

The background is a light purple color with white wavy borders. Various food items are illustrated in a stylized, flat design: a carrot with a green leafy top in the top left; a bunch of yellow bananas in the top left; a strawberry in the middle left; a slice of watermelon with a green rind and red flesh in the top right; a sprig of green leaves in the middle right; an avocado in the bottom left; and a carrot with a green leafy top in the bottom right, surrounded by small yellow dots.

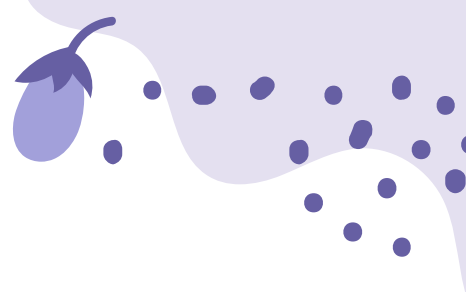
Peanut Allergies

MIPHA April Meeting

Michelle Cheng

A 2017 study reported that peanut allergy in children had increased 21 percent since 2010, and that nearly 2.5 percent of U.S. children may have an allergy to peanuts.

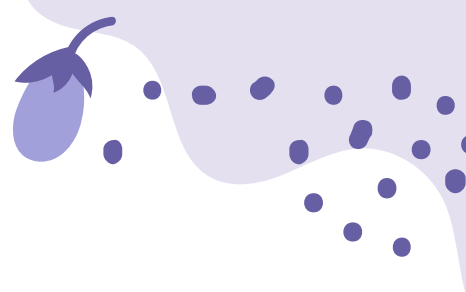




Symptoms of Peanut Allergies

- Vomiting
- Stomach cramps
- Indigestion
- Diarrhea
- Wheezing
- Shortness of breath, difficulty breathing
- Repetitive cough
- Tightness in throat, hoarse voice
- Weak pulse
- Pale or blue coloring of the skin
- Hives
- Swelling, can affect the tongue and/or lips
- Dizziness
- Confusion





Symptoms of Peanut Allergies

Many of us can probably name one person with peanut allergies, and the symptoms are well known. As listed, some common symptoms of peanut allergies include hives, swelling (usually of the mouth or tongue), and tightness in throat or anaphylaxis. These symptoms can be deadly, especially when they occur in children, which is why they are the focus demographic of treating peanut allergies and making schools peanut-free.



Preventing peanut allergy encounters

ALLERGEN STATEMENT INGREDIENT STATEMENT NUTRITIONAL FACTS PANEL

Nutrition Facts	
Serving Size	1 Bar (22g)
Amount Per Serving	
Calories 90	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	10%
Sugars 6g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
Thiamin 10% • Riboflavin 10%	
Niacin 10% • Vitamin B6 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	350g
Dietary Fiber		25g	30g

INGREDIENTS: CEREAL (RICE, WHOLE GRAIN WHEAT, SUGAR, WHEAT BRAN, SOLUBLE WHEAT FIBER, SALT, MALT FLAVORING, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], SOLUBLE CORN FIBER, FRUCTOSE, CORN SYRUP, ROASTED ALMONDS, ROASTED PEANUTS (PEANUTS, PEANUT OIL), SUNFLOWER OIL, DEXTROSE, SUGAR, HONEY, CONTAINS 2% OR LESS OF: SORBITOL, GLYCERIN, NATURAL AND ARTIFICIAL FLAVOR, SALT, SOY LECITHIN, NIACINAMIDE, BHT (PRESERVATIVE), SOY PROTEIN ISOLATE, NONFAT MILK, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE).

ALLERGY INFORMATION: CONTAINS WHEAT, ALMOND, PEANUT, SOY AND MILK. MAY CONTAIN OTHER TREE NUTS.

Nutrition Facts

Serving Size 1 Package (39g)
Servings Per Container 8

Amount Per Serving

Calories 190 Calories from Fat 80

% Daily Value*

Total Fat 9g 14%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 300mg 13%
Total Carbohydrate 23g 8%
Dietary Fiber 1g 5%
Sugars 5g

Protein 4g

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), PEANUT BUTTER (ROASTED PEANUTS), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SUGAR, HIGH FRUCTOSE CORN SYRUP, DEXTROSE, CONTAINS TWO PERCENT OR LESS OF SALT, MALTED BARLEY FLOUR, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), SOY LECITHIN, CORN-STARCH, YELLOW #6, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY BUTTERMILK, DISODIUM PHOSPHATE, RED PEPPER.

CONTAINS WHEAT, PEANUT, SOY AND MILK INGREDIENTS.

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Provide production code on package.

Preventing peanut allergy encounters



Preventing peanut encounters is harder than just avoiding peanut products themselves, as many products are contaminated by peanuts during manufacturing. This is why it is important to check the labels before purchasing food products for May Contain Peanuts or Other Allergens. Today, many schools are implementing peanut free environments by not serving school lunches and snacks that may contain peanuts. It is encouraged however to still stay aware of peanut products as they can be brought in accidentally by other children.



