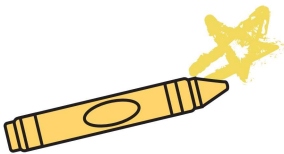
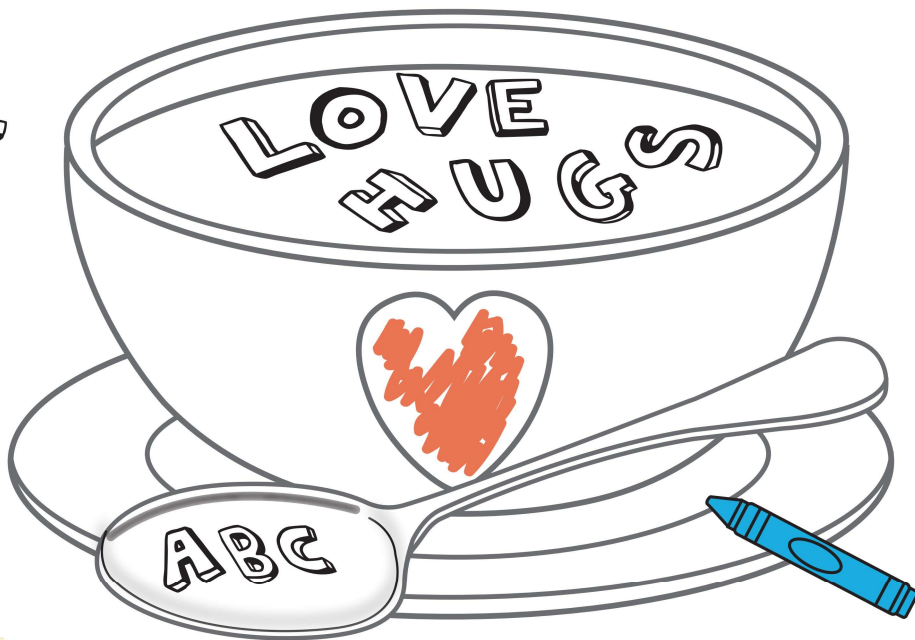
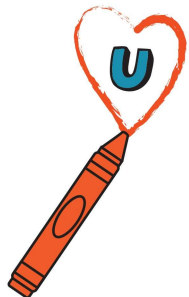


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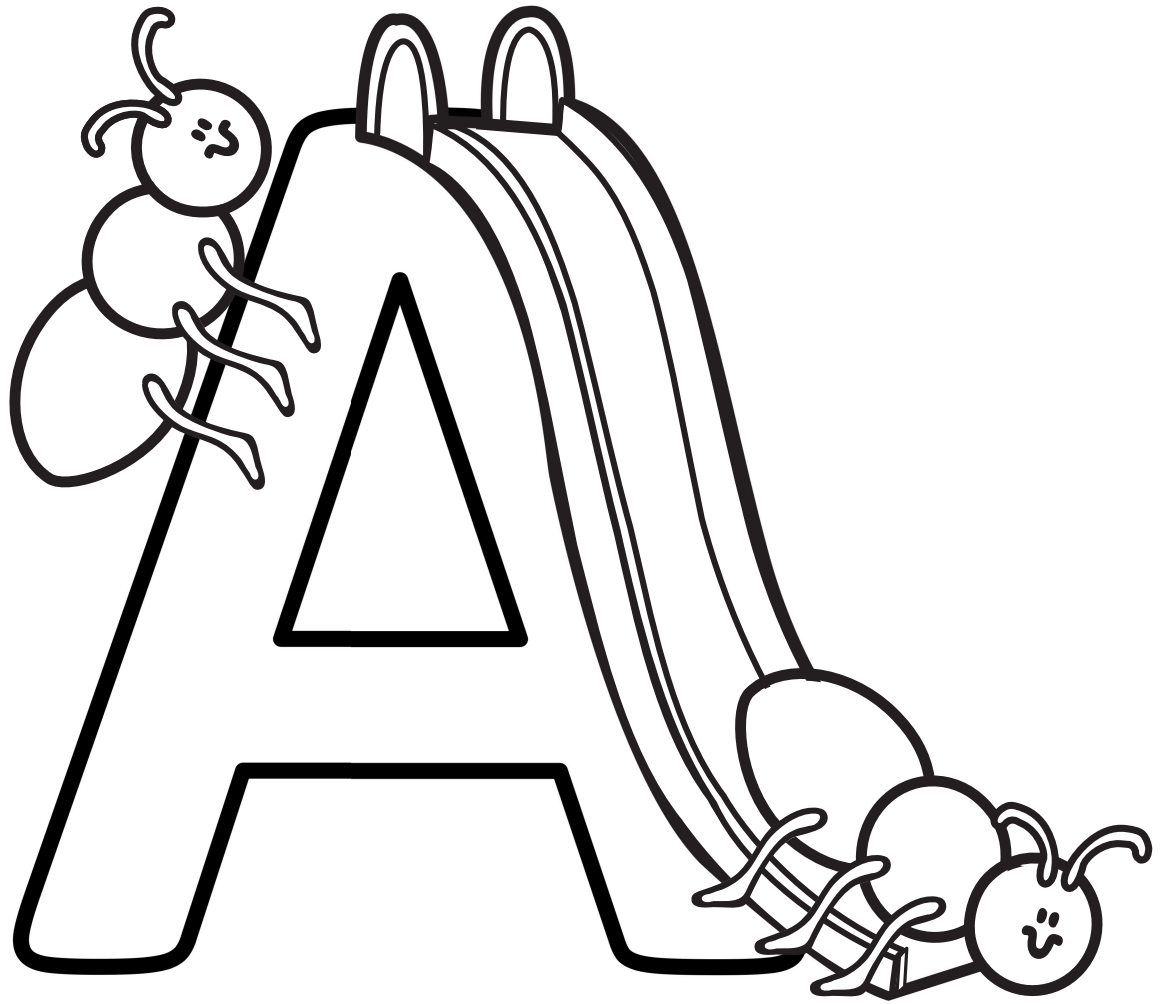
COLORING PAGES

