Food allergies are a significant health concern, affecting millions of people worldwide. Here’s what you need to know:

**What You Need To Know**

- **1 in 13 children in the U.S. has a food allergy.**
- **More than 15% of school-aged children with food allergies have had a reaction in school.**

**Symptoms of anaphylaxis** can be life-threatening and include:

- **Wheezing or difficulty breathing**
- **Swelling of lips, tongue, or throat**
- **Low blood pressure**
- **Repetitive coughing**
- **Nausea or vomiting**
- **Abdominal pain**
- **Diarrhea**

**Emergency Treatment**

- **Epinephrine** is the first step in treating anaphylaxis.
- **Hospitals** are an option if symptoms persist after epinephrine.

**Food Allergies by the Numbers**

- **Up to 3,826,800 people in the U.S. are allergic to peanuts.**
- **Up to 1,913,400 people are allergic to tree nuts.**

**Food Allergy Contamination**

- **Some studies** show that individuals with food allergies have a greater risk of hospital visits and emergency room visits when compared to other food allergies.
- **Some allergies**, like shellfish, can lead to the most emergency room visits.

**What You Need To Know**

- **Antibodies produced by the immune system** are IgE, or Immunoglobulin E, which trigger allergic reactions.

**Living With Food Allergies**

- **Cooking & Cleaning**
  - **Wheat** can be found in many food products, so reading labels is crucial.
  - **Tree nuts** and **soy** are also commonly hidden ingredients.
- **Shopping & Dining**
  - ** awareness training** is crucial for employees in restaurants and grocery stores.
  - **Good awareness** can prevent cross-contamination.

**Treating Food Allergies**

- **Avoiding the allergen** is the best way to prevent symptoms.
- **Eating away from home** can be especially challenging, but being aware of ingredients can help.

**What Can You Be Allergic To?**

- **Peanuts**
- **Eggs**
- **Shellfish**
- **Tree Nuts**
- **Fish**
- **Soy**
- **Milk**

**Food Allergies**

- **Wheat**
- **Eggs**
- **Peanuts**
- **Tree Nuts**
- **Shellfish**
- **Soy**
- **Milk**

**Useful Resources**

- [acaai.org/allergies/types/food-allergies/types-food-allergy/egg-allergy](acaai.org/allergies/types/food-allergies/types-food-allergy/egg-allergy)
- [www.mayoclinic.org/diseases-conditions/allergies/basics/causes/con-20034030](www.mayoclinic.org/diseases-conditions/allergies/basics/causes/con-20034030)
- [kidshealth.org/parent/firstaid_safe/emergencies/anaphylaxis.html](kidshealth.org/parent/firstaid_safe/emergencies/anaphylaxis.html)
- [nces.ed.gov/fastfacts/display.asp?id=372](nces.ed.gov/fastfacts/display.asp?id=372)