



Vanilla

Rare IgE-mediated allergy to vanilla (vanillin or plant proteins) may cause oral itching, swelling, or anaphylaxis. More common in occupational exposure (e.g., bakers) or cross-reactivity with birch pollen (OAS).

Nutrients

Recipe preparation steps



Skin rash, Hives, Itching, Swelling, Nausea, Vomiting, Diarrhea, Abdominal Pain, Sneezing, Runny or Stuffy Nose, Watery Eyes, Difficulty Breathing, Anaphylaxis



Avoidance, Antihistamines, Topical corticosteroids, Epinephrine Auto-Injector, Medical Consultation, Reading Labels, Emergency Action Plan

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