# MY FOOD ALLERGY ABC'S



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

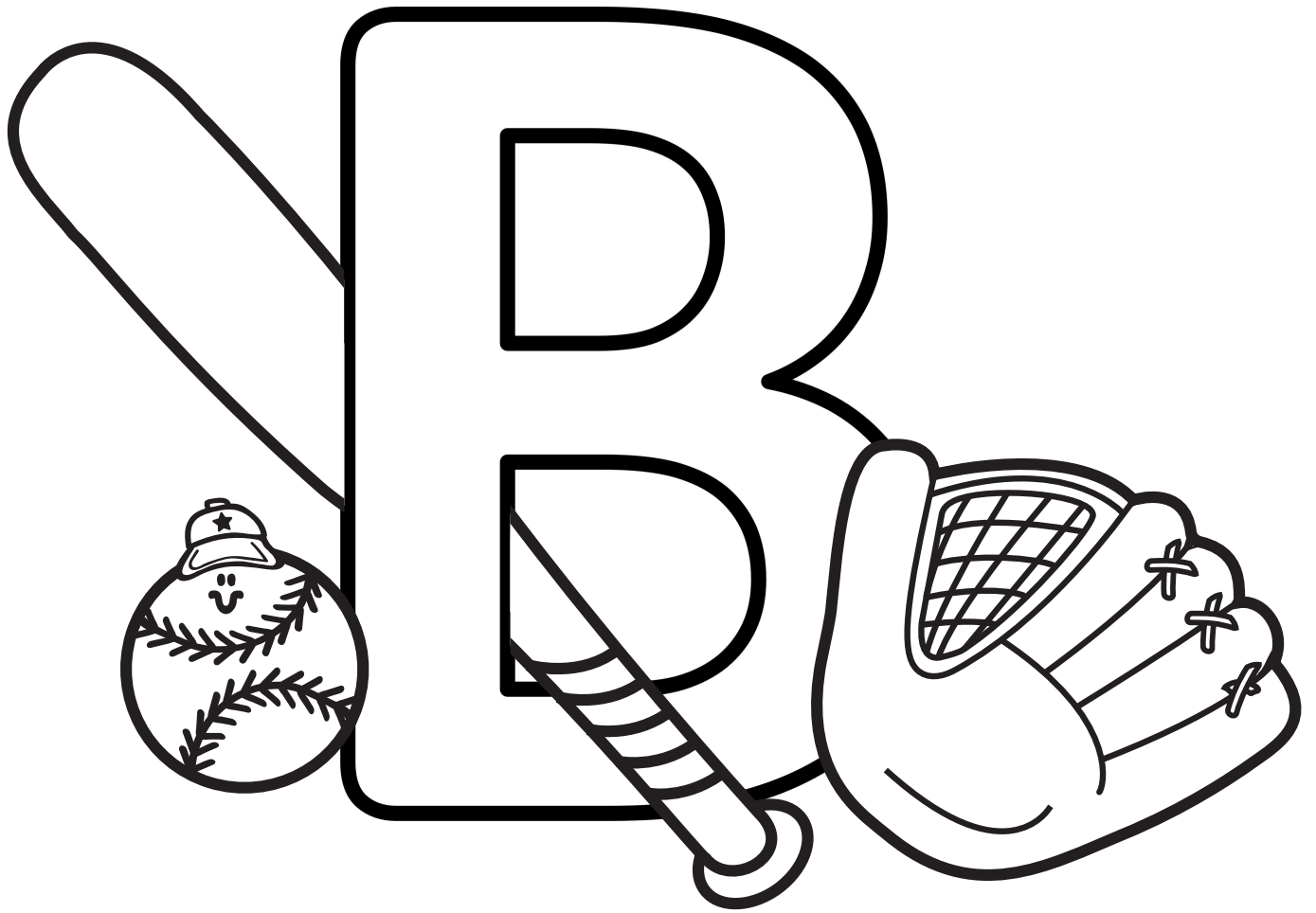




**A is for...**

**food Allergies**

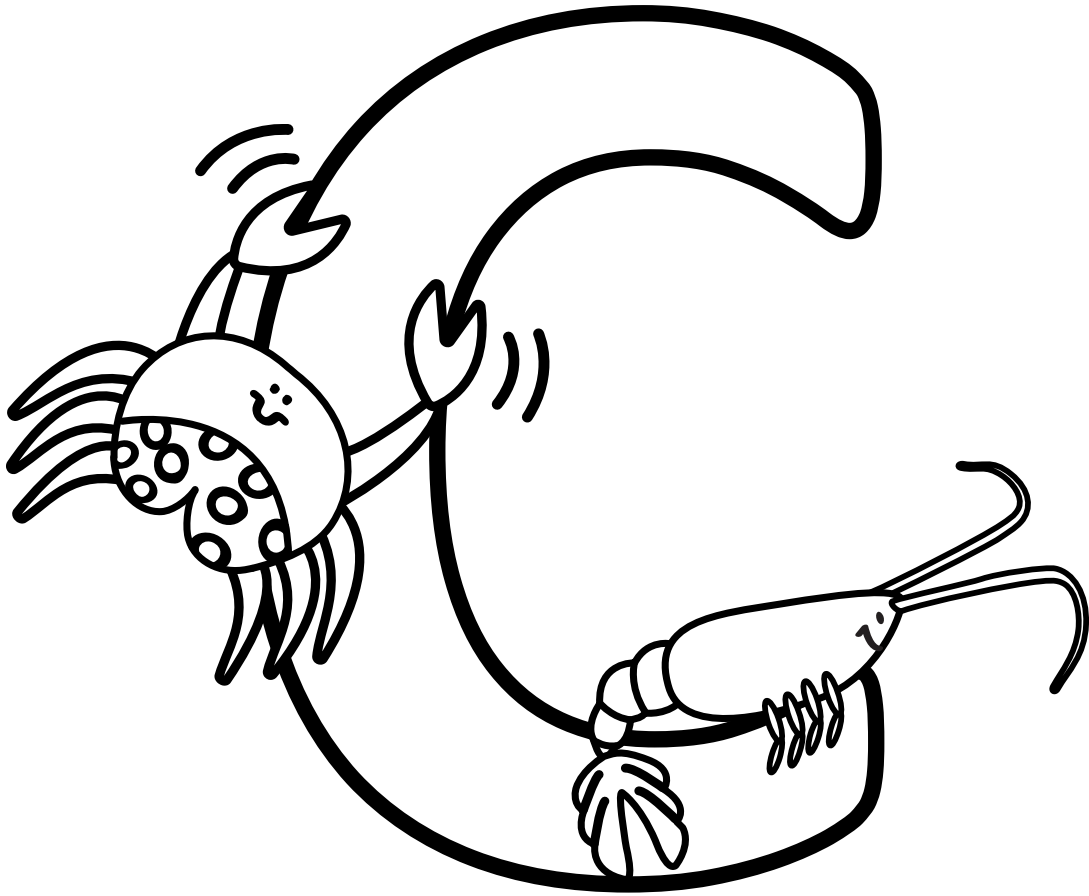
32+ million Americans have food Allergies.



**B is for...**

being **Brave**

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

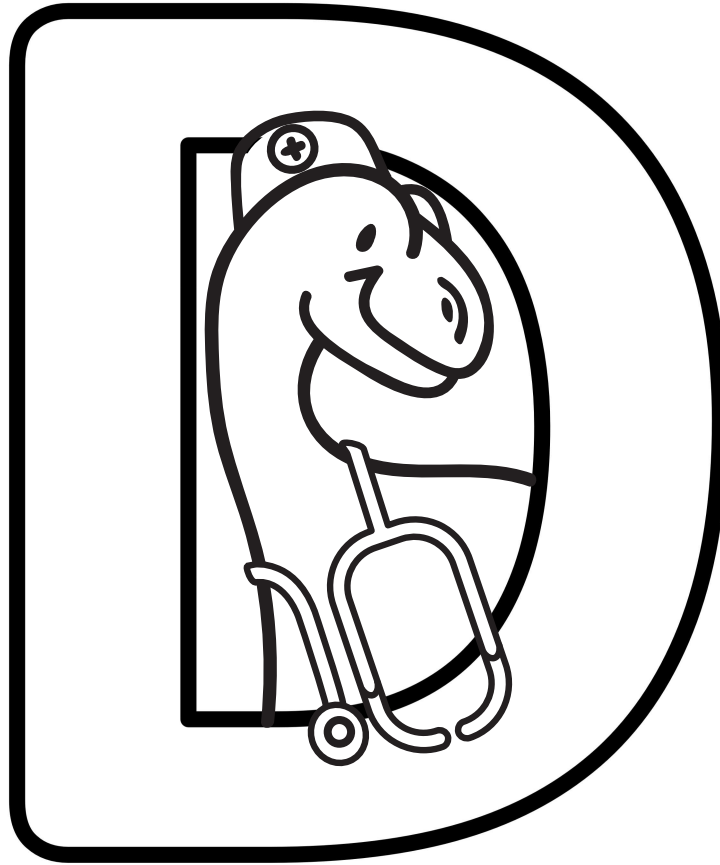


**C is for...**

**Crustaceans**

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

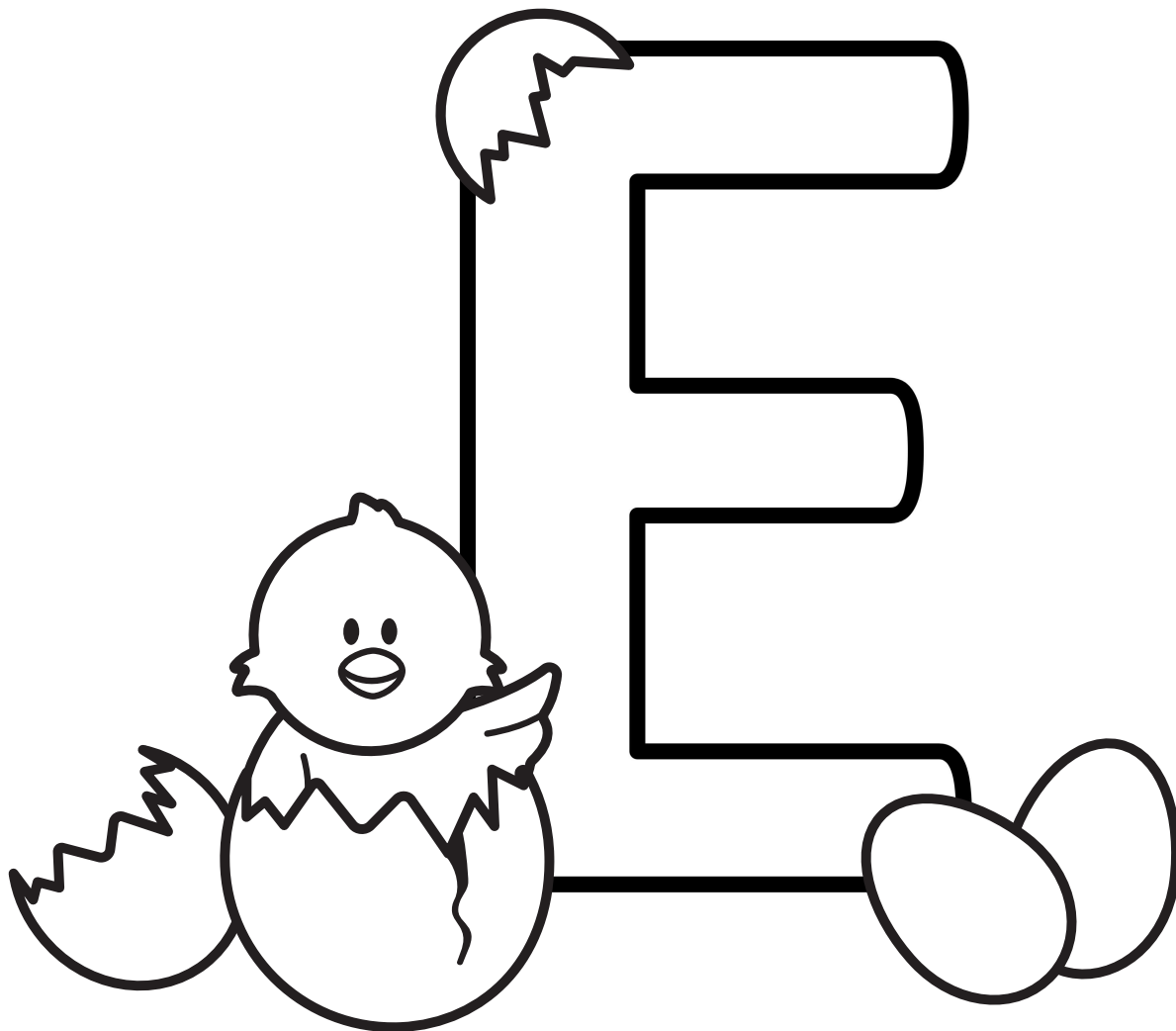




**D** is for...

**Doctor & Diagnosis**

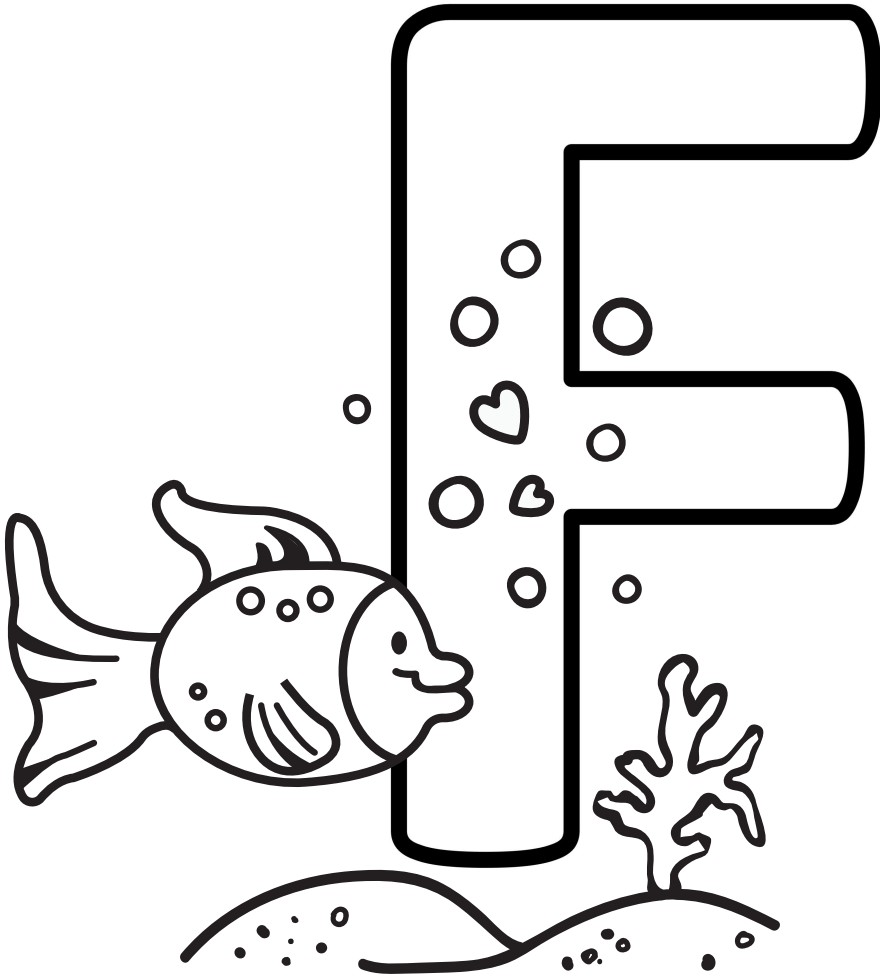
Food allergy is Diagnosed  
by a special Doctor called an allergist.



