

FOOD ALLERGY PASSPORT

My full name is: _____

I like to be called: _____

Date of birth: _____

My doctor's name: _____

My doctor's phone: _____

My guardian's name: _____

My guardian's phone: _____

Secondary contact's name: _____

Secondary contact phone: _____

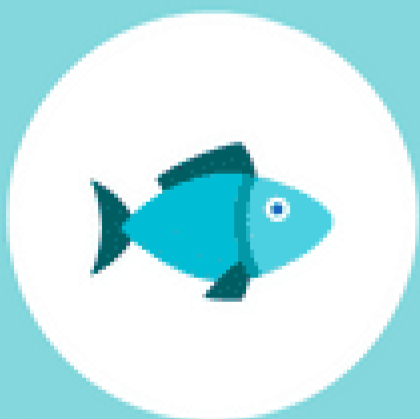
YOU CAN FIND MY LIFESAVING MEDICATION HERE:

Epinephrine Auto injector Name: _____

Location: _____

IN CASE OF AN EMERGENCY **CALL 9-1-1**

MY FOOD ALLERGIES



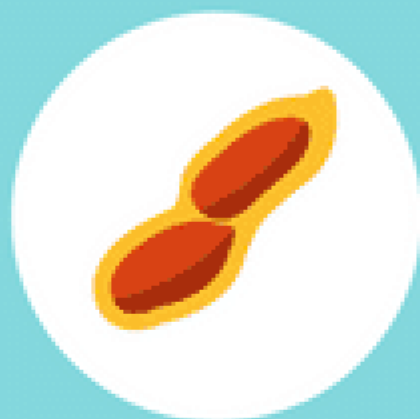
FISH

Yes No



EGG

Yes No



PEANUT

Yes No



MILK

Yes No



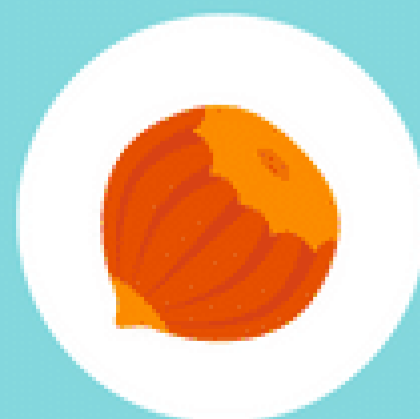
SHELLFISH

Yes No



WHEAT

Yes No



TREE NUTS

Yes No



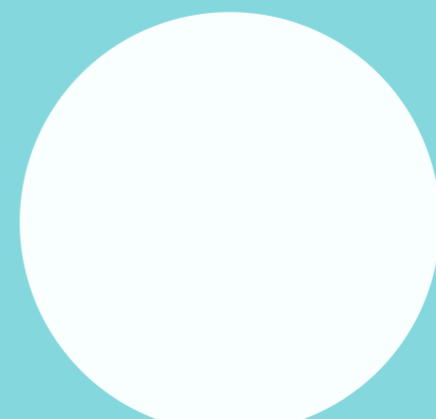
SOY

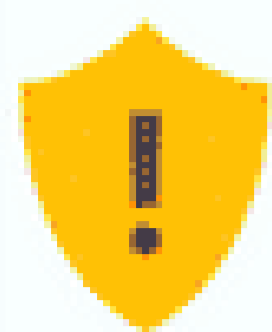
Yes No



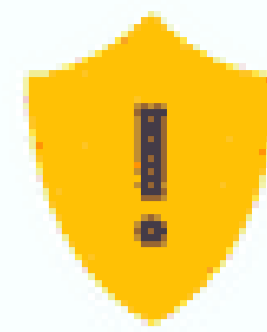
SESAME

Yes No





I am allergic to these foods





These are my environmental or seasonal allergies





I am allergic to these medications

I **CANNOT eat or drink** the following foods because of my food allergy:

Here are some SAFE foods and drinks that I enjoy eating!

