

Kids & Food Allergies: What You Need To Know

1 in 13 children in the U.S. has a food allergy...

That's roughly **6 million children.**



That's about **2 kids** in every classroom.

More than 15% of school aged children with food allergies have had a reaction in school.



A food allergy occurs when the immune system targets a food protein and sets off a reaction throughout the body.

Food allergy is an IgE-mediated immune reaction and is not the same as a food intolerance or sensitivity. It occurs quickly and can be life-threatening.



IgE, or Immunoglobulin E, are antibodies produced by the immune system.

IgE antibodies fight allergenic food by releasing chemicals like histamine that trigger symptoms of an allergic reaction.

Mild Symptoms

- Hives
- Redness around mouth or eyes
- Itchy mouth, nose or ears
- Stomach pain or cramps
- Nausea or vomiting
- Sneezing

Severe Symptoms

- Swelling of lips, tongue and/or throat
- Difficulty swallowing
- Shortness of breath, wheezing
- Low blood pressure
- Loss of consciousness
- Chest pain
- Repetitive coughing

According to the CDC, food allergies result in **more than 300,000 doctor visits** each year among children under the age of 18.

Risk Factors

- Family history of asthma or allergies
- Children are at greater risk than adults
- Having asthma or an allergic condition such as hay fever or eczema

What Can You Be Allergic To?



PEANUTS

Up to **4,145,700** people in the U.S. are allergic to peanuts. *That's more than the entire country population of Panama!*

25-40% of people who are allergic to peanuts also have reactions to at least one tree nut.

Around 20% of individuals with a peanut allergy are expected to eventually outgrow it.

Because peanuts are legumes, not tree nuts, people with peanut allergies may be able to consume other types of nuts.

Younger siblings of children allergic to peanuts may be at an increased risk for developing a peanut allergy.



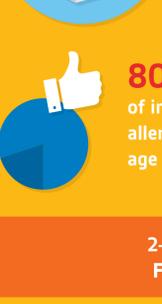
EGGS

Almost **4 million** children in the U.S. are allergic to eggs. *That's more than the population of Oregon!*

70% of individuals with an egg allergy can be expected to tolerate it by age 16.

Egg allergy is the **second most common allergy** in infants and young children.

The CDC, AAAAI and ACAAI all agree that it's safe for people with an egg allergy to receive the injectable flu vaccine in an appropriate setting.



SHELLFISH

Up to **3,826,800** people in the U.S. are allergic to shellfish. *That's more than the amount of employees working with U.S. Defense Department—the world's largest employer!*

Some people are sensitive to shellfish protein released into the air when it's being cooked.

Shellfish allergy is considered to be the **most dangerous**, resulting in the most emergency room visits when compared to other food allergies.



TREE NUTS

Up to **1,913,400** people in the U.S. are allergic to tree nuts. *That's more than the population of Rhode Island!*

Tree nuts include, but are not limited to: almonds, hazelnut, cashew, pistachio and walnut. Peanuts are **not** a tree nut.

Only 9% of children who are allergic to tree nuts will ever outgrow this allergy.

If someone is allergic to one type of tree nut, they are often allergic to others.



FISH

Up to **1,275,600** people in the U.S. are allergic to fish. *That's more than the population of San Jose, CA!*

A person may be allergic to all fish or specific types, but this does not mean they are also allergic to shellfish.

40% of people who report a fish allergy showed no signs of the allergy until adulthood.



SOY

Up to **1,275,600** people in the U.S. are allergic to soy. *That's 10x the number of people who attended Super Bowl XIV, the highest attended Super Bowl game in NFL history.*

Symptoms typically appear in infants and children under the age of 3, and most will outgrow the allergy by age 10.

MILK

Milk is the most common food allergy in **infants and young children.**

80% of individuals with a milk allergy will outgrow it by age 16.

Milk allergy is not the same as lactose intolerance. Lactose intolerance does not involve the immune system.

2-3% of children younger than 3 are allergic to milk. Fewer than 20% will outgrow the allergy by age 4.

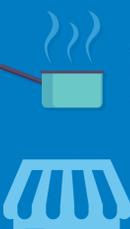
WHEAT

IgE-mediated wheat allergy is most common in children and is usually outgrown during childhood.

Wheat allergy is not the same as celiac disease or a gluten intolerance.

About 20% of children allergic to wheat are also allergic to other grains.

Living With Food Allergies



COOKING & CLEANING

Peanut can be effectively cleaned from the hands by using water and soap or commercial wipes, but not with antibacterial gels alone.

Some studies have shown that individuals with peanut and soy allergies can safely eat highly refined oils made from these ingredients.

Although uncommon, food proteins released into the air from vapor or steam can cause allergic reactions, most notably with fish.

Cold-pressed, expeller-pressed or extruded oils should be avoided.



SHOPPING & DINING

By law, the eight major allergens must be declared on food labels.

Eating away from home can pose a significant risk to people with food allergies if the kitchen and wait staff are not properly trained.

Notification that a food is processed in the same facility as a potential allergen is voluntary.

Studies suggest that almost **half of fatal food allergy reactions** are triggered by food consumed outside the home.

A peanut and tree nut allergy study found that desserts trigger most allergic reactions in restaurants...

and that many reactions happen in Asian restaurants as a result of cross contamination.

Treating Food Allergies

Mild symptoms can be treated with an antihistamine. However, you should continue to pay close attention.

Severe symptoms should be immediately treated with injectable epinephrine, which helps reverse the symptoms of anaphylaxis.

If a reaction is serious, immediately use epinephrine and call for emergency medical help.

If epinephrine is not available, call 911 immediately.