**E is for...**

**Egg**

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



**F is for...**

**Fish**

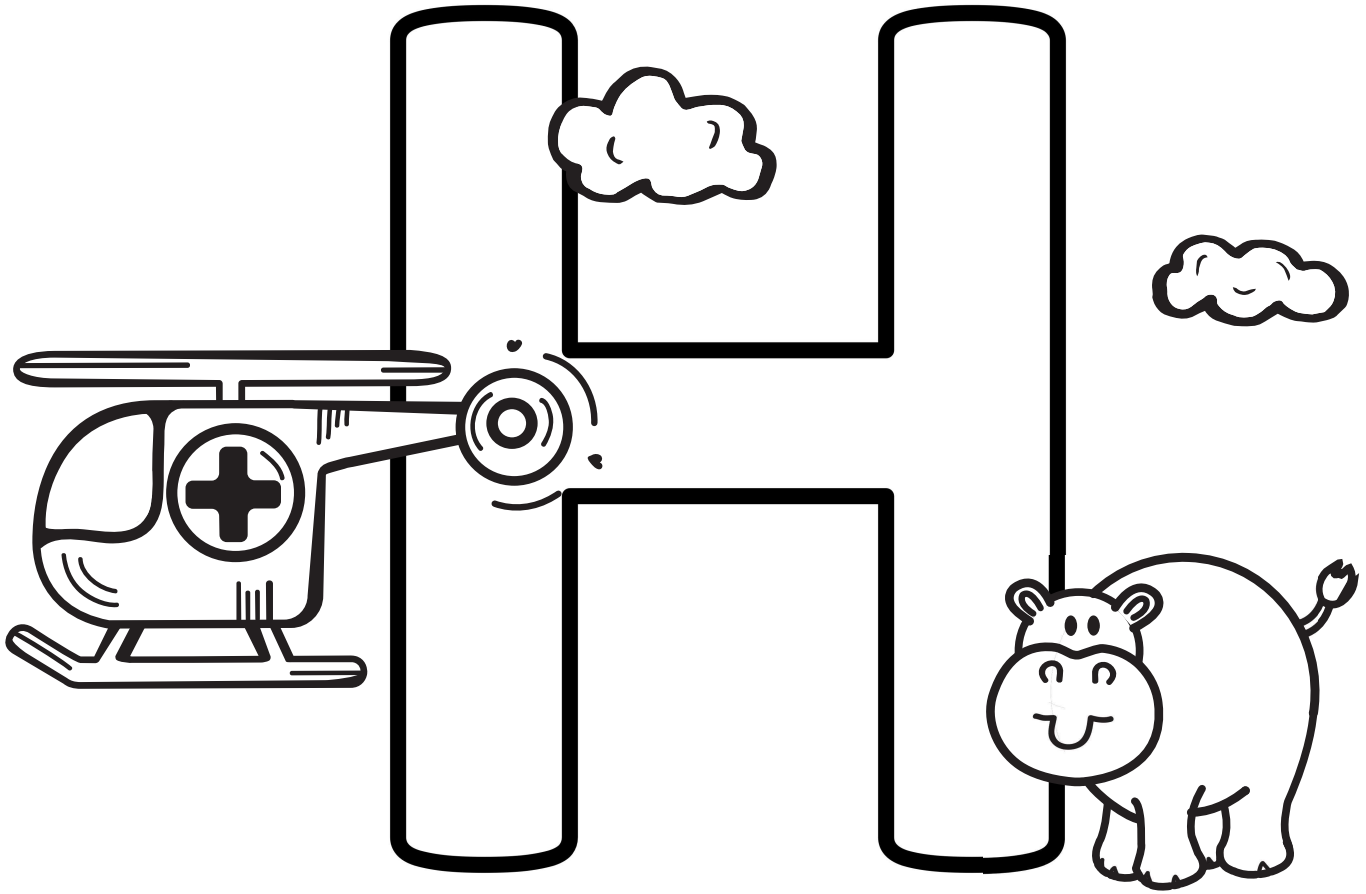
*Fish* is a top allergen in the U.S.  
—for both kids and grown ups.



**G is for...**

**Gut**

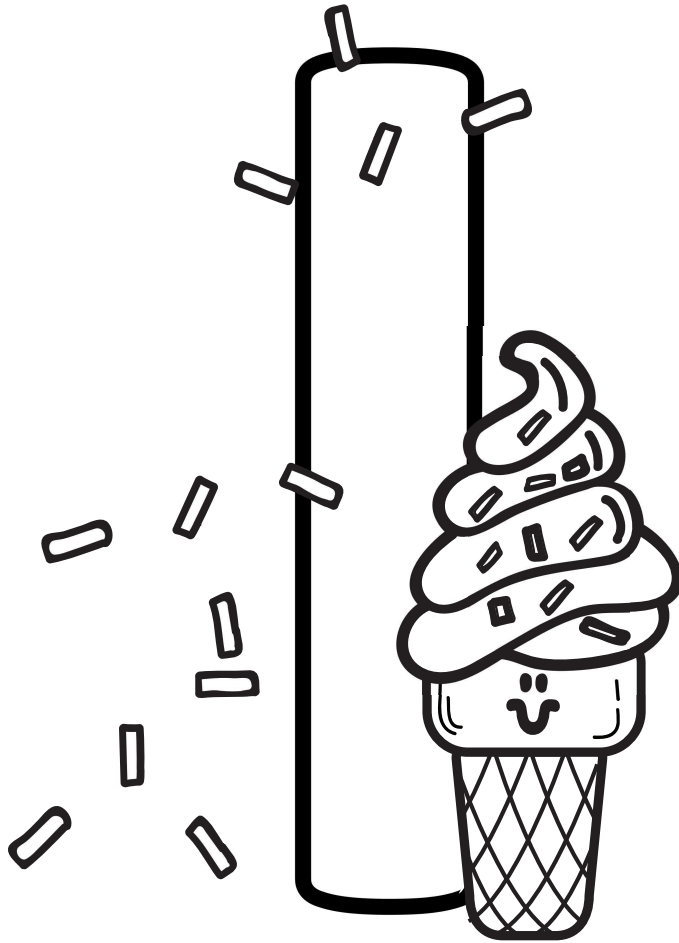
Allergic reactions can sometimes affect your Gut (stomach) & make you feel sick.



**H is for...**

**Help**

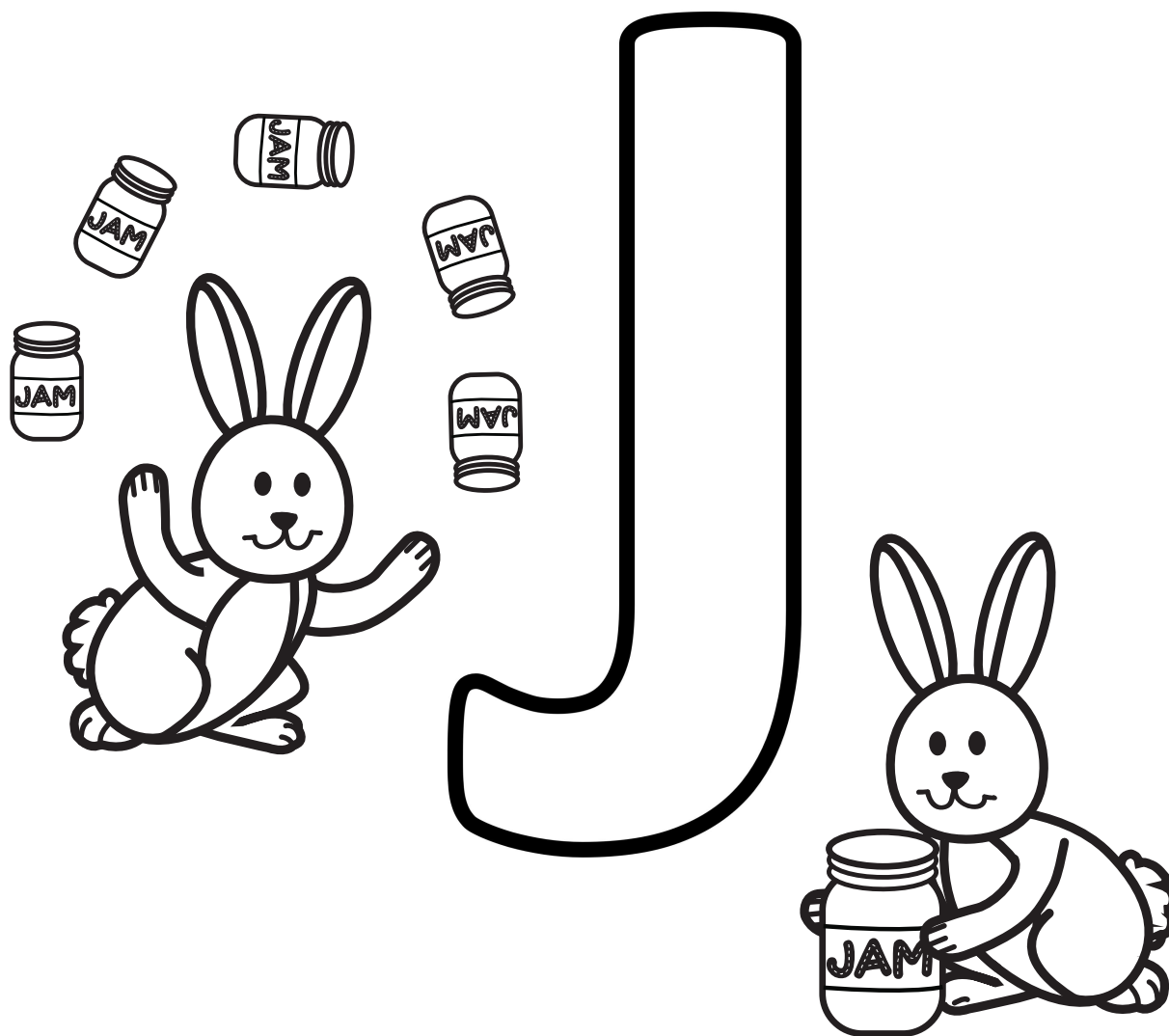
Look out for your friends with food allergies and Help them stay safe, too.