NOTES FOR CAREGIVER:

These are my symptoms when I am reacting to an allergen:



HIVES

RED ITCHY SKIN

- FOOD
- ENVIRONMENTAL
- MEDICATION



COUGH/WHEEZE

DIFFICULTY BREATHING

- FOOD
- ENVIRONMENTAL
- MEDICATION



STOMACH PAIN

STOMACH CRAMPS

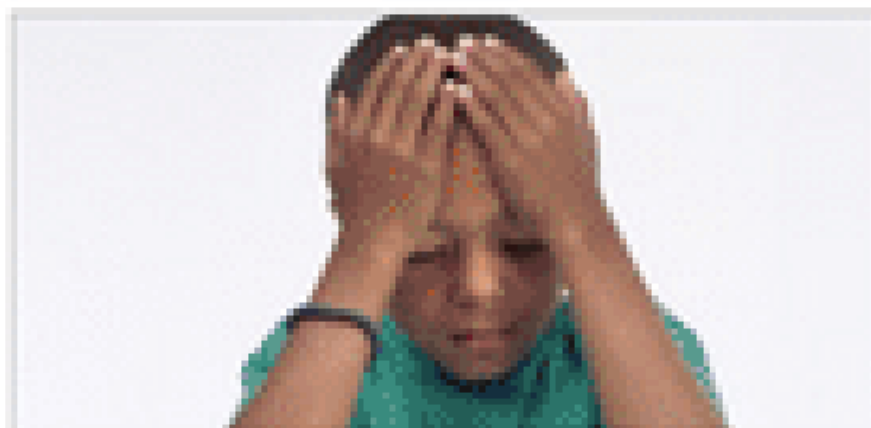
- FOOD
- ENVIRONMENTAL
- MEDICATION



THROAT TIGHTENING

HARD TO SPEAK OR SWALLOW

- FOOD
- ENVIRONMENTAL
- MEDICATION



DIZZY OR FAINT

PASSING OUT

- FOOD
- ENVIRONMENTAL
- MEDICATION



VOMITING

THROWING UP

- FOOD
- ENVIRONMENTAL
- MEDICATION



ITCHY MOUTH/LIPS

ORAL ALLERGY SYMPTOMS

- FOOD
- ENVIRONMENTAL
- MEDICATION

OTHER SYMPTOM:

- FOOD
- ENVIRONMENTAL
- MEDICATION

OTHER SYMPTOM:

