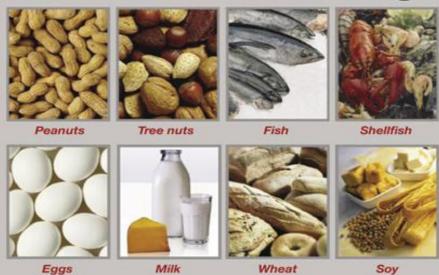
# **Food Allergies**

## what you need to know



Millions of people have food allergies that can range from mild to life-threatening.

### **Most Common Food Allergens**



#### \* Always let the guest make their own informed decision.

When a guest informs you that someone in their party has a food allergy, follow the four R's below:

- Refer the food allergy concern to the chef, manager, or person in charge.
- Review the food allergy with the guest and check ingredient labels.
- Remember to check the preparation procedure for potential cross-contact.
- Respond to the guest and inform them of your findings.

#### Allergic reactions can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing

- Dizziness and/or lightheadedness
- Swelling of the throat and vocal cords
- Difficulty breathing
- Loss of consciousness
- Anaphylaxis
- Death