**I** is for...

doctor's **Instructions**

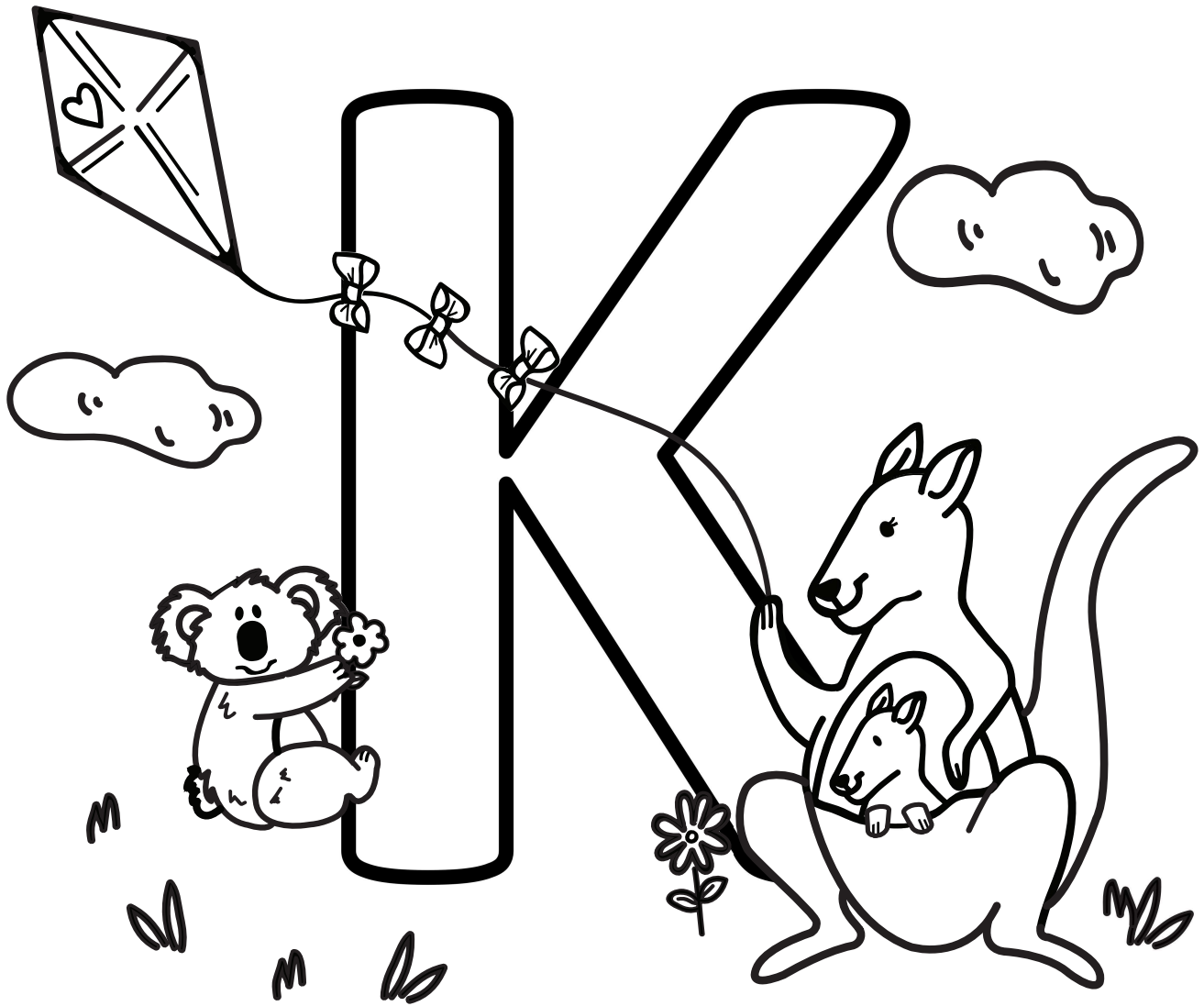
Always follow your doctor's Instructions (aka emergency action plan) for allergic reactions.



