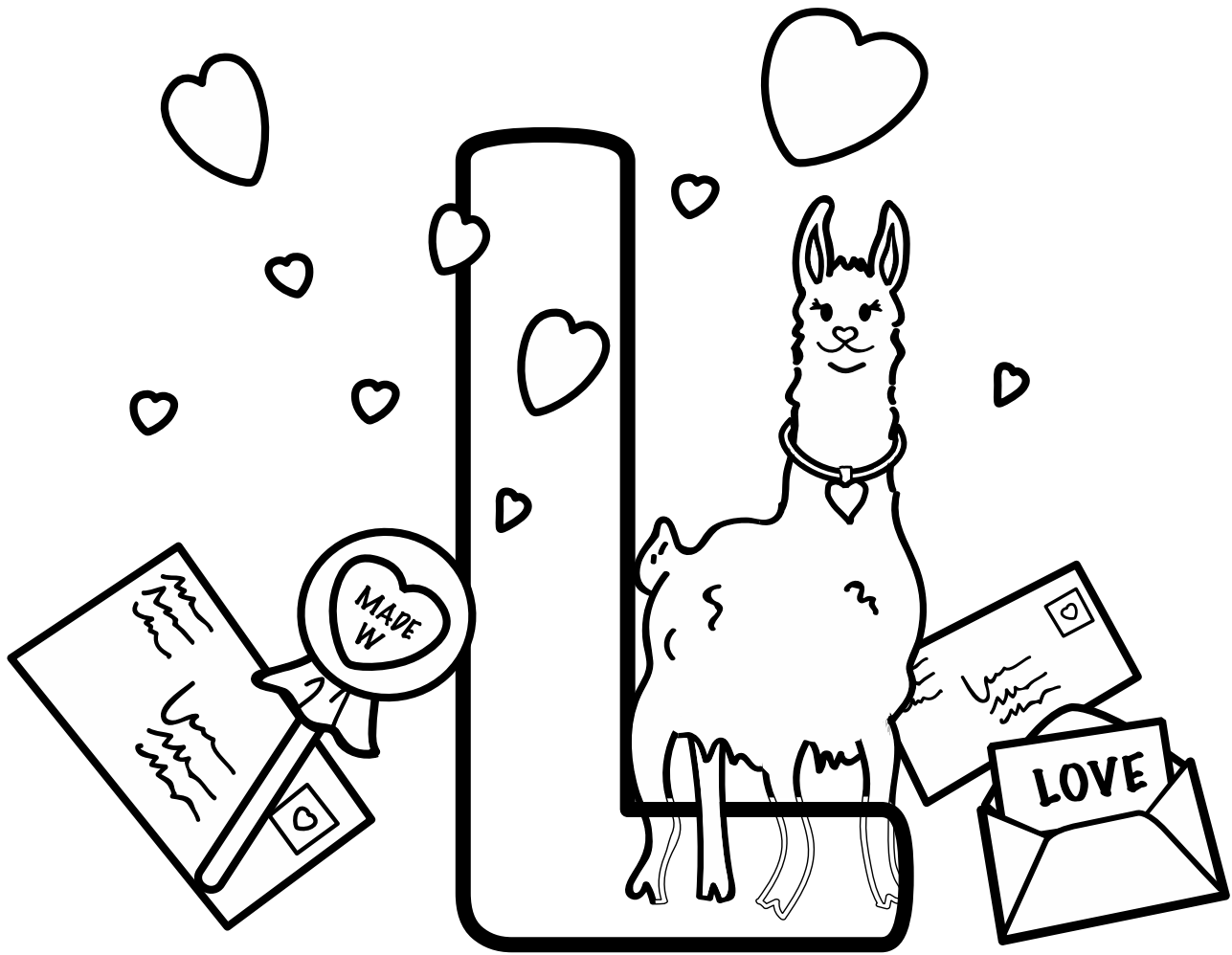
When you're having an allergic reaction,
Just stay calm.



K is for...

2 Kids per classroom

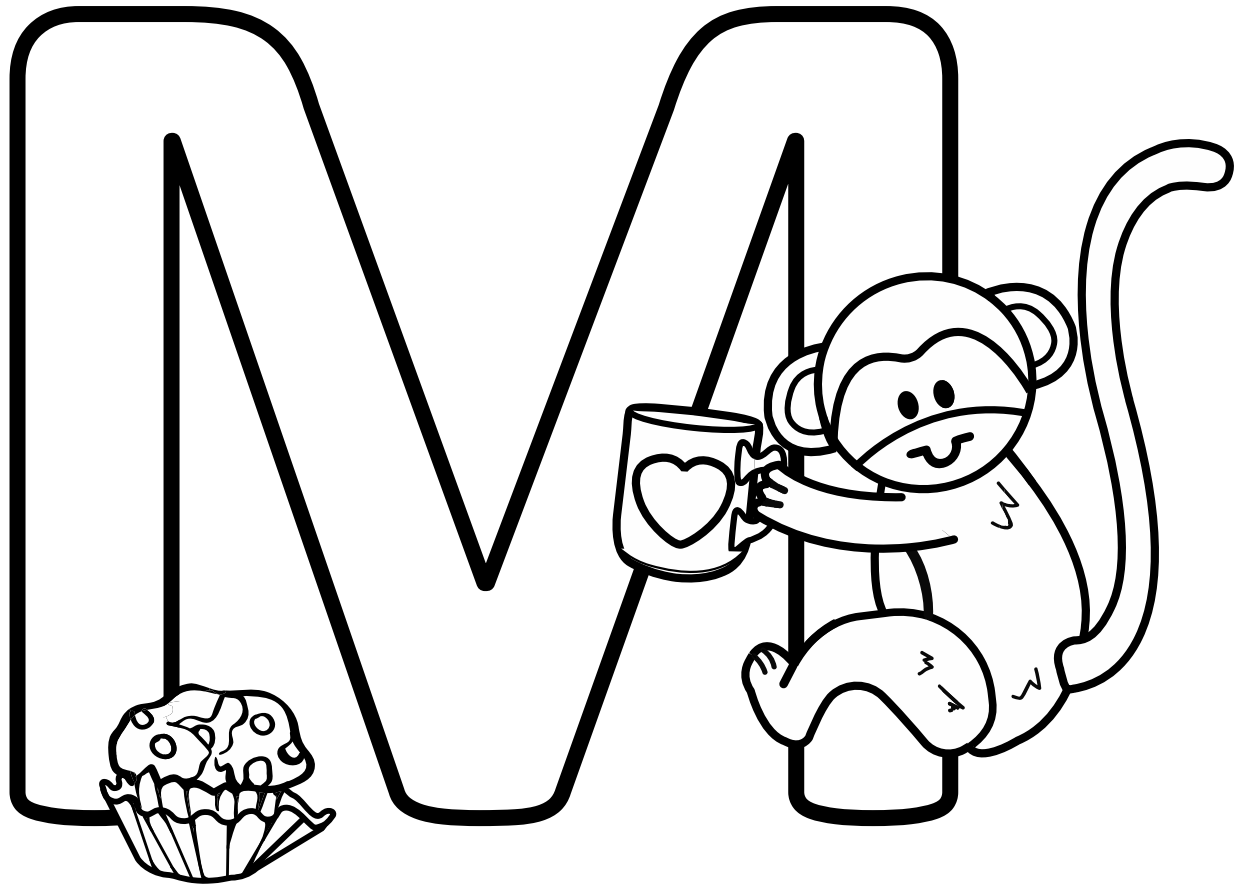
In the U.S., about 2 Kids in every classroom have food allergies.



