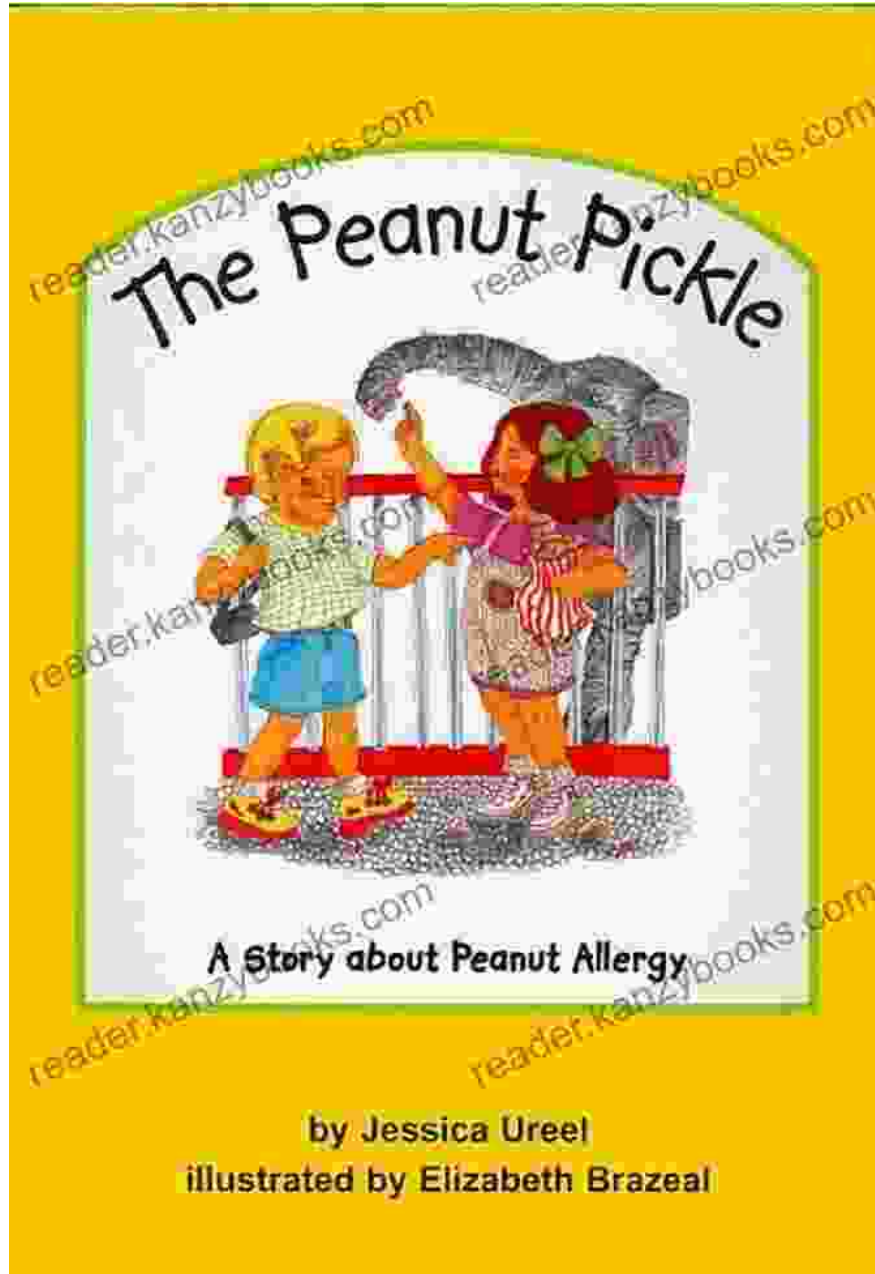


# The Peanut Pickle Story About Peanut Allergy: A Must-Read for Parents and Children



## The Peanut Pickle: A Story about Peanut Allergy

by Kristi Stalder

★★★★☆ 4.6 out of 5

Language : English

File size	: 9714 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 29 pages
Lending	: Enabled
Screen Reader	: Supported



Peanut allergies are one of the most common food allergies in children, and they can be very serious. The Peanut Pickle Story About Peanut Allergy is a heartwarming and educational book that teaches children about the dangers of peanut allergies. Through the engaging story of Peanut Pickle, a lovable pickle who is allergic to peanuts, children will learn how to recognize the signs and symptoms of an allergic reaction, how to avoid foods that contain peanuts, and how to stay safe if they have a peanut allergy.