**J is for...**

**Just stay calm**

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

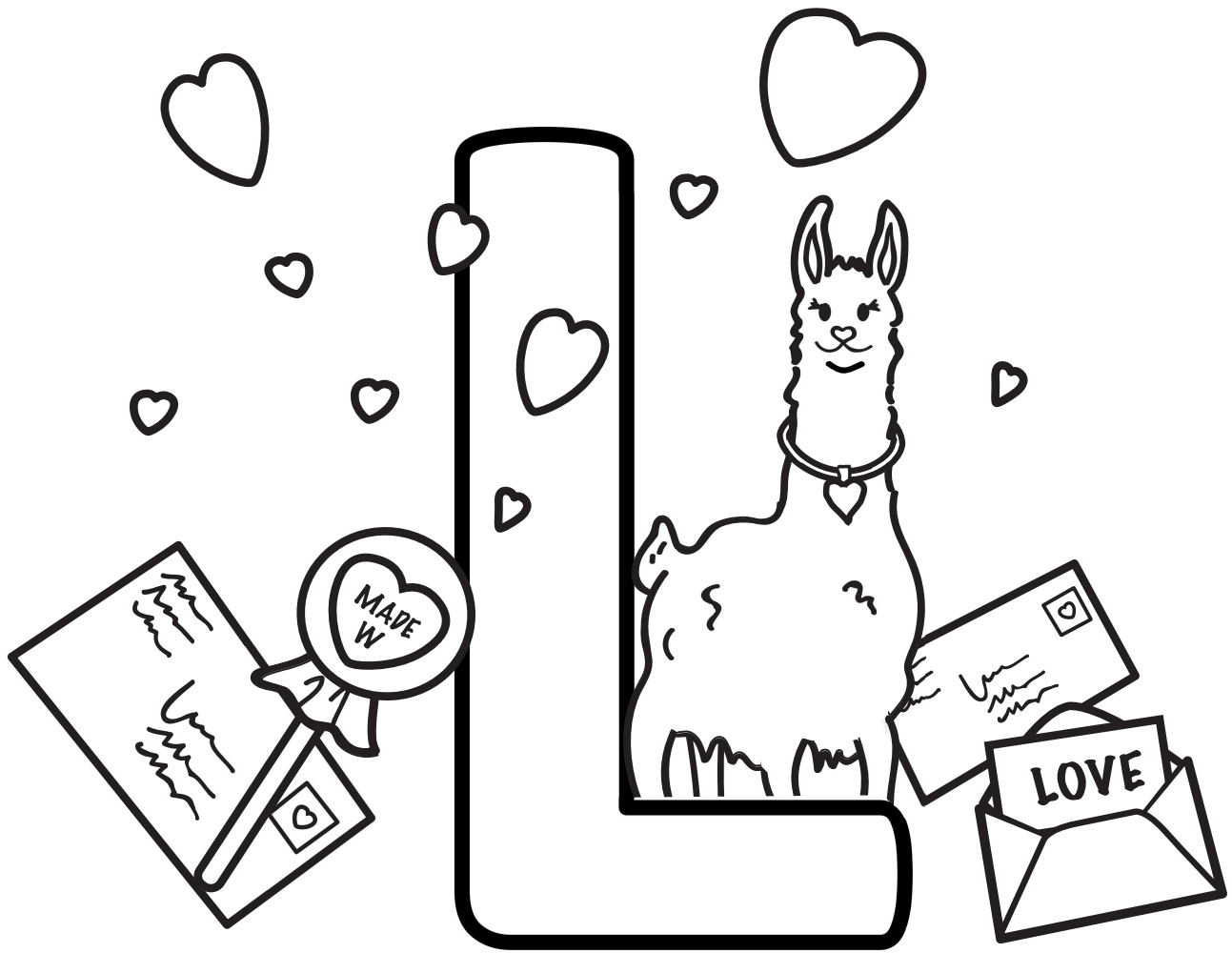


**K is for...**

**2 Kids per classroom**

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

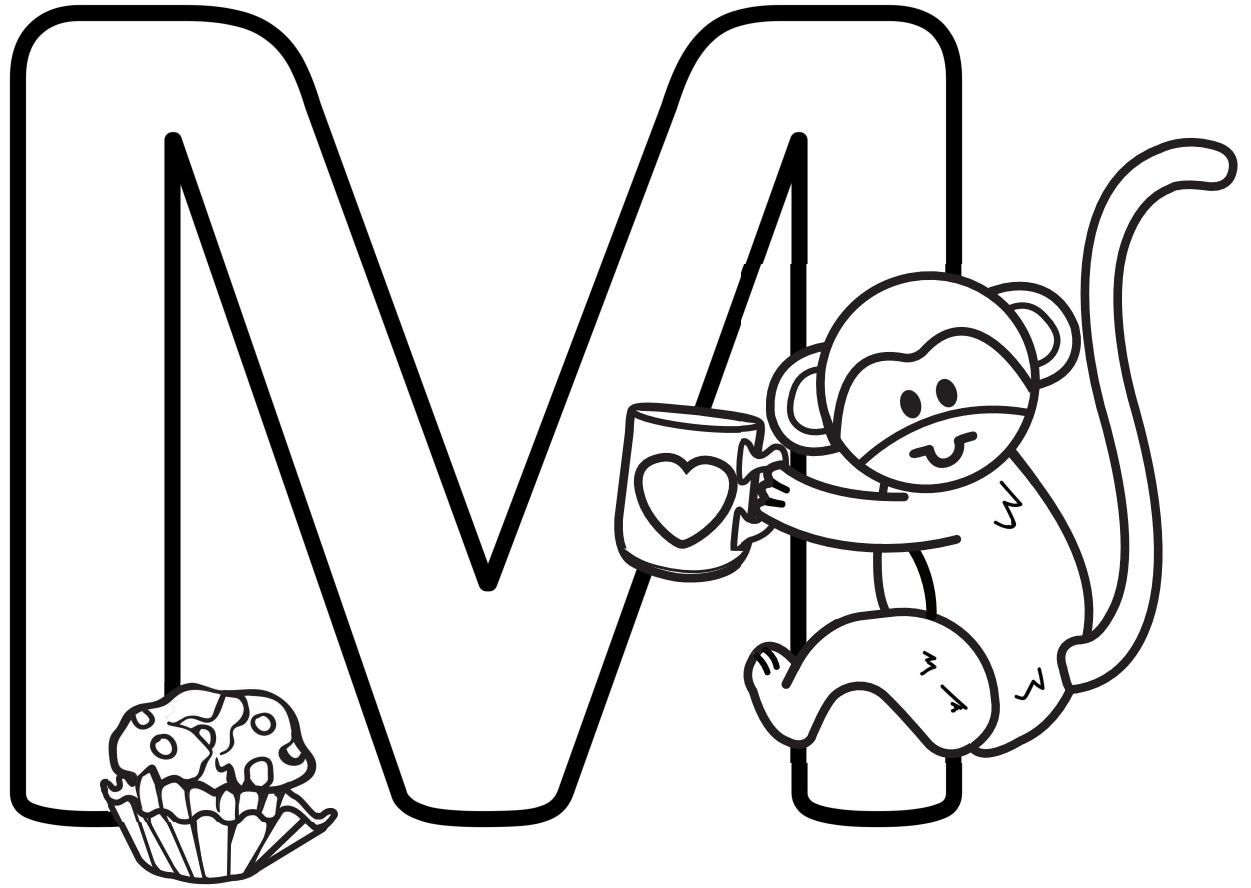




**L is for...**

**Learn to read Labels**

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



**M is for...**

**Milk**

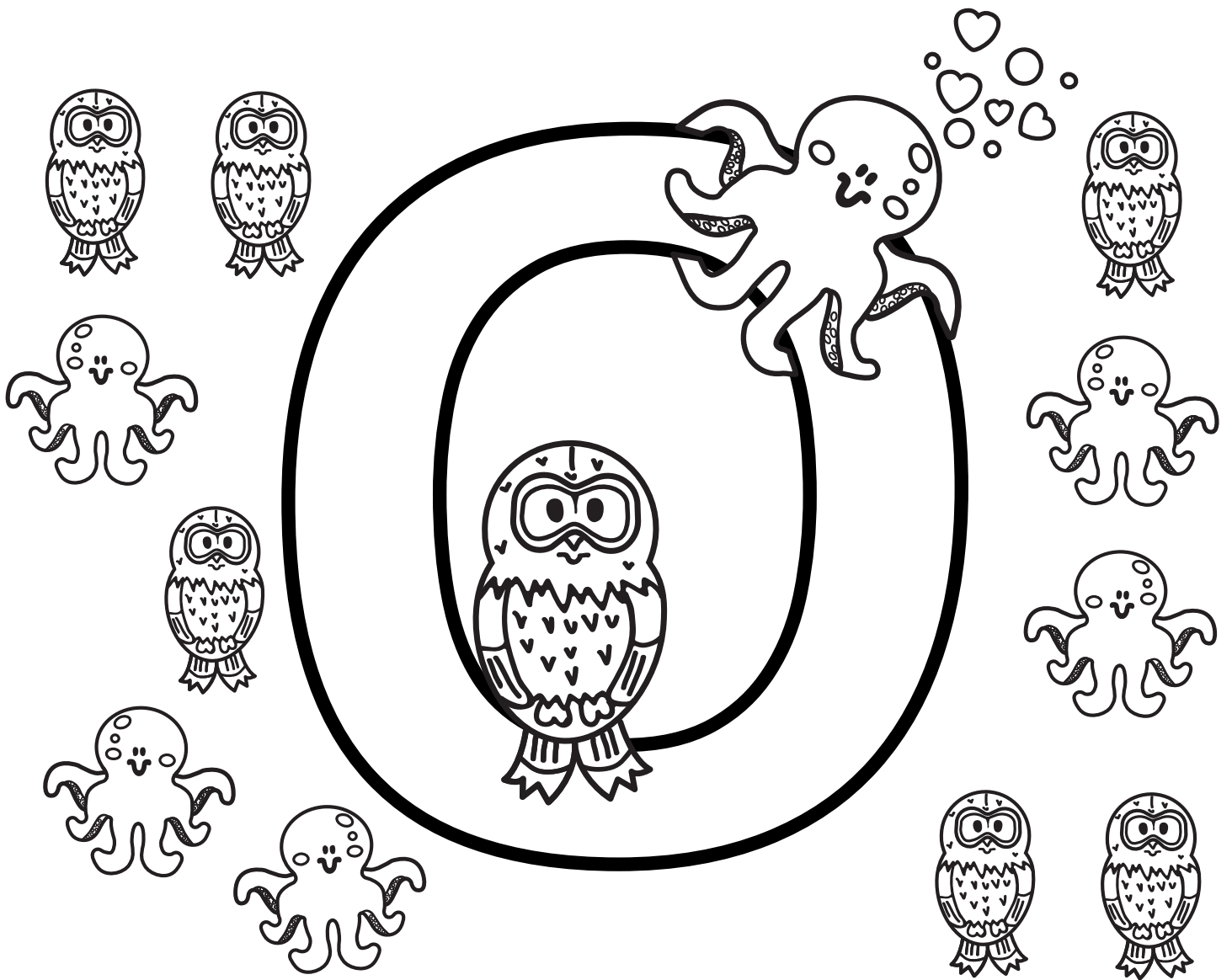
Milk (Dairy) is a top allergen. It can 'hide' on food labels with tricky names like 'whey'.



**N is for...**

tree **Nuts**

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



**O is for...**

**1 Out Of 13**

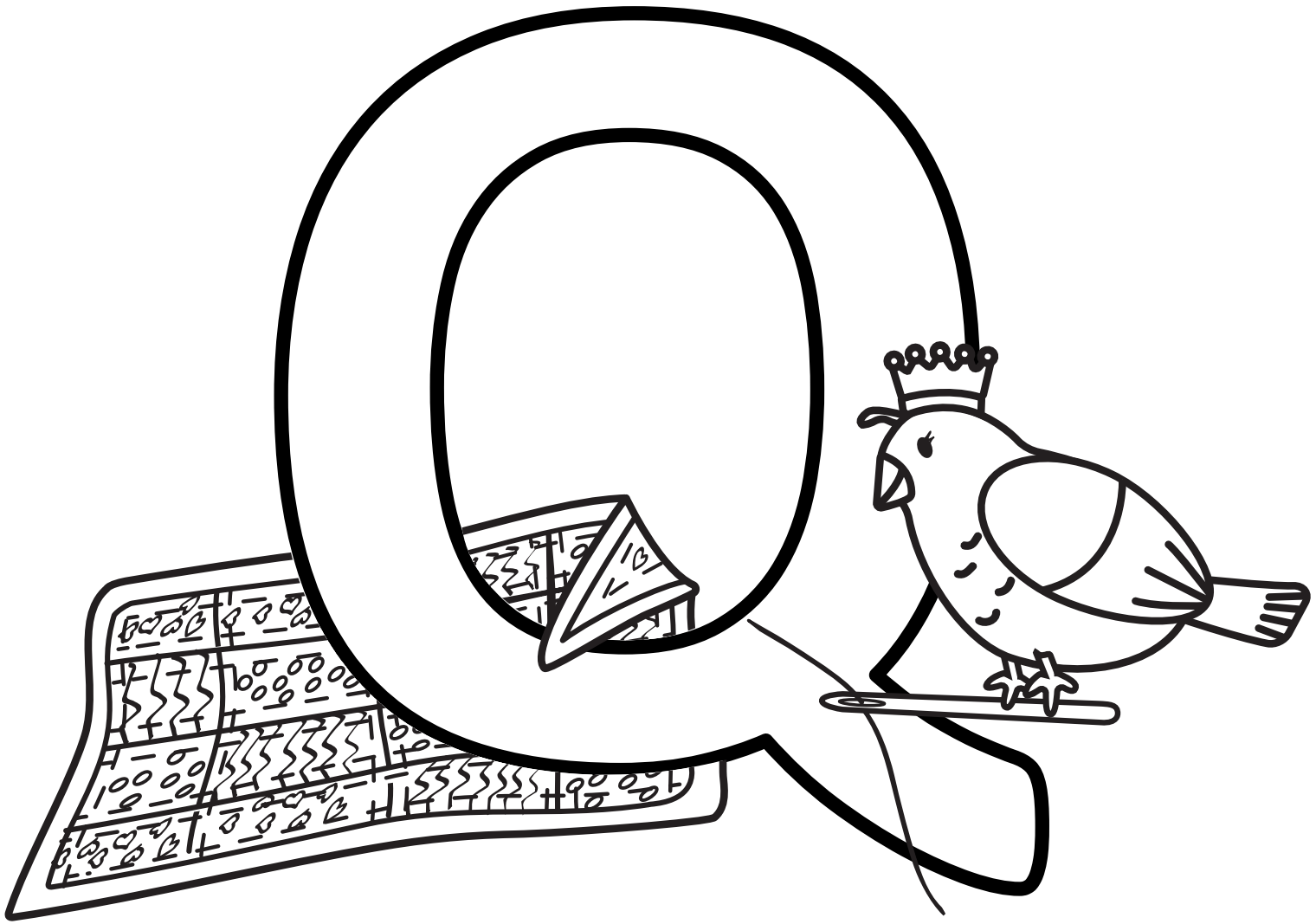
1 Out Of 13 kids in the U.S. has a food allergy—you are not alone!