L is for...

Learn to read Labels

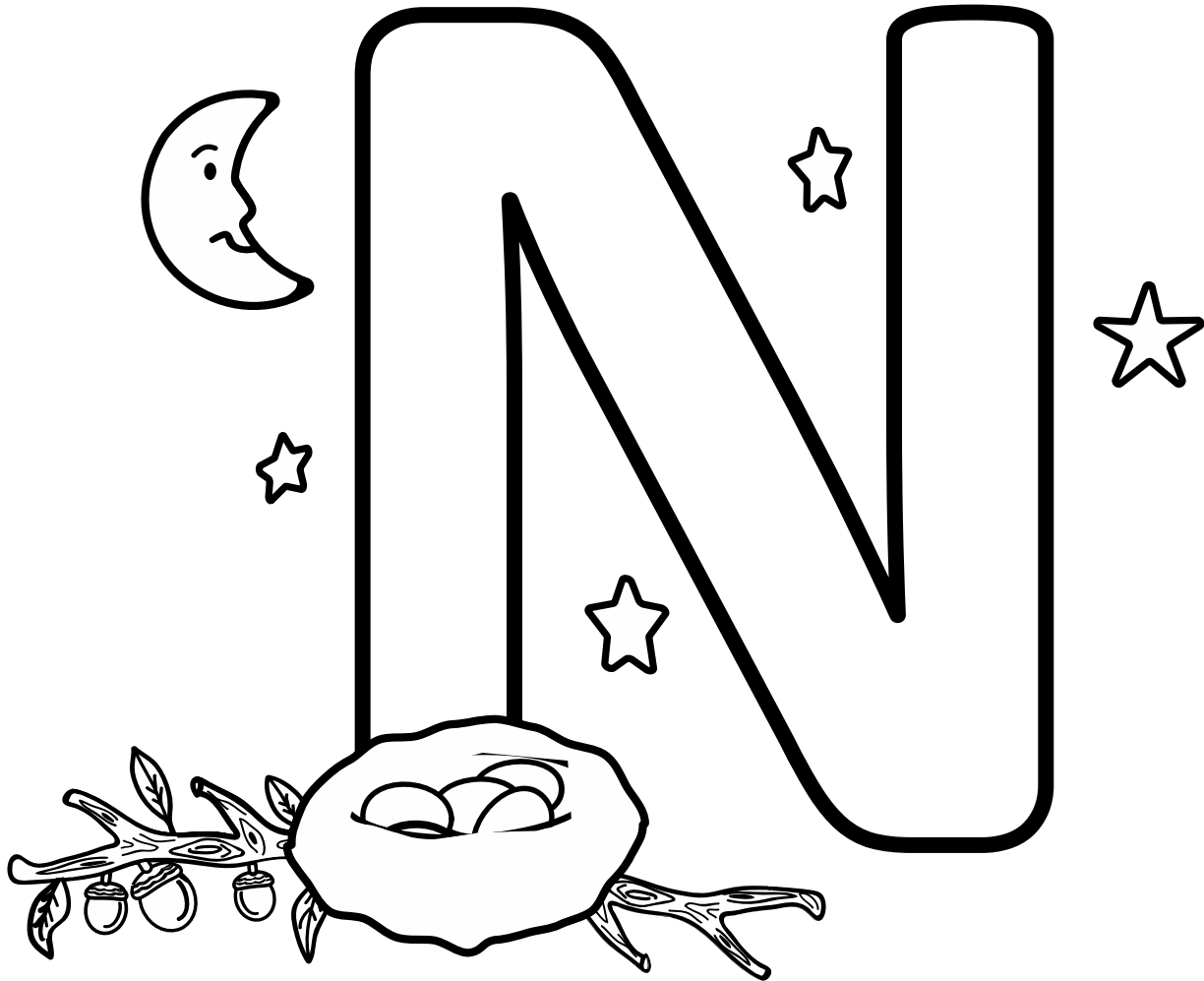
Become an ingredients detective
—Learn to read food Labels for allergens.



M is for...

