

# TIP OF THE WEEK



## Living With Food Allergies

*Food allergies are increasingly common. The only cure for a food allergy is to avoid that food. If you have an unpleasant reaction to food, see your doctor to find out what is causing the problem. Your doctor can help you to prepare for an emergency in case you eat the wrong food by accident.*

**Watch out for these dangerous allergy symptoms and call for help if you see or feel them:**

1. Difficulty breathing
2. Drop in blood pressure
3. Rapid heartbeat
4. Swollen tongue, throat, or other parts of the body
5. Narrowing of the airways and wheezing
6. Fainting

  
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make it a priority  
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