**P** is for...

**Peanut**

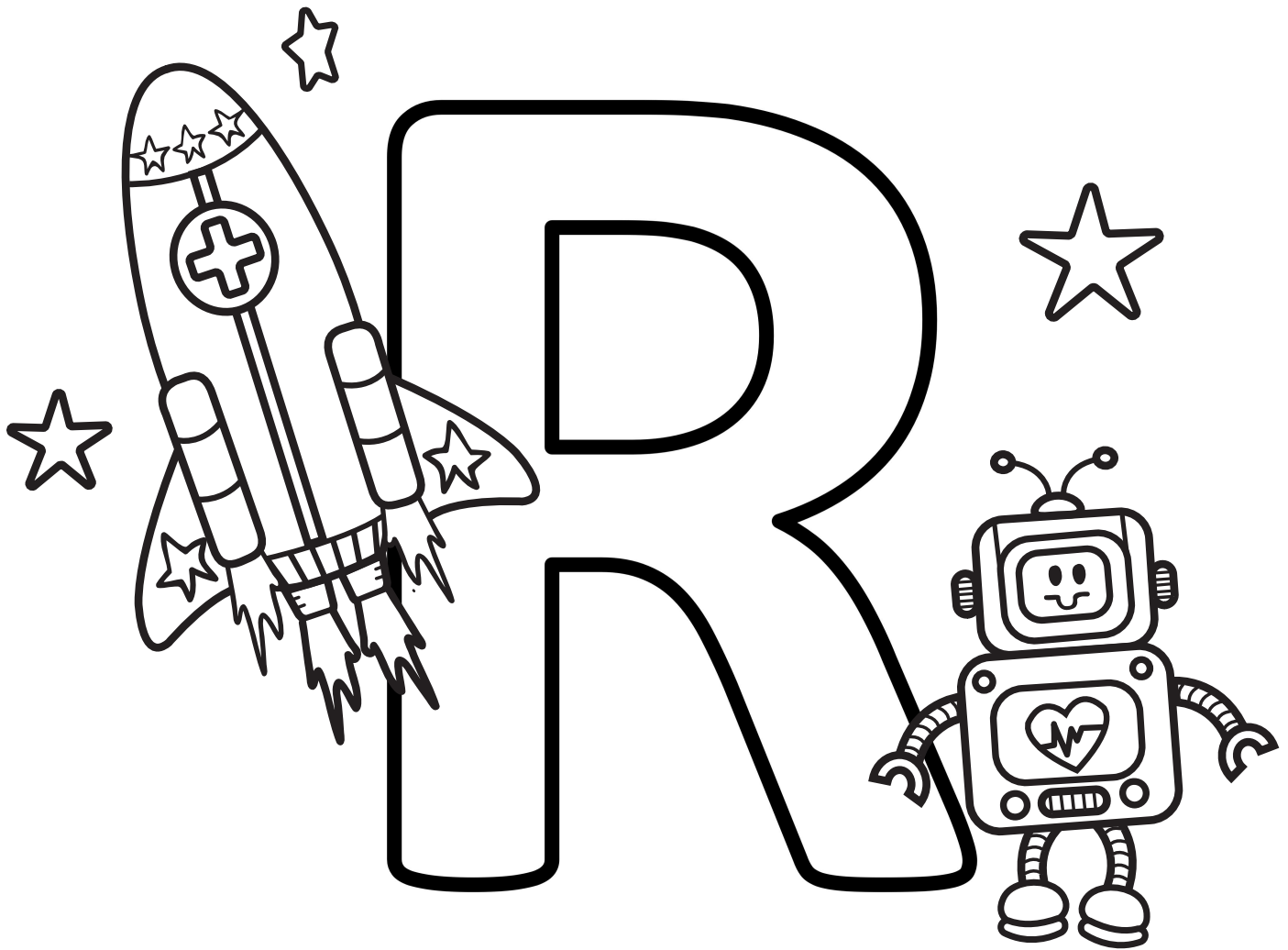
Peanut allergy is one of the most common food allergies.



**Q is for...**

**Quick action**

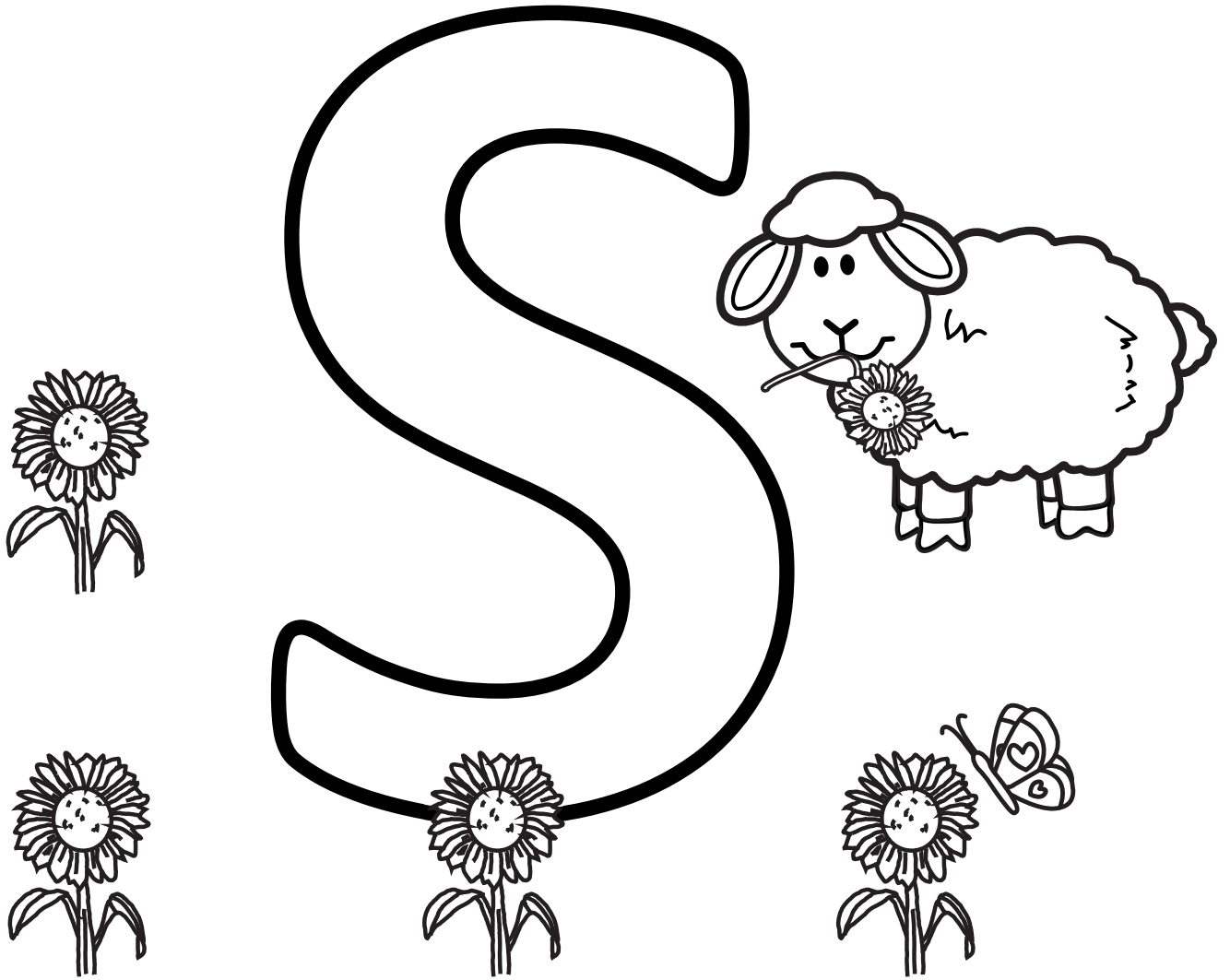
When you have an allergic reaction, it's important to take Quick action.



**R is for...**

**allergic Reaction**

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

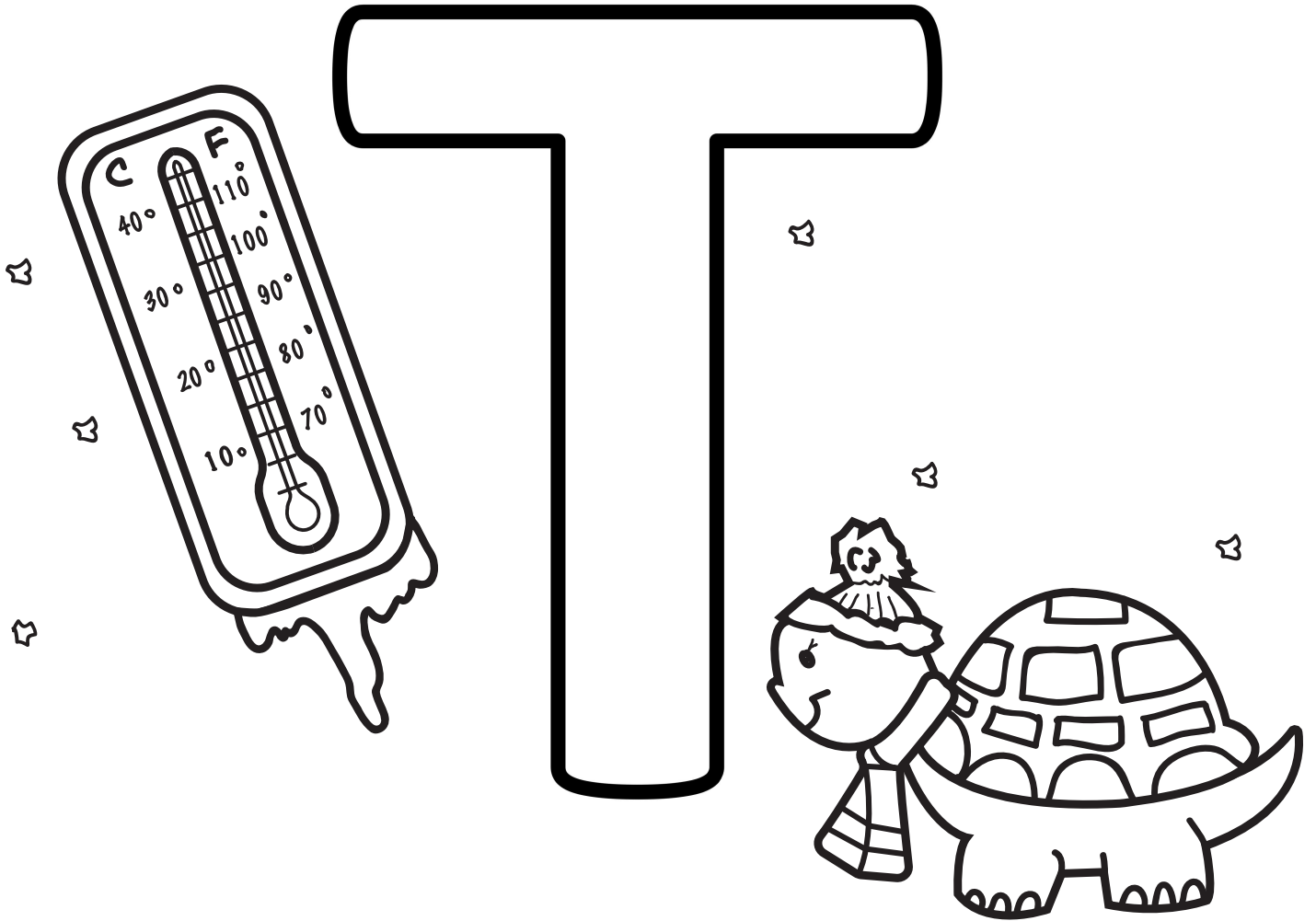


**S is for...**

**Sesame & Soy**

Sesame and Soy are also top allergens.