Milk

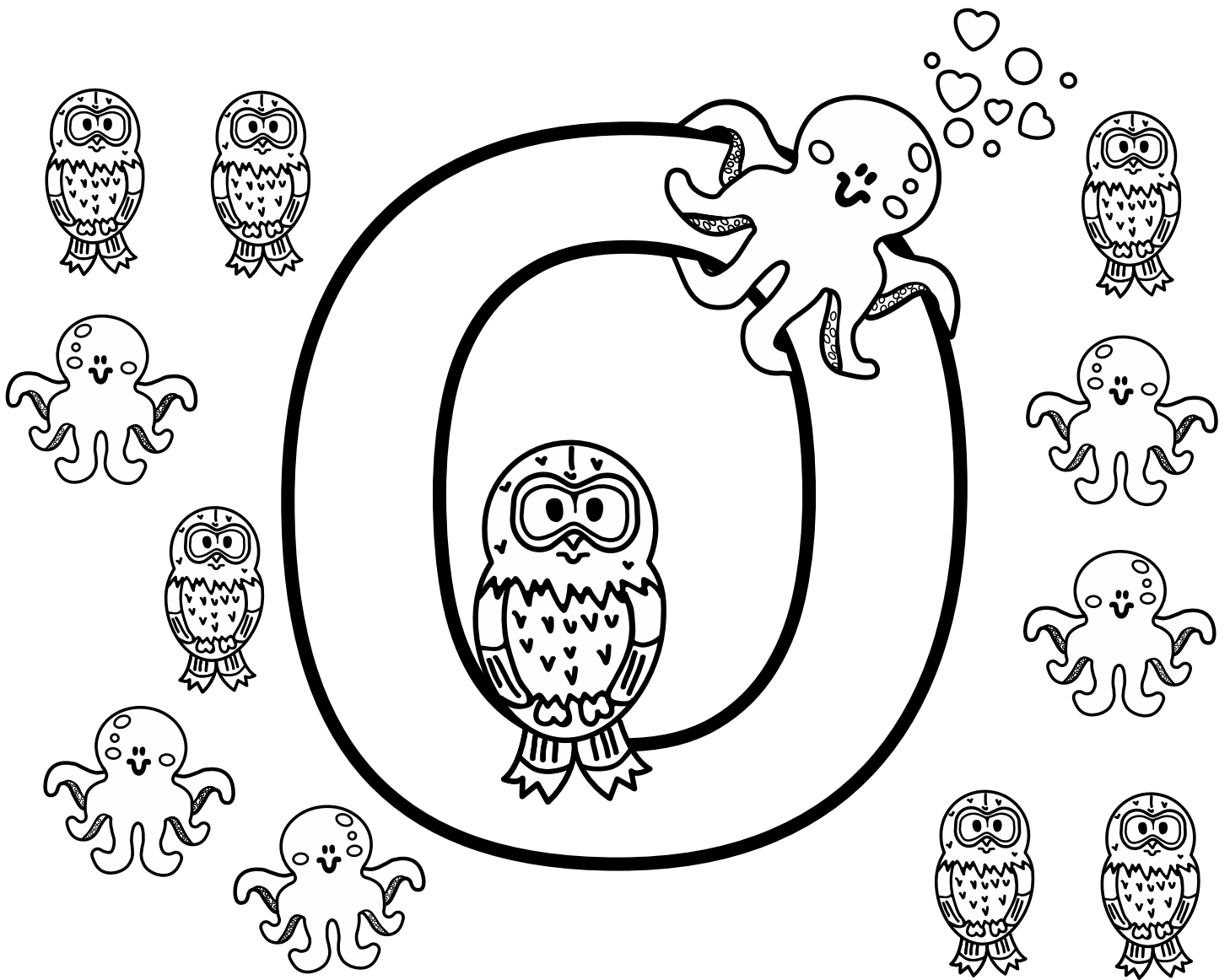
Milk (Dairy) is a top allergen. It can 'hide' on food labels with tricky names like 'whey'.



N is for...

tree Nuts

Almonds, Brazil nuts, cashews, hazelnuts, pecans, pistachios & walnuts are tree Nuts.



O is for...

1 Out Of 13

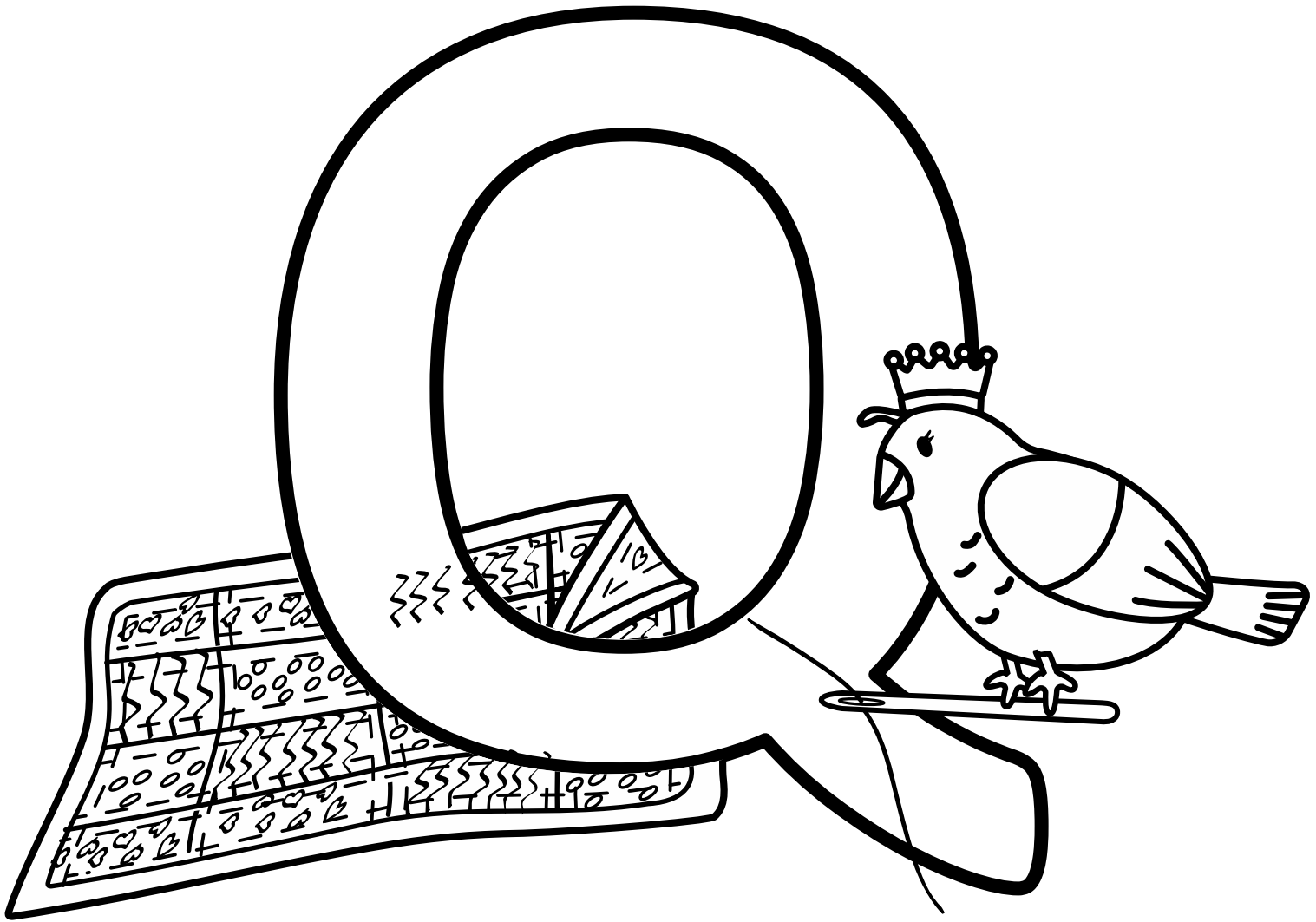
1 Out Of 13 kids in the U.S. has a food allergy—you are not alone!



