Symptoms of a Food Allergy

The most common symptoms of a food allergy include swelling, sneezing, and nausea. Most symptoms affect the skin, respiratory system, stomach, or intestines:

**Skin Reactions:**
- Swelling of lips, mouth, tongue, face, or throat
- Hives
- Rash or redness
- Itchy skin or eyes

**Nose, Throat, and Lung Reactions**
- Coughing or wheezing
- Asthma
- Breathing difficulty
- Sneezing
- Nasal congestion or runny nose
- Swelling around the mouth and throat

**Stomach and Intestinal Reactions**
- Vomiting
- Diarrhea
- Cramps
- Gas
- Nausea
- Abdominal pain and bloating

These symptoms usually develop fairly quickly after your child ingests the food he is allergic to, often within minutes to hours. Please be aware that some of these symptoms may be caused by other conditions. For an accurate diagnosis, a complete medical evaluation will be needed.

Symptoms may be mild or very severe, depending on how much of the food your child ingested and how allergic he is to the food. A severe reaction can include anaphylaxis, with difficulty breathing, swelling in the mouth and throat, decreased blood pressure, shock and even death.

It is possible that there are different reactions for the same allergen in different people. Symptoms may appear within seconds or up to several hours after eating the food that triggers the reactions. In exceptionally sensitive people, just the touch or smell of the food can provoke a reaction!