

Food Allergies

Anaphylaxis

Food allergies can be extremely variable, from a trivial stomach upset to a life-threatening episode of anaphylaxis. It is very hard to predict the severity of a future reaction, but it is extremely important that you know if your reaction is an allergic one or not. Skin testing may be helpful, and sometimes we do a blood test for specific allergen sensitivity (sometimes called a RAST).

Helpful websites for individuals with food allergies

If you have concerns about food labelling or need to know what is in a commercial product, you may find the [Canadian Food Inspection Agency website](#) helpful. You can also call 1.800.667.2657. The Health Hazards line is for complaints from consumers at 1.800.701.237.

The [Index of Food Recalls](#) site is also helpful. Information on food recalls is available by phone the Canadian Food Inspection agency at 1-800-442- 2342

[The Association of Allergists and Immunologists of Quebec](#) is a wealth of information. [Aussi disponible en français](#).

[The Food Allergy Network](#) includes lots of information, and helpful email alerts, although they are primarily directed toward US consumers.

[PeanutAllergy.com](#) is a website completely dedicated to peanuts.

[Food Allergy Canada](#) is a website that includes discussions of all different kinds of anaphylaxis and food allergies.