- FOOD
- ENVIRONMENTAL
- MEDICATION

Medications



Epinephrine Auto Injector

THIS IS MY LIFE-SAVING MEDICATION

BRAND: _____

DOSAGE: _____



Antihistamine Allergy Medicine

Examples: Benadryl, Zyrtec, or Claritin

BRAND: _____

DOSAGE: _____

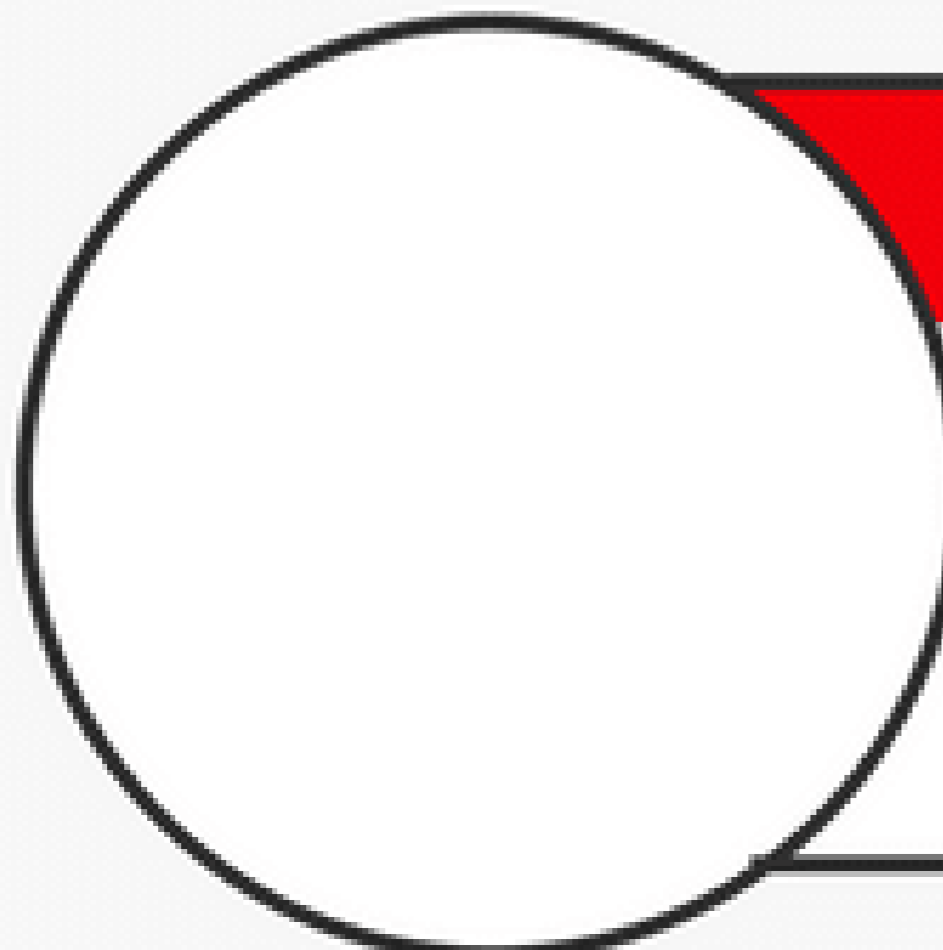


Albuterol Rescue Inhaler

TWO PUFFS EVERY FOUR HOURS

BRAND: _____

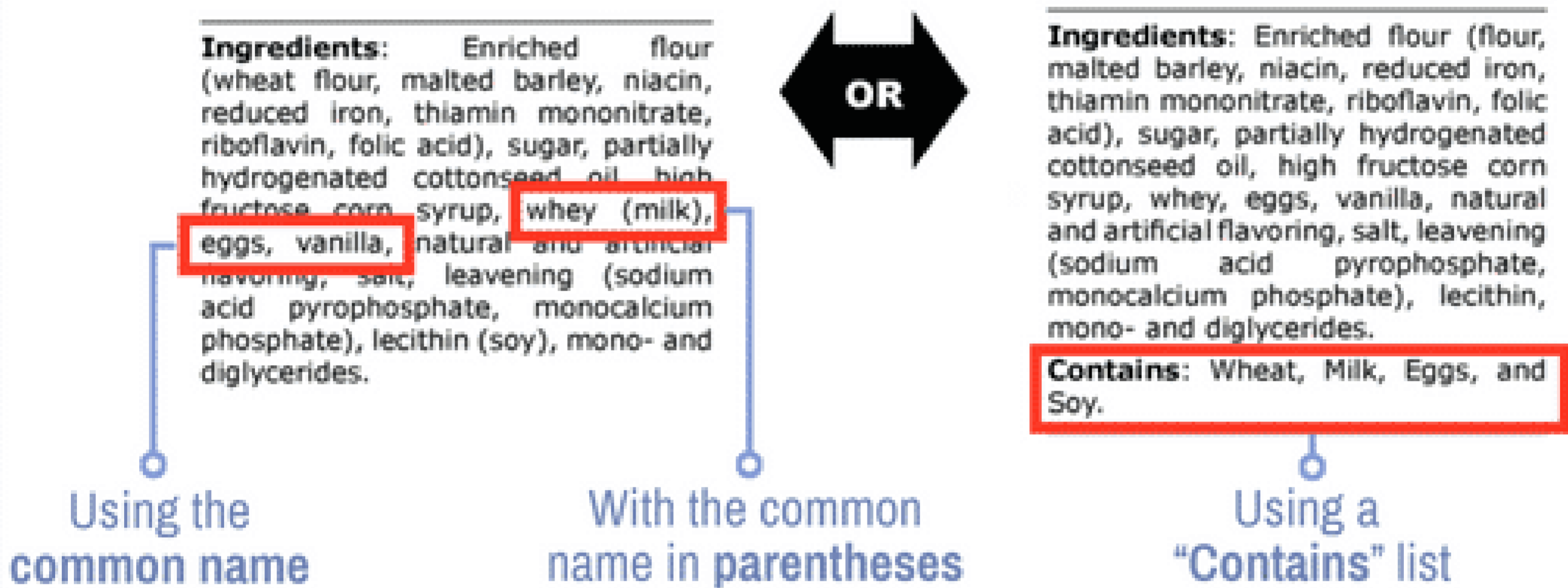
DOSAGE: _____



Other Important Medicine

Food Label Tips

ALLERGENS CAN BE LISTED IN ONE OF THREE WAYS



Pro Tip:

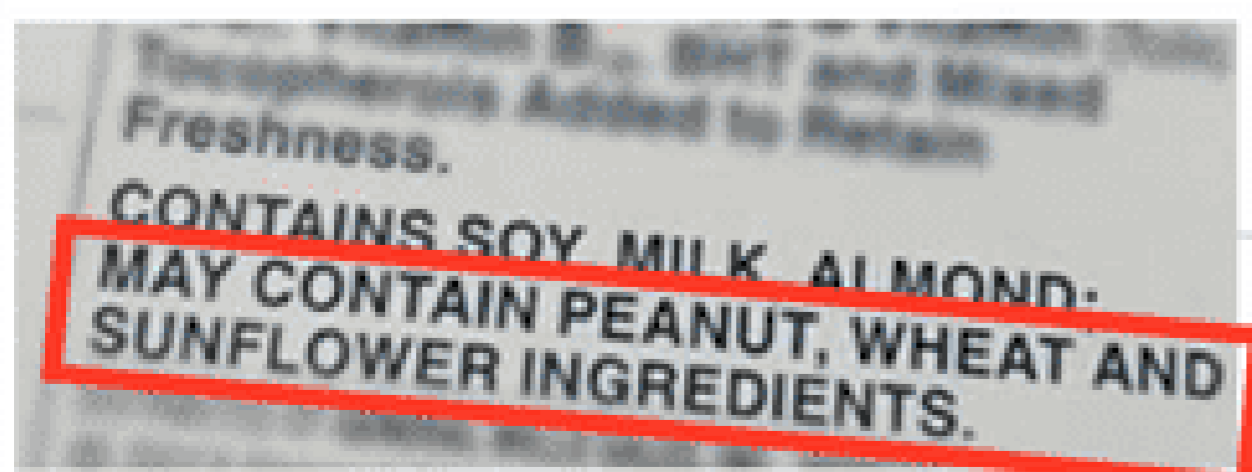
Read every label, every time.

Ingredients in packaged foods may change without warning.

WHAT ARE PRECAUTIONARY LABELS?

These labels include statements like:

- "May Contain..."
- "Processed in a facility with..."
- "Processed on equipment that also processes..."



Manufacturers do **NOT** have to include these statements **NOR** do they have to include "traces" of allergens that have come about through processing

Allergists normally tell patients to **AVOID** these products to prevent eating unintentional traces of an allergen due to cross contamination

How to Read a Food Label

WHEAT

These ingredients indicate the presence of **wheat**:



- Bulgur
- Cereal Extract
- Couscous
- Durum flour & wheat
- Einkorn
- Emmer
- Farina
- Flour
- Kamut
- Semolina
- Spelt
- Sprouted Wheat
- Triticale
- Vital Wheat Gluten
- Wheat (brand, germ, gluten, grass, malt, starch)

Foods that may contain wheat

- Candies
- Chocolates
- Baked goods
- Ice cream
- Crackers
- Grays
- Processed meats
- Hot dogs
- Pretzels
- Thicker soups
- Soy sauces
- Pasta
- Bread crumbs
- Matzo
- Noodles
- Caramel color

MILK

These ingredients indicate the presence of **milk**:



- Milk, milk solids, non-fat milk solids, milk powder
- Cream, sour cream, whipped cream
- Lactose, lactalbumin, hydrolysates
- Cheese, cream cheese, cottage cheese
- Whey
- Buttermilk
- Casein, caseinate
- Sodium caseinate
- Rennet casein