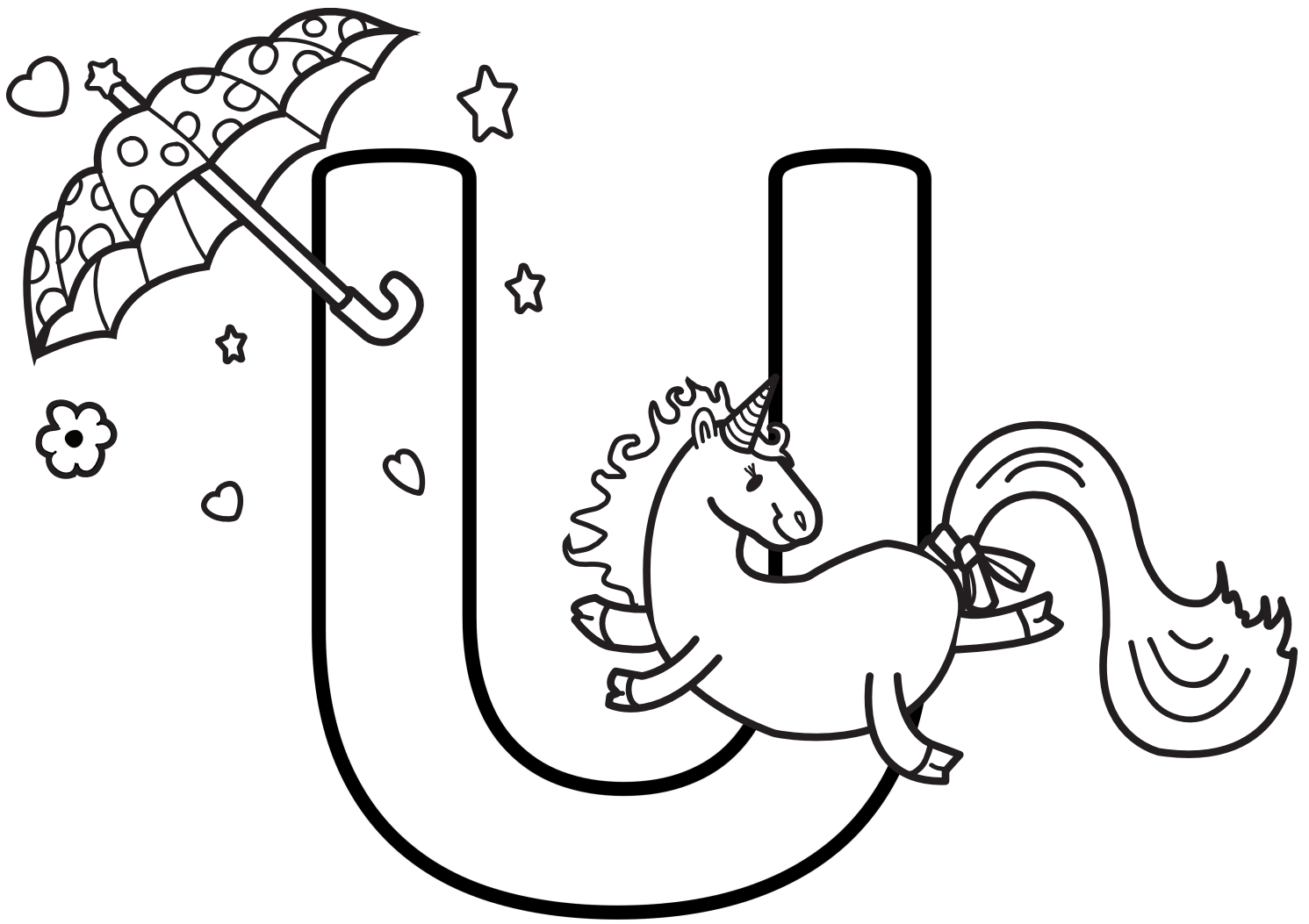




**T is for...**

**Tell someone**

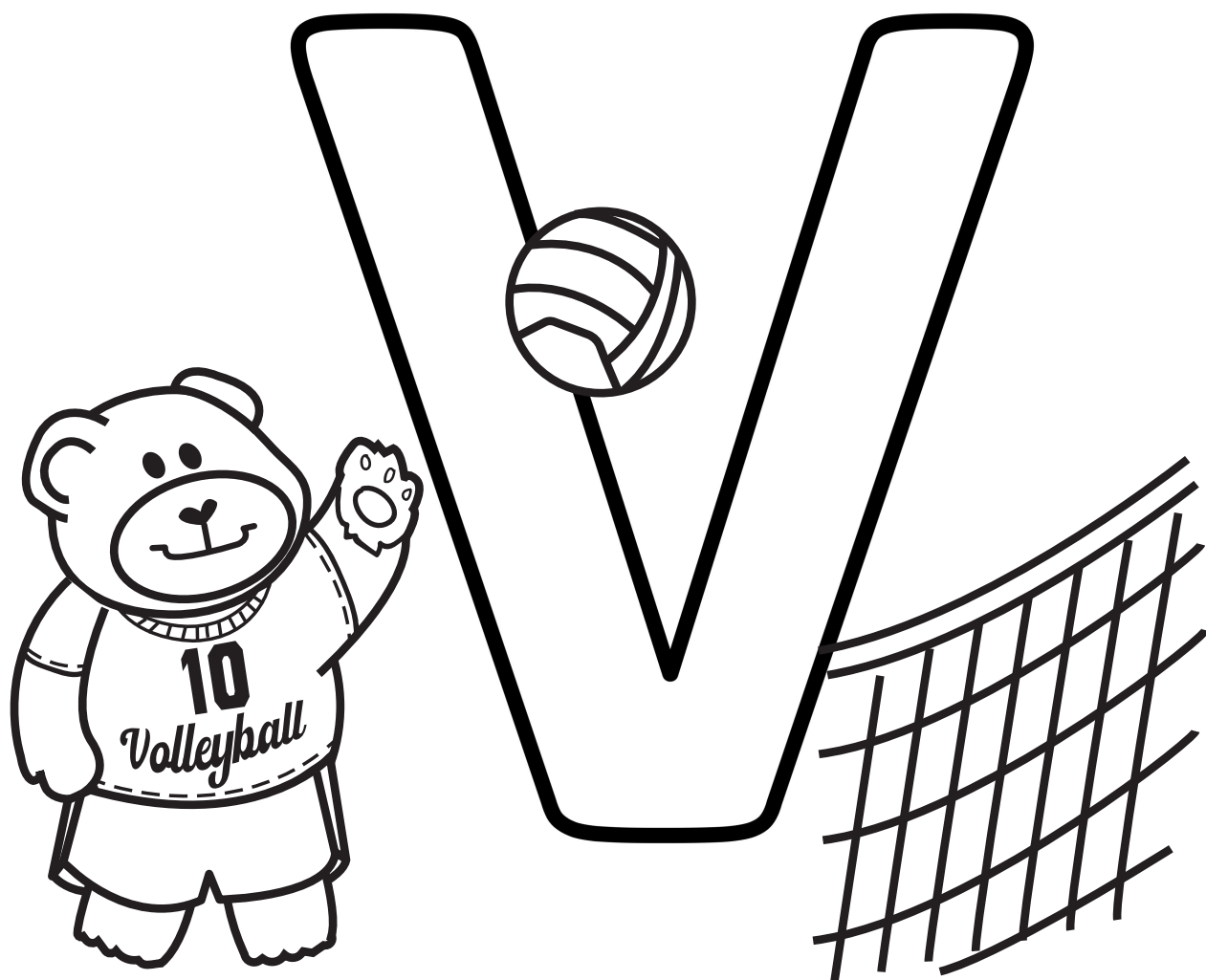
Tell a grown up if you feel funny after you eat, or you think you ate an allergen.



**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**

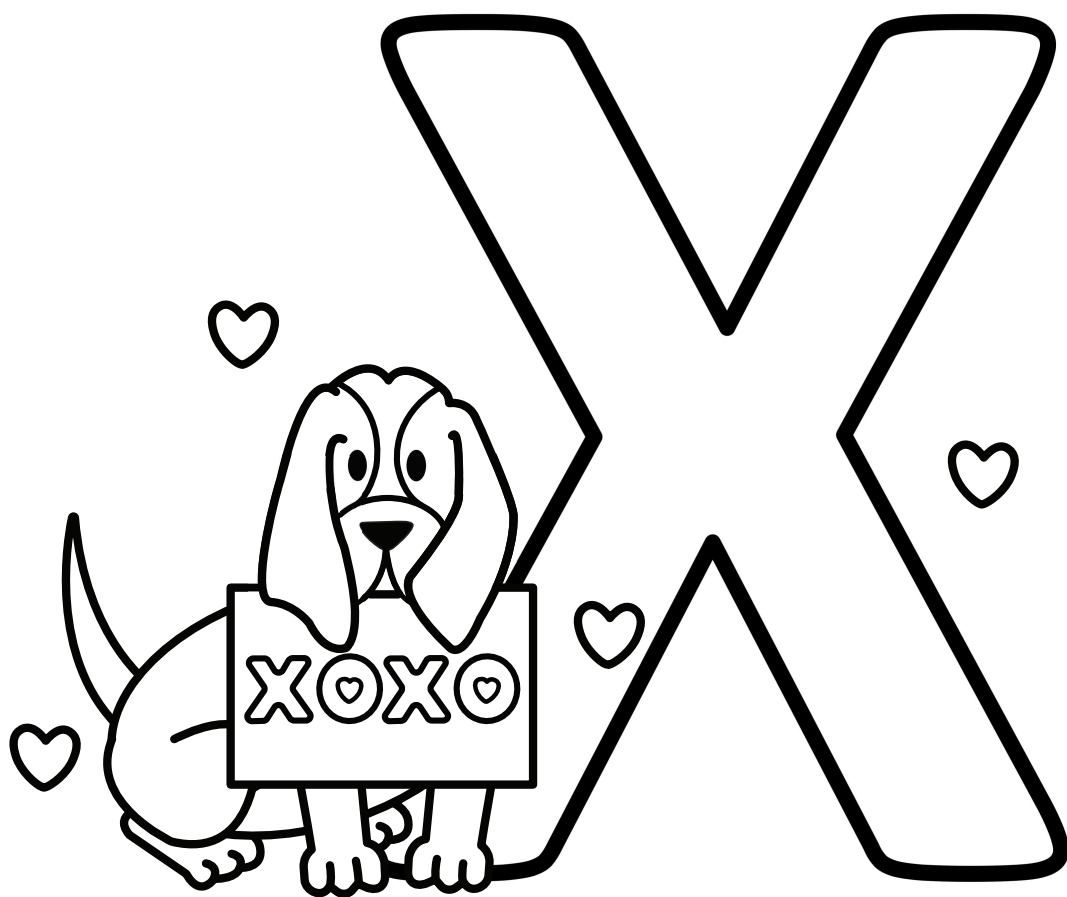
Allergic reaction symptoms can Vary  
—each reaction can progress differently.



