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Things you should know about Food Allergies

1. Food allergies are on the rise.

Rates have doubled in recent years.



Source: Food Allergy Research and Education (FARE)

2. There are 8 major allergens in the U.S.

- **Fish** (bass, flounder, cod)
- **Crustacean shellfish** (crab, lobster, shrimp)
- **Tree nuts** (almonds, walnuts, pecans)
- **Peanuts**
- **Wheat**
- **Soybeans**
- **Eggs**
- **Milk**

These eight are required by law (FALCPA) to be declared on the ingredient list.



Source: U.S. Food and Drug Administration (FDA)

3. Food allergies affect your immune system.



- Allergens (proteins in food) affect the body's immune system and bind to immunoglobulin E (IgE).
- IgE signals the release of histamine and causes an immune-mediated reaction.



4. Food allergies and intolerances are NOT the same.



- Food allergies affect the immune system and can be fatal.
- Intolerances (such as lactose intolerance) affect the digestive system and are not life-threatening.

Source: Food Allergy and Anaphylaxis Connection Team (FAACT)

5. Know what to do when someone is having an allergic reaction.

Dial 911: Seek immediate medical attention!

Awareness and action can reduce the risk of a fatal reaction.

911

