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OK 4 ME 2 EAT: My food allergies

Leslie Berlin

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OK 4 ME 2 EAT: My food allergies Leslie Berlin
Sam, a child with multiple food allergies, helps to explain everyday concepts of dealing with his food restrictions. He tells us how both he and his brother have been lucky enough to have outgrown their milk allergy. Sam, still having an allergy to other foods, shows us how he only eats foods that his parents say are safe and most of all how he can still enjoy the fun of being a kid. Sam gives examples of the 8 most common allergens and tells us some of the foods in which those allergens might be hidden.

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