P is for...

Peanut

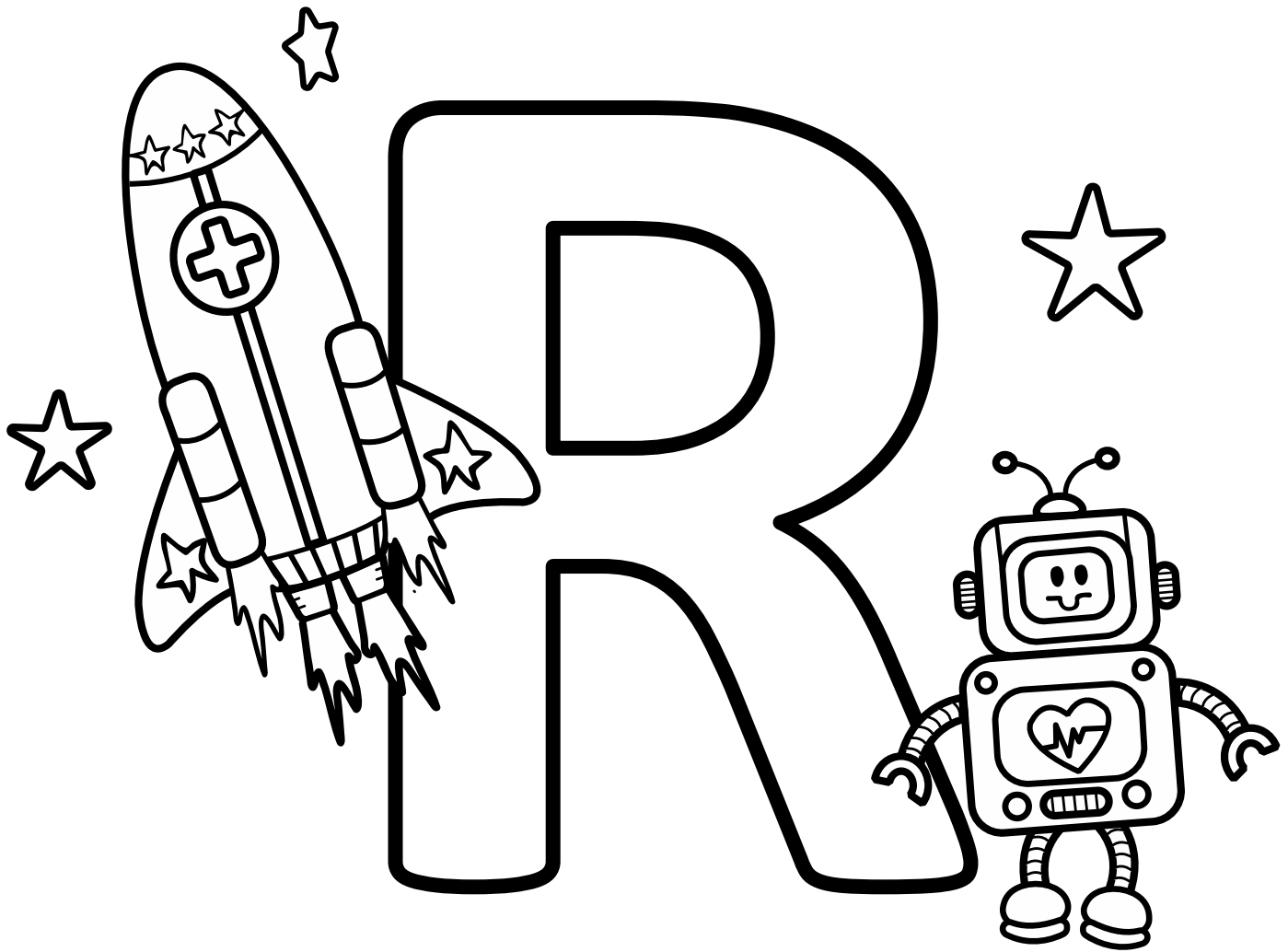
Peanut allergy is one of the most common food allergies.



Q is for...

Quick action

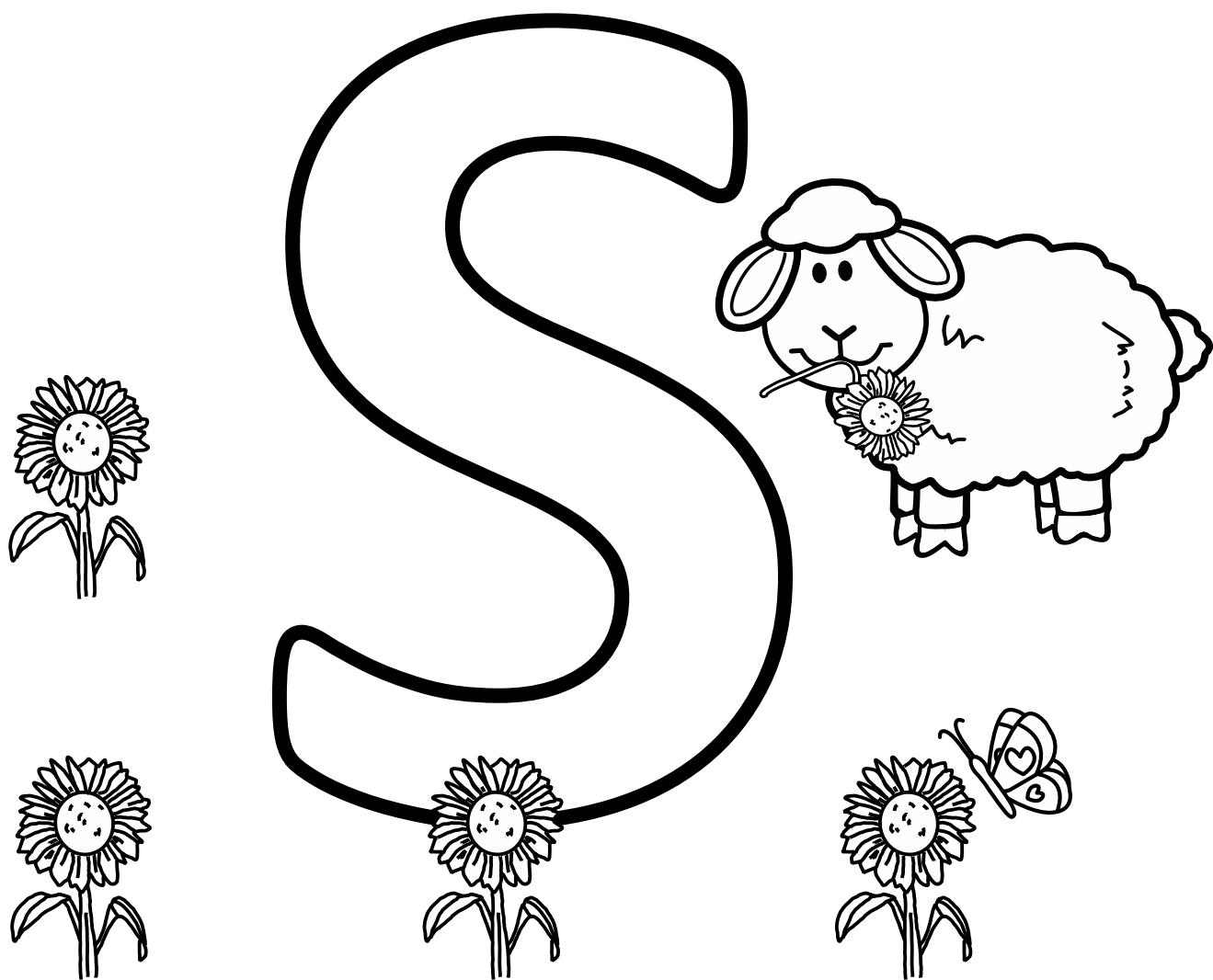
When you have an allergic reaction, it's important to take Quick action.



