



Oats

Oats may trigger reactions in individuals with *Avena sativa* sensitivity or, rarely, cross-reactivity to wheat/gluten. Symptoms include dermatitis or GI distress; often linked to contamination with gluten during processing. Not a top-14 EU allergen but noted for at-risk groups.

Nutrients

Recipe preparation steps

n.syn Skin rash, Itching, Digestive Issues, Swelling, Respiratory problems, Anaphylaxis

en.h Avoidance of oats, Reading food labels, Antihistamines, Epinephrine Auto-Injector, Consulting an allergist, Alternative grains

David Janitzek Diets
Premium
Krumbacher Straße 26
86424 Dinkelscherben,
Germany
VAT ID: DE453108867

Contact:
Email: support@dietspremium.com
Tel.: +49 1520 744 5675

Web:
dietspremium.com

Bank Details
Bank: Deutsche Bank
IBAN: DE26 7207 0024 0064 1910 00
SWIFT (BIC): DEUTDEDB720