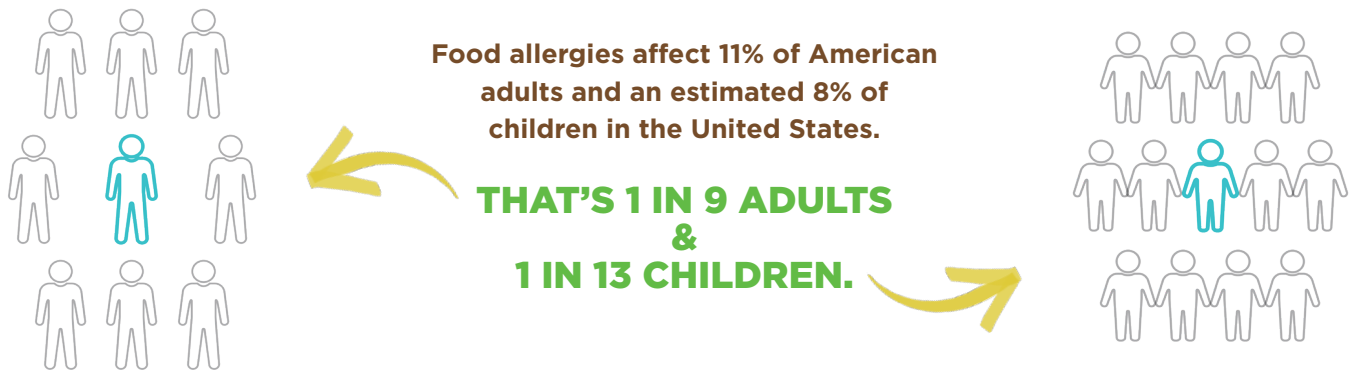




# Navigating Food Allergies With Avocado Nutrition

Food allergies occur when the body's immune system mistakenly reacts to certain proteins in foods as if they are harmful. Typically, reactions are mild, but some can be serious, and even life-threatening. Unlike food allergies, food intolerances are not life-threatening. They happen when the body's digestive system reacts to certain parts of foods.



## COMMON CAUSES OF FOOD ALLERGIES

- Cow's milk
- Chicken eggs
- Crustacean shellfish, such as shrimp and crab
- Fish, such as flounder and cod
- Soy
- Wheat
- Sesame
- Peanuts
- Tree nuts, such as almonds and pecans

## FOOD ALLERGY RISK FACTORS

Food allergies can affect people of all ages—both kids and adults. While some children may outgrow their allergies over time, others can develop them later in life.

### SOME FACTORS THAT CAN INCREASE THE LIKELIHOOD OF HAVING A FOOD ALLERGY INCLUDE:

- Eczema, a disease that causes inflammation, redness, and irritation of the skin
- Having asthma or other allergies, such as hay fever
- A family history of allergies, asthma, or eczema
- Changes to the microbiome, the microscopic organisms that live in and on our bodies



## HOW TO SPOT AN ALLERGIC REACTION

Food allergy symptoms can vary from person to person, and they might not be the same every time you eat a trigger food. Reactions often start quickly - within minutes - but sometimes take a few hours to appear.

### SYMPTOMS MAY INCLUDE:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Face, tongue, or lip swelling
- Coughing or wheezing
- Vomiting and/or diarrhea
- Stomach cramps
- Dizziness and/or lightheadedness
- Swelling of the throat and vocal cords
- Trouble breathing

***More serious allergic reactions can lead to narrowed airways in the lungs, severe breathing trouble, a significant drop in blood pressure and shock ("anaphylactic shock"), or loss of consciousness.***



## SCIENCE SHOWS AVOCADOS MAY LOWER RISK OF FOOD ALLERGIES

In a study among 2,272 mother-child pairs, 12-month-old infants of mothers who consumed avocado during pregnancy were less likely to have food allergies compared to infants whose mothers did not eat avocado while pregnant. No other allergic conditions were linked to consuming avocado. Lifestyle factors, such as marital status, education, breastfeeding, alcohol intake, and smoking, did not play a role in the differences between groups.

Although more research is needed to generalize these results to larger and varied populations, these are encouraging findings and add to the growing body evidence demonstrating fruit intake may benefit the immune health of children. The Avocado Nutrition Center supported this study.



# AVOCADO NUTRIENTS & IMMUNITY

Avocados are healthy and provide essential vitamins and minerals that help keep the immune system strong.

## ONE SERVING OF AVOCADO (1/3 OF AN AVOCADO) PROVIDES:

- 10% of the Daily Value of **copper**
- 6% of the Daily Value for **vitamin E**
- 6% of the Daily Value for **vitamin B6**
- 4% of the Daily Value for **magnesium**

**NUTRIENT BOOST BONUS:** Avocados also provide 6 grams of unsaturated fat per serving, which can help enhance the absorption of fat-soluble vitamins A, D, and E—key nutrients that support immune health. This makes avocados a uniquely nutritious fruit.



## ALL ABOUT AVOCADO: DISHES THAT DELIVER

Avocados contribute nearly 20 vitamins, minerals, and beneficial plant compounds that can enhance the diet's nutrient quality. From breakfast bowls to burritos to baked goods, avocados bring creamy goodness and nutrition to every bite—all while supporting a healthy eating plan.



**Super Breakfast Avocado  
Quinoa Bowl**



**Bean Burrito  
with Avocado**



**Avocado Chocolate  
Chip Cookies**

Find more avocado recipes for every eating occasion at [www.LoveOneToday.com/recipes](http://www.LoveOneToday.com/recipes)