

Let's prevent infants, food allergies, and childhood allergies together!

Food allergies refer to allergic symptoms such as hives, abdominal pain, and difficulty of breathing that occur upon consuming specific foods. Since they occur frequently in infants and young children and can be fatal to their health, it is crucial to prohibit these foods in advance. Looking at the 22 types of food allergies designated by the Ministry of Food and Drug Safety, we recognize that they include common foods such as milk, peanuts, and tomatoes. To ensure the healthy growth of infants and young children, who find it difficult to identify and avoid allergy-causing foods on their own, we aim to prevent food allergies through communication between families and daycare centers. Please refer to the information below and show interest and cooperation in maintaining a healthy diet for your children.

At the Daycare center!

- 1 Conduct food allergy survey at the beginning of the semester
 - 2 Establishment of food allergy guidelines and guidance for guardians
 - Mandatory information : Details regarding food allergies (examples of allergy-causing foods, etc.), practical countermeasures (provision of alternative food, etc.)
 - 3 Mark cautionary menus on the monthly meal plan
 - 4 Precaution during cooking and art activities
 - When using food, clean thoroughly with a dedicated detergent washing and wearing disposable gloves and a mask is recommended.
 - In case of severe allergies, restrict the use of the causative food.
- * Caution is required as symptoms can occur even from the mere contact of small amounts of causative foods (flour ,beanbags, milk cartons, etc.) with the body or inhalation.

At home!

- 1 Preliminary test to determine which foods your child is sensitive to.
 - Inform your child and daycare about foods diagnosed as allergies
- 2 Participate in daycare food allergy survey
 - List food allergies, allergy-causing food, allergy symptoms, alternative foods, etc.
- 3 Check the daycare center menu and alternative menus, alternative meals can be prepared at home if desired.
- 4 Submit a doctor's note to the daycare center when the allergy disappears.
- 5 When purchasing a product, check the 'allergen information' on the food label.

22types of allergens designated by the Ministry of Food and Drug Safety



Allergy main symptoms

- **Neck:** tightness in the throat, hoarseness, coughing, etc.
- **Skin:** Itching, redness, hives, swelling
- **Digestive system:** Vomiting, abdominal pain, diarrhea, nausea etc
- **Anaphylaxis:** hypotension and dyspnea

Alternative food information

Principle! To ensure balanced nutrient intake, within food groups such as allergens substitute for other foods

Allergenic foods

Alternative food

milk

Soy milk, anchovies, tofu

bean

Tuna, cheese, mackerel, beef, pork

Peanut

Food product other than nuts replace with oil

Allergenic foods

Alternative food

flour

Baley, rice, oatmeal, Corn, glass noodles, rice cake

eggs

White fish, beef, pork, tofu

Fish and shellfish

Meat, tofu, eggs, Shiitake mushrooms, wood ear mushrooms