Millions of Americans have food allergies, including guests of this food establishment. These allergies may result in mild reactions or they can be life-threatening. There is no cure for food allergies. Persons with food allergies must avoid contact with food allergens.

### Most Common Food Allergens:

- Peanuts
- Tree Nuts
- Fish
- Crustacean
- Eggs
- Milk
- Wheat
- Soy

Oklahoma State Department of Health rules require employees of food service establishments to be trained in awareness of major food allergens as necessary to perform their assigned duties.

Be Aware of Major Food Allergens, Know the Symptoms of Allergic Reaction, Don’t Cross Contaminate
Be Aware of Major Food Allergens, Know the Symptoms of Allergic Reaction, Don’t Cross Contaminate

Major Food Allergens
- Milk
- Egg
- Fish (such as bass, flounder, cod)
- Tree nuts (such as almonds, pecans, walnuts)
- Crustacean (such as crab, lobster, shrimp)
- Soybeans
- Ingredients containing protein from the above
- Wheat
- Peanuts
- Tree nuts (such as almonds, pecans, walnuts)
- Soybeans
- Ingredients containing protein from the above
- Note: Highly refined oils from the above are NOT food allergens

Signs and Symptoms of Allergic Reactions

<table>
<thead>
<tr>
<th>Where</th>
<th>Subjective Symptoms</th>
<th>Objective Signs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin</td>
<td>Itching</td>
<td>Skin flushing or erythema (redness) &quot;goosebumps&quot;)</td>
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<tr>
<td></td>
<td></td>
<td>Rash: (hives) - acute, Eczema (usually delayed, &gt;6 hours)</td>
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<td></td>
<td></td>
<td>Swelling, especially face</td>
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<tr>
<td>Lips, tongue, palate of the mouth</td>
<td>Itching, numbness, dryness</td>
<td>Swelling, may also include the uvula</td>
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<tr>
<td>Eyes, conjunctiva</td>
<td>Itching</td>
<td>Swelling around eyes, redness of conjunctiva and tearing</td>
</tr>
<tr>
<td>Stomach and Intestines</td>
<td>Nausea, pain</td>
<td>Vomiting, diarrhea, abdominal pain</td>
</tr>
<tr>
<td>Nose</td>
<td>Itching</td>
<td>Nasal congestion or runniness, sneezing</td>
</tr>
<tr>
<td>Larynx, throat</td>
<td>Itching, dryness/tightness</td>
<td>Swelling around the larynx and vocal cord, voice hoarseness, wheeze, cough</td>
</tr>
<tr>
<td>Lungs</td>
<td>Shortness of breath, catching breath, pain/tightness</td>
<td>Respiratory distress (i.e., increased breathing rate, difficulty lowered peak expiratory flow measurement), cough, wheezing</td>
</tr>
<tr>
<td>HEART and CARDIOVASCULAR</td>
<td>Chest pain/ tightness, feeling of faintness dizziness</td>
<td>Fainting or very low blood pressure (shock), abnormal heart rhythm</td>
</tr>
</tbody>
</table>

*Citation: excerpted from: Approaches to Establish Thresholds for Major Food Allergens and for Gluten in Food, U.S. Food and Drug Administration, March 2006.*