Foods that may contain milk

- Candies
- Cookies
- Baked goods
- Butter
- Artificial butter
- Ice cream
- Cheese
- Yogurts
- Processed meats
- Canned meats
- Ghee
- Custard
- Curds

MILK NOTES

There are a lot of great **non-dairy milk** alternatives including soy, rice and almond milks

PEANUT

These ingredients indicate the presence of **peanuts**:



- Arachide
- Arachis oil
- Beer nuts
- Goober nuts/peas
- Ground nuts
- Valencias
- Peanut butter
- Peanut flour
- Peanut oil
- Kernels
- Nut meats

Foods that may contain peanut:

- Candies
- Chocolates
- Baked Goods
- Ice Cream
- Trail Mixes
- Glazes/Marinades
- Chili/Hot sauces
- Gravy

PEANUT NOTES

Look for products made in a dedicated nut-free facility.

Avoid products whose ingredients statement says, "**May contain traces of peanuts,**" and "**Manufactured in a facility that also processes peanuts,**" to be safe.

EGGS

These ingredients indicate the presence of **eggs**:



- Albumin
- Egg (protein, white, dried, powdered, yolk)
- Globulin
- Lecithin
- Livetin, lysozyme
- Meringue
- Ovalbumin
- Ovomuroid
- Ovomucin
- Vitellin, ovovitellin

Foods that may contain egg

- Baked goods
- Caesar dressing
- Cookies & cakes
- French toast
- Fried foods
- Pasta
- Puddings/custards
- Pretzels
- Ice cream
- Marshmallows
- Mayonnaise

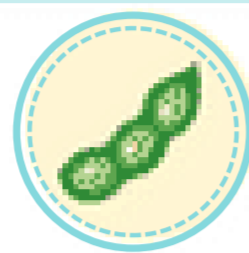
EGG NOTES

Cooking without eggs: In recipes, try substituting the following for each egg required: whisk together 1 Tbsp flax meal with 3 Tbsp water for 2-3 minutes until frothy; add mixture to recipe per directions

Food Label Tips

SOY

These ingredients indicate the presence of **soy**:



- Edamame
- Hydrolyzed soy protein
- Miso (fermented soy)
- Natto
- Shoyu
- Soy fiber, flour, grits, nuts, powder
- Soy butter, cheese, ice cream, milk, yogurt
- Soy sauce
- Tamari
- Tempeh
- Soy protein isolate
- Textured soy flour (TSF), soy protein (TSP), vegetable protein (TVP)
- Tofu (silken, firm, dried)

SOY NOTES

Many popular **energy bars** and **cereals** contain soy powder for added protein.

Soy is often found in **processed deli meats** in the form of hydrolyzed soy protein, a flavor enhancer.

Many **meat alternative products** are made from soy protein.

TREE NUTS

The term "**tree nut**" includes all of the following nuts:



- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Filberts/hazelnuts
- Macadamia nuts
- Pine nuts
- Pinoli, pignoli, pinon
- Beechnut
- Butternut
- Ginko nut
- Lichee nut
- Pistachio
- Pecans
- Walnut

TREE NUT NOTES

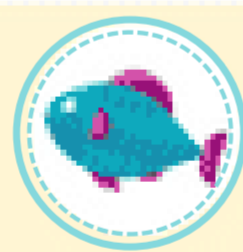
Avoid locations where **cross-contamination from nuts** may occur (i.e. bulk bins in grocery stores, ice cream shops, and buffets/salad bars).

Pesto sauce typically contains pine nuts and should be avoided by anyone with a tree nut allergy.

Look for products made in a **nut-free facility** for the highest assurance of safety

FISH

"Fish" encompasses all **finned fish** including (not limited to):



- Anchovies
- Bass
- Catfish
- Flounder
- Grouper
- Haddock
- Halibut
- Swordfish
- Tilapia
- Trout
- Herring
- Mahi Mahi
- Perch
- Pike
- Pollock
- Salmon
- Scrod
- Sole
- Snapper

FISH NOTES

Some **Asian cuisines**, including Thai, Vietnamese and Filipino, use **fish sauce** as a flavoring ingredient. Avoid these restaurants due to risk of cross-contamination.

