

Health & Safety Food Allergy Information

Genuine food allergy is rare. About 2% of the population (and 8% of children under the age of 3) are affected.

Food intolerance is more common. Allergy UK estimates that up to 45% of people in the UK suffer from food intolerance symptoms,

How to tell the difference:

Food allergy:

- Symptoms come on suddenly within seconds or minutes of eating the food
- In extreme cases it can be life-threatening
- Even a tiny trace of the food can cause a reaction
- It is easily diagnosed with tests

Food intolerance:

- Symptoms come on more slowly and are long-lasting. They mainly involve the digestive system
- It's never life-threatening
- A reasonable portion of food is usually needed to cause a reaction, although some people can be sensitive to small amounts
- You may crave the problem food
- It's difficult to diagnose as there are only a few reliable tests

Taken from <http://www.nhs.uk/Livewell/Allergies/Pages/Foodallergy.aspx>

Be Aware:

It is important that you always check with your group whether anyone has foods that they cannot eat due to allergies, intolerances or other medical conditions.

It is advisable that all nursery staff have attended allergy and anaphylaxis training and receive regular update training as necessary. This can be accessed by calling the Medical Needs in Early Years Service on 0121 465 3867.