

How to Spot the Signs of an Allergic Reaction to Food

The most common symptoms are an itchy mouth and throat, a red rash and swelling of the face. These are likely to occur rapidly after eating the allergenic food.



Other reactions include:



Watery eyes, sneezing and a blocked nose



Flushing of the skin



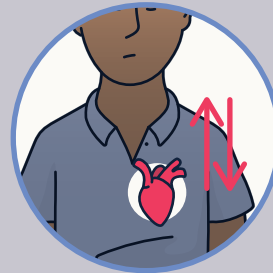
Hives (Nettle Rash)



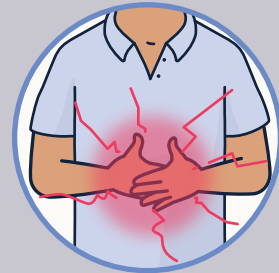
Difficulty swallowing or speaking



Severe asthma



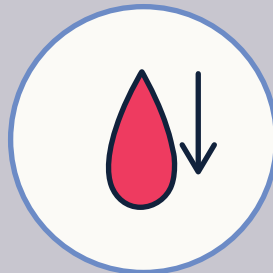
Alterations in heart rate



Abdominal pain



Nausea or vomiting



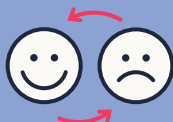
Sudden weakness due to a drop in blood pressure



Collapse and unconsciousness (anaphylactic shock)

In children, symptoms can also include:

Irritability or mood swings



Diarrhoea and bloody stools



It's important to remember that people will display differing signs of suffering from an allergic reaction. They may present with one, several or all of the symptoms above.