

THE INDUSTRIAL ATHLETE DIGEST

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ADVENTURES IN GOOD FOOD

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Most people enjoy a good meal, right? The way our sight, smell, and taste is triggered with an intricately-prepared recipe gives our palettes a great sensory adventure. However, for those with food allergies the sense of adventure takes on a little different meaning. **Food allergies** are an immune reaction to proteins in certain foods. These reactions can range from irritating to deadly. Currently, there's no cure for a food allergy, and the only proven treatment is to avoid the food that triggers the response. However, the best defense against food allergies is education and preparation. Here are some tips on how you can **[R] Review your Hazards** and stay **PREPARED!**



TO ACCESS THESE RESOURCES, SCAN THE QR!

READ IT BEFORE YOU EAT IT

Always Pay Attention to the Food Label! The Food Allergen Labeling and Consumer Protection Act of 2004 mandates products disclose when major allergens are present on the food label. This is known as a "Contains" statement.

Some manufacturers also include separate statements on the label, including "May Contain," "Made on Shared Equipment," and "Produced in a Facility."



SYMPTOM WATCH

When faced with a potential food allergy after ingestion, early symptoms can include: hives; flushed skin or rashes; tingling or itchy sensations in the mouth; face, tongue, or lip swelling; and a lot of others.


If you suspect a food allergy... See a medical professional. Self-diagnosing can lead to unnecessary dietary restrictions and deficiencies.

If you have a known food allergy... Have an action plan! The recent Digest article on creating an Emergency Action Plan promotes how you can be ready in an emergency. An allergic reaction to food certainly qualifies!

MEAL TIME PREPARED

Preparing an at-home meal for someone with a food allergy? Avoid cross contamination at home by using different utensils to prepare food. Also ensure all dishes are thoroughly washed in hot soapy water between uses.

Or perhaps you're dining out with an allergy? A Chef's Card is a great way to communicate with restaurant staff which foods you must avoid.

Enjoy your food adventures by staying safe and recognizing those hazards! Bon appétit! 

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