### **What is a peanut allergy?**

A peanut allergy is an allergic reaction to peanuts or peanut-containing foods. Peanuts are a type of legume, and they are related to other legumes such as beans, peas, and lentils. Peanut allergies are caused by a protein in peanuts called arachin. When someone with a peanut allergy eats something that contains peanuts, their immune system overreacts and produces antibodies called immunoglobulin E (IgE). These antibodies bind to cells in the body called mast cells, which then release histamine and other inflammatory chemicals. These chemicals cause the symptoms of an allergic reaction, such as:

- Hives
- Swelling
- Itching
- Rashes
- Nausea
- Vomiting
- Diarrhea
- Anaphylaxis

Anaphylaxis is a severe allergic reaction that can be life-threatening. Symptoms of anaphylaxis include:

- Difficulty breathing
- Swelling of the throat
- Rapid heart rate
- Dizziness
- Loss of consciousness

If you think someone is having an anaphylactic reaction, call 911 immediately.

### **How to avoid peanut allergies**

The best way to avoid peanut allergies is to avoid eating peanuts and peanut-containing foods. Peanuts are often found in foods such as:

- Peanut butter
- Peanut oil
- Peanut candy
- Peanut cookies
- Peanut ice cream
- Peanut soup
- Peanut sauces
- Trail mix
- Granola bars
- Protein shakes

It is also important to read food labels carefully to make sure that foods do not contain peanuts or peanut-containing ingredients. If you are not sure whether a food contains peanuts, do not eat it.

### **How to stay safe if you have a peanut allergy**

If you have a peanut allergy, it is important to carry an epinephrine auto-injector (EpiPen) with you at all times. An EpiPen is a device that delivers a life-saving dose of epinephrine, which can help to stop an allergic reaction. You should also wear a medical alert bracelet or necklace that says you have a peanut allergy.

If you think you are having an allergic reaction to peanuts, use your EpiPen immediately and call 911. Epinephrine is the only medication that can stop

an allergic reaction. Do not wait to see if your symptoms will go away on their own.

## **The Peanut Pickle Story About Peanut Allergy**

The Peanut Pickle Story About Peanut Allergy is a heartwarming and educational book that teaches children about the dangers of peanut allergies. Through the engaging story of Peanut Pickle, a lovable pickle who is allergic to peanuts, children will learn how to recognize the signs and symptoms of an allergic reaction, how to avoid foods that contain peanuts, and how to stay safe if they have a peanut allergy.

The Peanut Pickle Story About Peanut Allergy is a must-read for parents and children of all ages. It is a fun and informative book that can help to keep children safe from the dangers of peanut allergies.

### **Free Download your copy today!**

The Peanut Pickle Story About Peanut Allergy is available now on Our Book Library.com and other online retailers.

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## **The Peanut Pickle: A Story about Peanut Allergy**

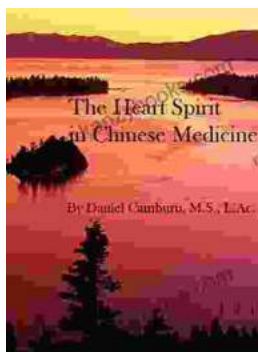
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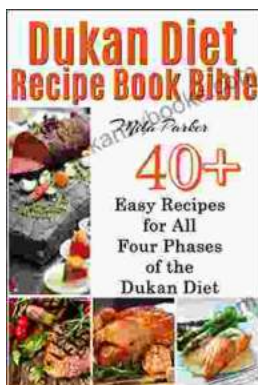
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