R is for...

allergic Reaction

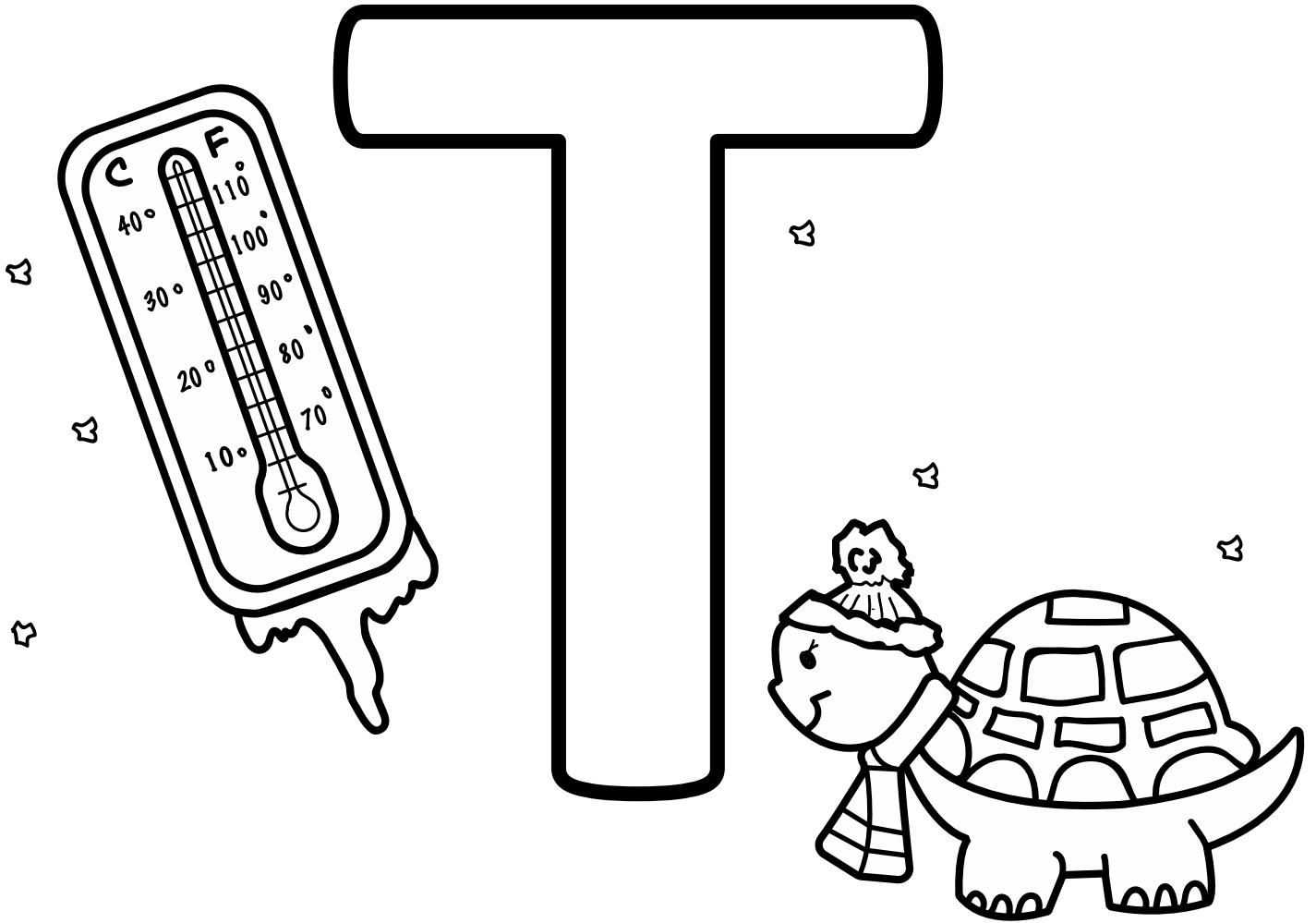
An allergic Reaction can affect your lungs, heart, throat, mouth, skin, gut & thinking.



S is for...