Imitation crab (surimi) is made from white fish.

Worcestershire sauce and Caesar salad/dressing typically include anchovies.

SHELLFISH

These ingredients indicate the presence of **shellfish**:



Mollusks

- Abalone
- Clam
- Cockle
- Mussel
- Octopus
- Oyster
- Scallop
- Snail, escargot
- Squid, calamari

Crustaceans

- Crab
- Crawfish, Crayfish, ecrevisse
- Lobster, langoustem langoustine, scamp, coral, tammaley
- Shrimp, prawns, crevettes

SHELLFISH NOTES

The term shellfish can be used to refer to both types of shellfish: **crustacean shellfish** and **molluscan shellfish**.

Crustacean shellfish must be on food labels. However, be sure to check the ingredient list for molluscan shellfish, as they are not considered a major allergen.

EMERGENCY ACTION PLAN

I am allergic to: _____

- **READ ENTIRE FOOD LABEL** and check for food allergens
- **ONLY SERVE SAFE FOODS.** If unsure, call caregiver
- **WASH hands, tables, and eating utensils** with soap and water before serving me food
- **DO NOT ALLOW SHARING** of food, cups, plates, or utensils

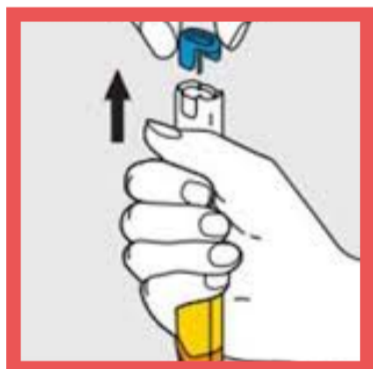
Most Common Signs of an Allergic Reaction

If you checked at least **TWO** symptoms or any **ONE** symptom with a star ★ then give **EPINEPHRINE AUTO INJECTOR**

- | | | |
|--|---|--|
| <input type="checkbox"/> Hard to speak ★ | <input type="checkbox"/> Hard to breathe ★ | <input type="checkbox"/> Passing out ★ |
| <input type="checkbox"/> Hard to swallow ★ | <input type="checkbox"/> Continuous cough ★ | <input type="checkbox"/> Stomach pain or vomiting |
| <input type="checkbox"/> Throat tightening ★ | <input type="checkbox"/> Wheezing ★ | <input type="checkbox"/> Hives, itching, or swelling |
| <input type="checkbox"/> Dizzy or faint ★ | <input type="checkbox"/> Chest Pain ★ | |

Giving Epinephrine Auto -Injector: _____

1. Remove Cap



or

Remove Case & Cap



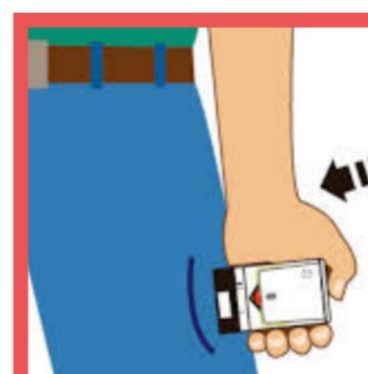
then



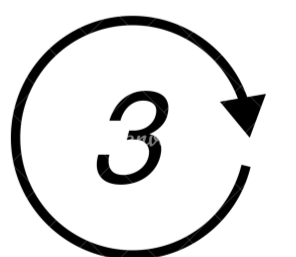
2. Place on THIGH and PUSH HARD. Hold for 3 seconds.



or



then HOLD



3. Call 9-1-1 and GET EMERGENCY CARE.

While waiting for care, if child is **NOT improving**, give 2nd Epinephrine
This can be life-saving.

If I have asthma or breathing symptoms, also give me my
ALBUTEROL RESCUE INHALER: _____



If Epi is **NOT needed** based on symptoms, please give me my

ALLERGY MEDICINE (Benadryl, Zyrtec): _____ **DOSE:** _____