**W is for...**

**Wheat**

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

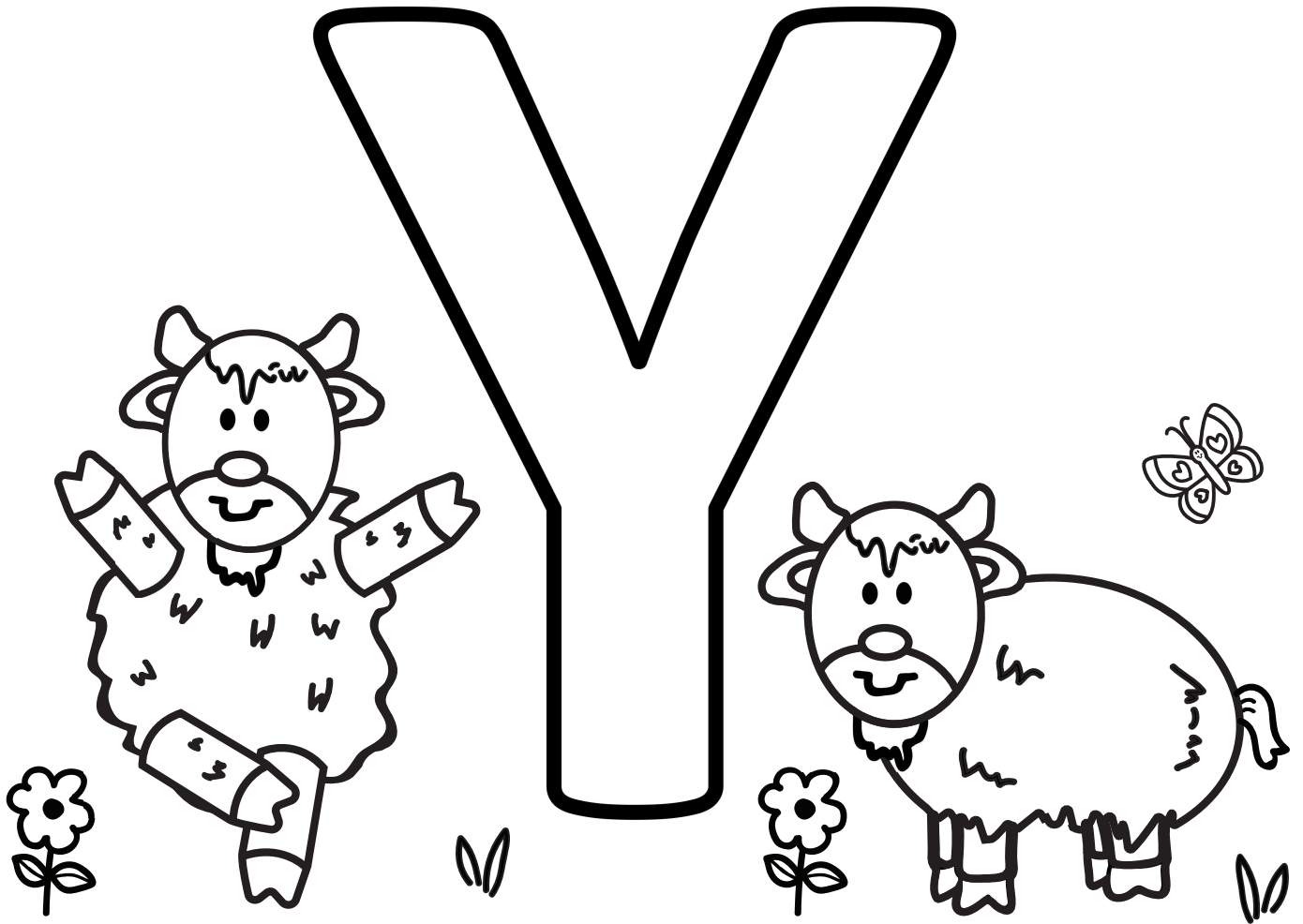


X O X O

**X is for...**

**~~C~~ROSS contact**

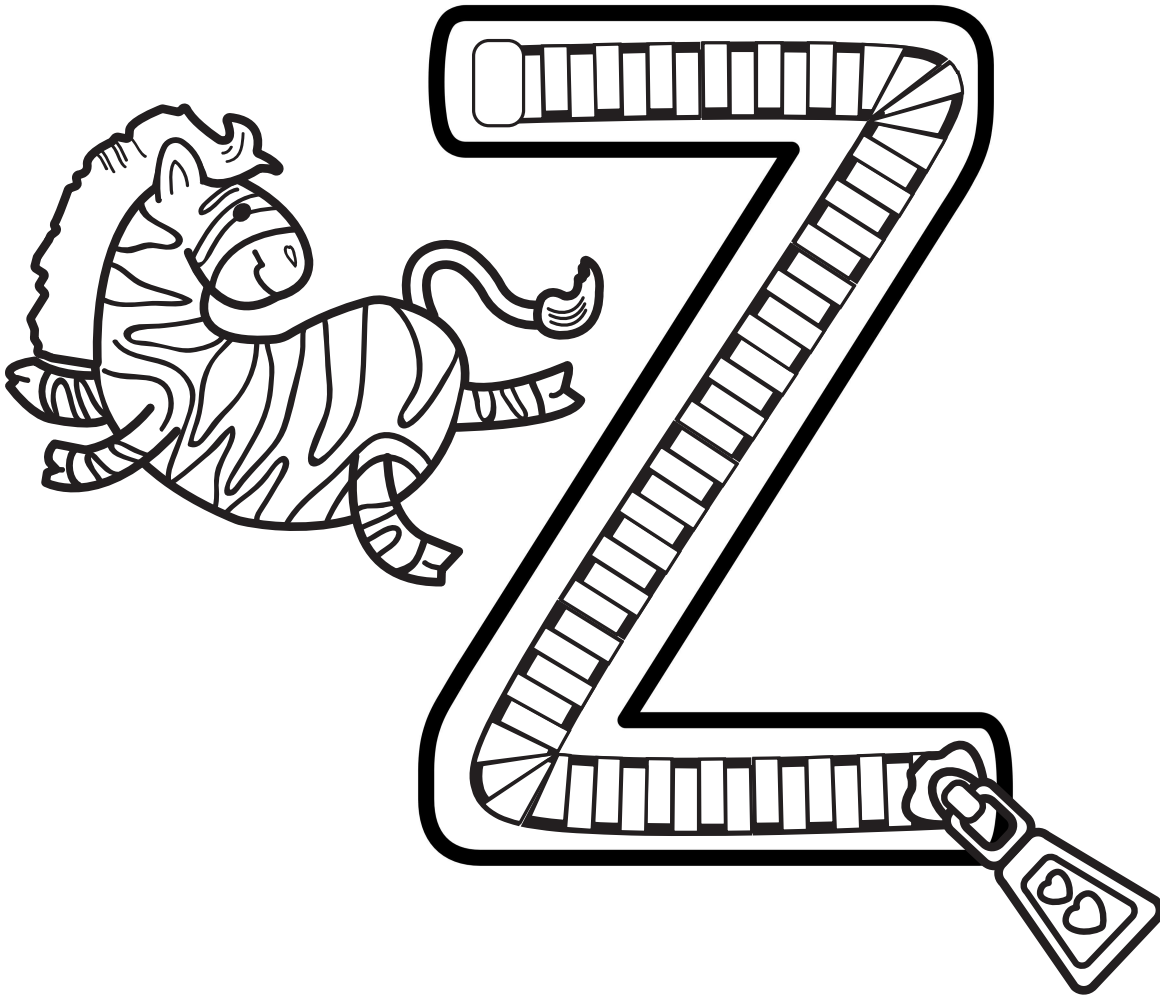
~~C~~ross contact is when food does not contain your allergen, but touches it.



**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>

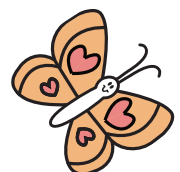
FAACT: <https://www.foodallergyawareness.org/newly-diagnosed>

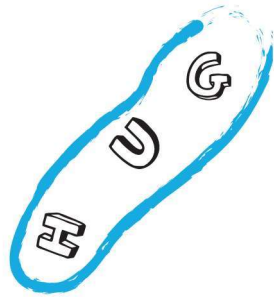
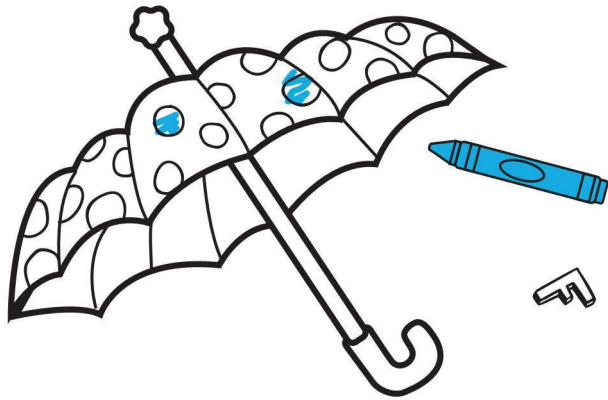
FARE: <https://www.foodallergy.org/resources>

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](http://www.allergyforce.com)





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