Sesame & Soy

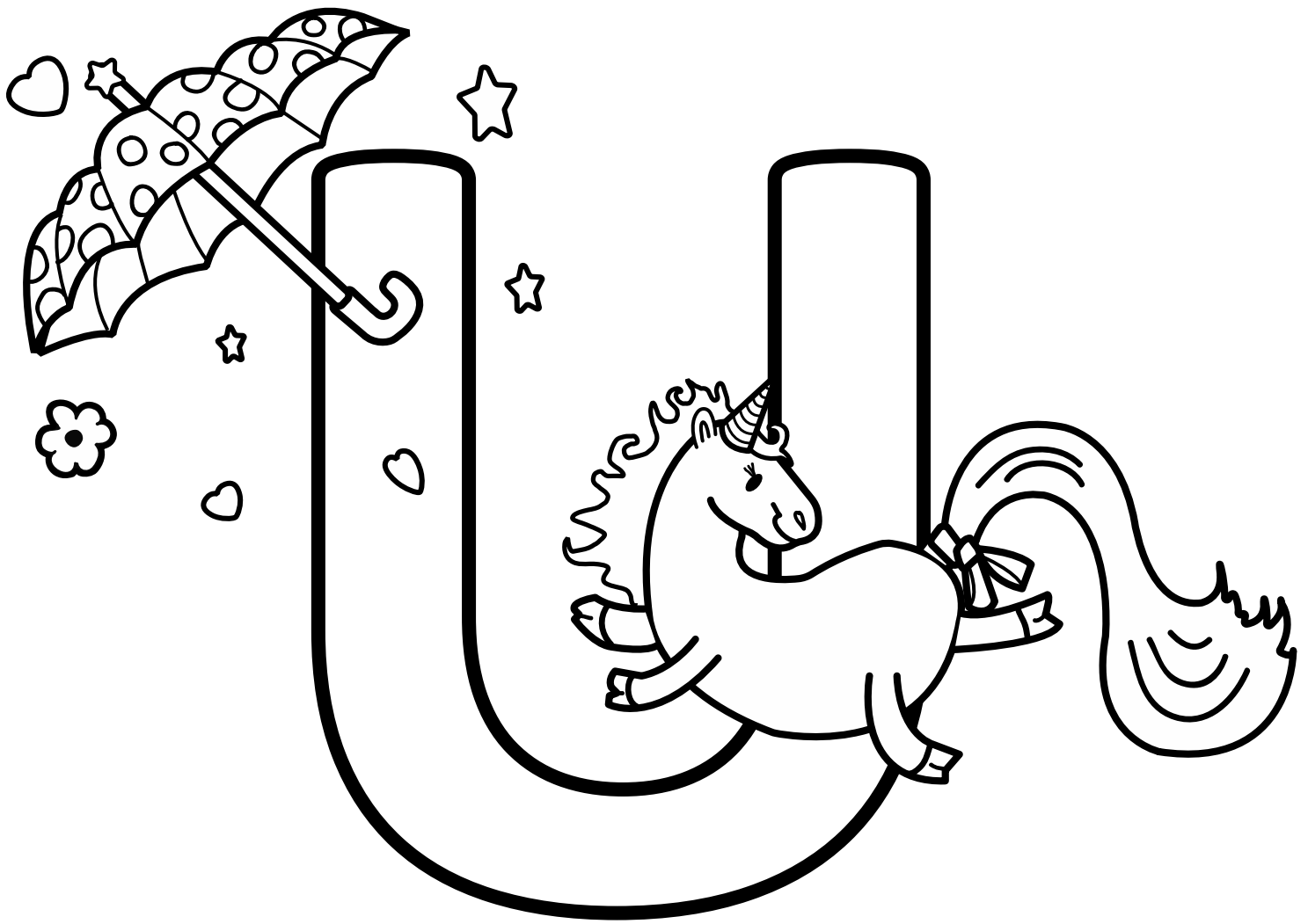
Sesame and Soy are also top allergens.



T is for...

Tell someone

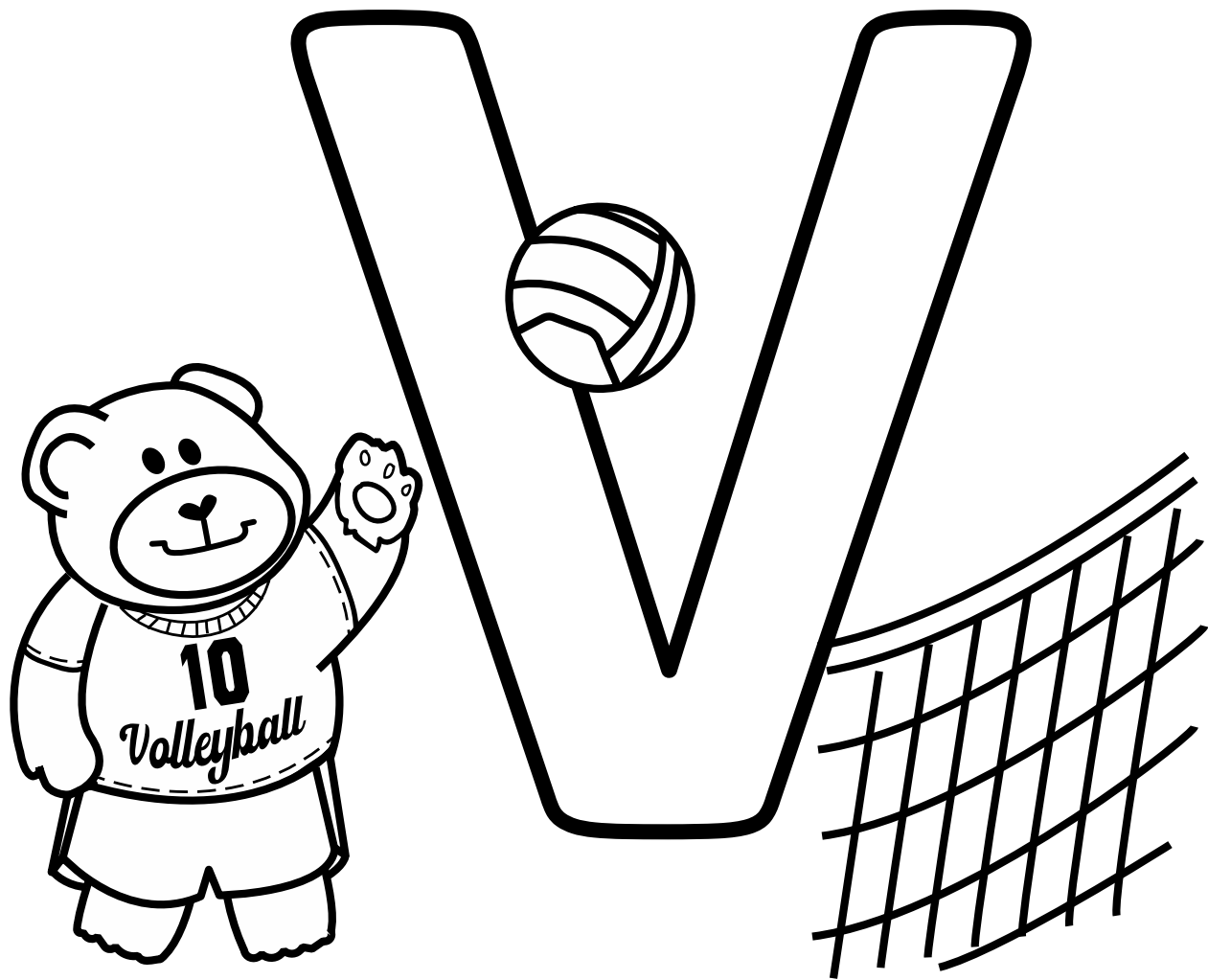
Tell a grown up if you feel funny after you eat, or you think you ate an allergen.



