

Mayo Clinic Minute

Why food allergies can be especially problematic for kids around the holidays

Video	Audio
	Thanksgiving may get your mouth watering in anticipation for turkey and stuffing, but it can be an anxious time for parents of kids with food allergies.
	Dr. Anupama Ravi, a Mayo Clinic pediatric allergy specialist, says with so many food options, it's too easy for a problematic food to accidentally end up on an allergic child's plate.
00:00:00 Anupama Ravi, M.D. Pediatric Allergy and Immunology Mayo Clinic 00:00:36 DR. RAVI 02:	"They may forget that they used almond extract or some other allergenic food because, like, for example, we forget that butter contains milk and somebody might put butter in a recipe and forget that there is dairy or when a child has a milk allergy."
00:00:12 DR. RAVI 02: --	"Someone might take a utensil from one item and scoop something else. So even that cross-contamination is very significant."
	The result, Dr. Ravi says, can be allergic reactions ranging from itchy hives, tongue and lip swelling to throat closing and trouble breathing.
	So this holiday season, Dr. Ravi recommends parents of kids with food allergies remove all risk and doubt, and just bring foods they know are safe to family feasts.
	For the Mayo Clinic News Network, I'm Ian Roth.