Treatments

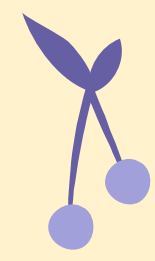
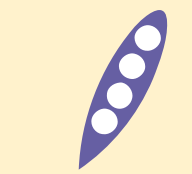
Epinephrine

- Used to treat very serious allergic reactions
- Must be prescribed by a doctor

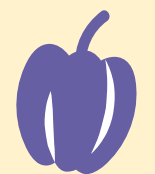






Treatments

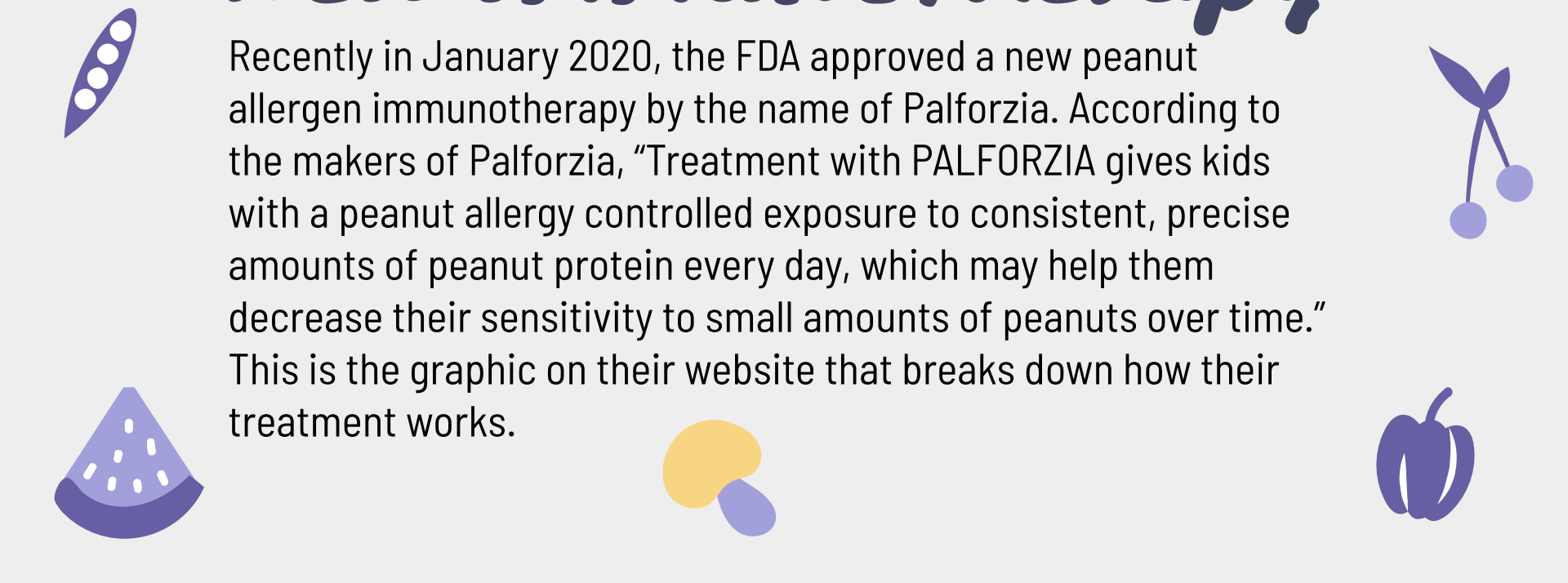


As of now, the emergency treatment for someone suffering from severe symptoms of peanut allergies is epinephrine, or the epi-pen. This is commonly used in emergencies to treat very serious allergic reactions to insect stings or bites or food allergies and more. According the Mayo Clinic, just like any medicine, it must be taken careful consideration of the potential risks, especially when used on infants, the elderly, and while on other drugs and medication. The beneficial effects of using the drug must be carefully decided with your healthcare provider and can only be provided by prescription.





New Immunotherapy



Recently in January 2020, the FDA approved a new peanut allergen immunotherapy by the name of Palforzia. According to the makers of Palforzia, "Treatment with PALFORZIA gives kids with a peanut allergy controlled exposure to consistent, precise amounts of peanut protein every day, which may help them decrease their sensitivity to small amounts of peanuts over time." This is the graphic on their website that breaks down how their treatment works.

New Immunotherapy

1



Starting Small

2



**Decreasing Sensitivity
Over Time**

3



Maintaining Treatment Effect

Citations

https://www.palforzia.com/?&js=co&au=ps_ga&m1=10673438523&m2=105646276952&m3=452017105899&m4=g&qclid=Cj0KCQiAzMGNBhCyARIsANpUkz0gOr65ji0_Cie6g0zpJdbDuB6WFRc1WNqqxabcOrR5QPeg-vvQlgtgaAkwPEALw_wcB&qclsrc=aw.ds

<https://www.fda.gov/news-events/press-announcements/fda-approves-first-drug-treatment-peanut-allergy-children>

<https://pubmed.ncbi.nlm.nih.gov/10200001/#:~:text=Conclusions%3A%20Peanut%20and%2For%20TN,representing%20a%20significant%20health%20concern.>

<https://acaai.org/allergies/allergic-conditions/food/peanut/>

<https://www.mayoclinic.org/drugs-supplements/epinephrine-injection-route/description/drg-20072429>

The image features a light purple background with the text "Thank you" in the center. The corners are decorated with yellow abstract shapes. The top-left shape has white dashed lines, the top-right has white curved lines, the bottom-left has a blue pumpkin and white dots, and the bottom-right has a blue fruit branch and white curved lines.

Thank you