U is for...

Unsure

Unsure what's in a food you want to eat? If there is no food label, don't eat it!



V is for...

symptoms can **Vary**

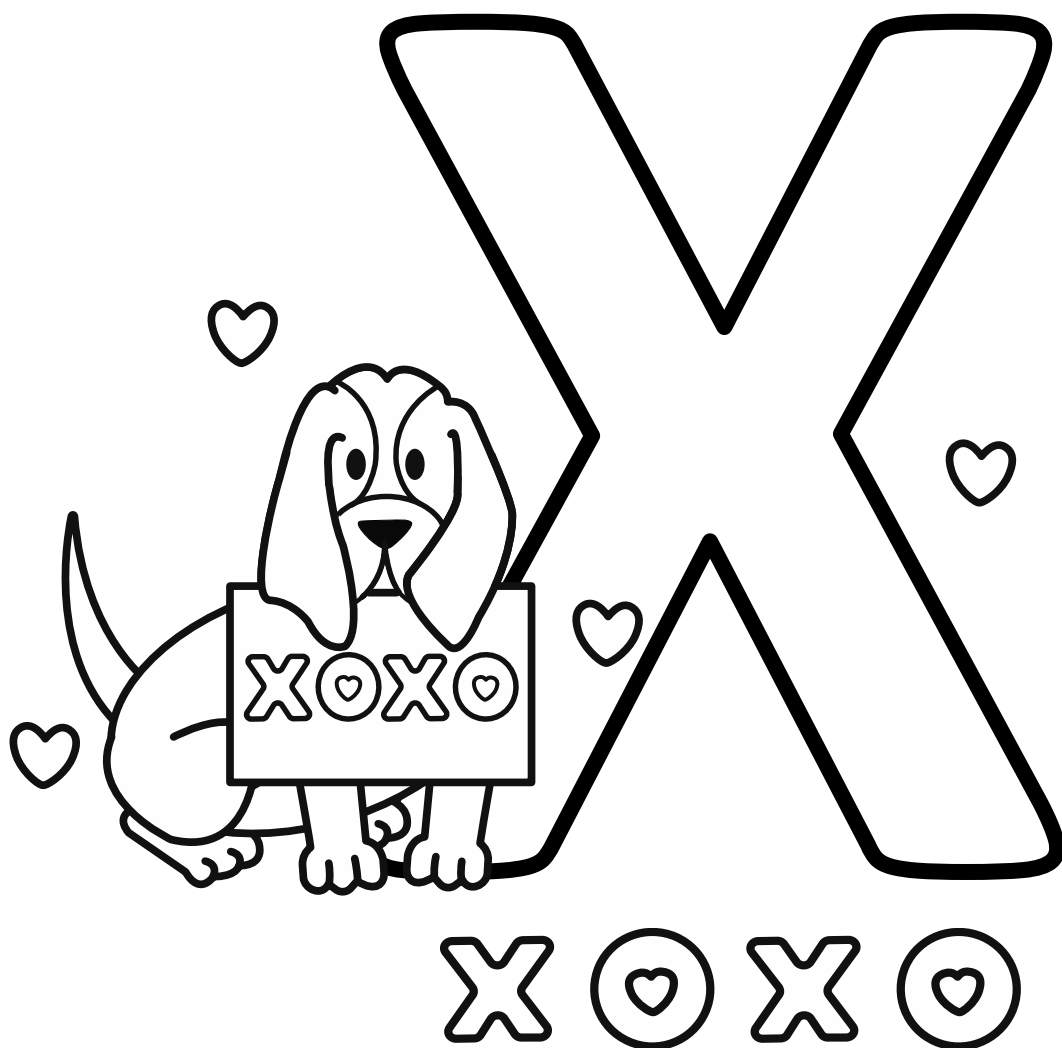
Allergic reaction symptoms can Vary
—each reaction can progress differently.



W is for...

Wheat

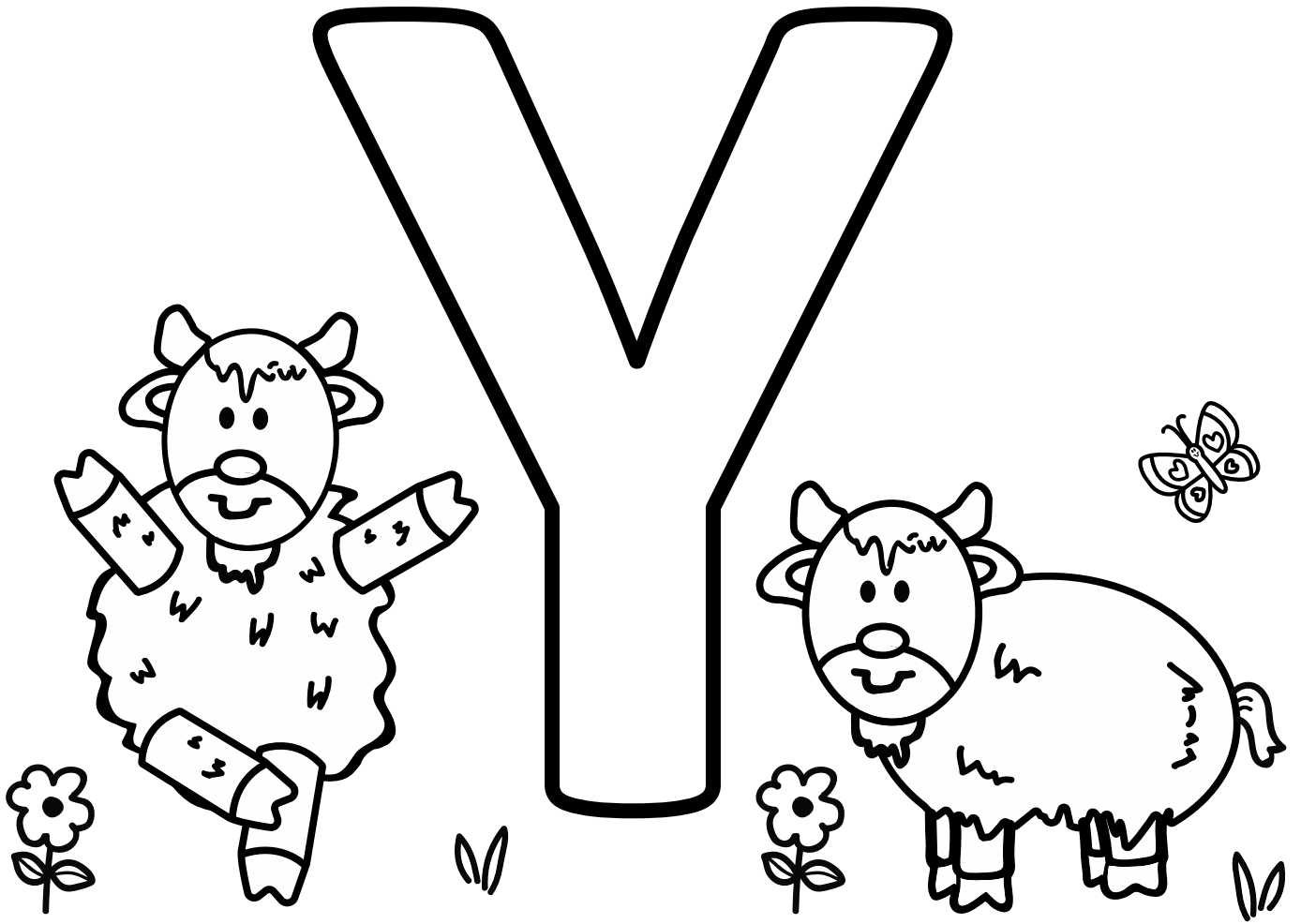
Wheat is a top allergen. Wheat is often in breads, cereals, pasta & desserts.



