**Food Allergy Symptoms in Children**

Children with food allergies might communicate their symptoms in the following ways:

* It feels like something is poking my tongue.
* My tongue (or mouth) is tingling (or burning)
* My tongue feels like there is hair on it.
* My mouth feels funny.
* There’s a frog in my throat; there’s something stuck in my throat.
* My tongue feels full (heavy).
* My lips feel tight.
* It feels like there are bugs in there (to describe itchy ears).
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* It feels like there are bugs in there (to describe itchy ears).
* It (my throat) feels thick.
* It feels like a bump is on the back of my tongue (throat)

*Source: The Food Allergy & Anaphylaxis Network. Food Allergy News. 2003;13(2).*