



## Garlic

Garlic (falafel spice) can trigger IgE-mediated allergies, causing oral itching, gastrointestinal distress, or anaphylaxis. Cross-reactivity with onions, chives, or lilies is common. Rare but potentially severe in sensitive individuals.

## Nutrients

## Recipe preparation steps



Skin Rash or Hives, Itching or Tingling in the Mouth, Swelling of lips, face, or tongue, Nausea or Vomiting, Diarrhea, Abdominal pain or cramps, Difficulty breathing or wheezing, Dizziness or Lightheadedness, Runny or Stuffy Nose



Avoid garlic and garlic-containing foods, Antihistamines, Topical Creams or Ointments, Epinephrine auto-injector (for severe reactions), Consult an Allergist, Stay hydrated, Monitor symptoms closely

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