X is for...

~~Cross~~ contact

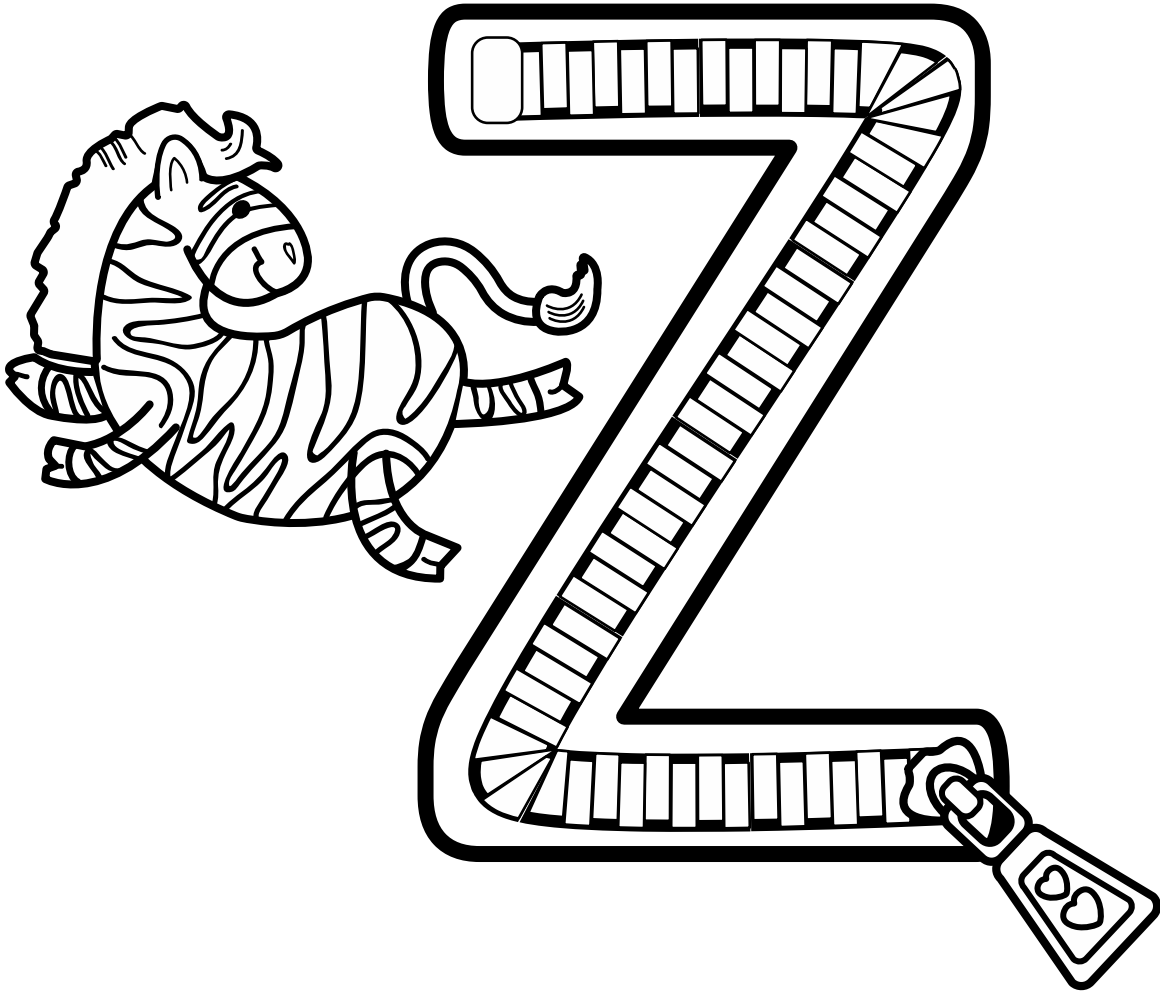
~~Cross~~ contact is when food does not contain your allergen, but touches it.



Y is for...

You

You've got this! Know Your allergens to
take care of YOU!



Z is for...

—zee end—



MY DOODLES

MY DOODLES

ACKNOWLEDGEMENTS



ILLUSTRATIONS

Molly D'Isernia, Artist in Residence

BOOK CONCEPT + CONTENT

Gayle Rigione, Allergy Force Co-founder

INSPIRATION

Elijah-Alavi Silvera, 2014-2017

REFERENCES

ACAAI: <https://acaai.org/allergies/anaphylaxis>

FAACT: <https://www.foodallergyawareness.org/newly-diagnosed>

FARE: <https://www.foodallergy.org/resources>

FDA/FALCPA: <https://www.fda.gov/food>

*Have fun teaching your child the ABC's of food allergies with this original coloring book. This book is not intended to offer medical advice.

www.allergyforce.com





..... Now You Know Your Food Allergy ABC'S