

# Food Allergies

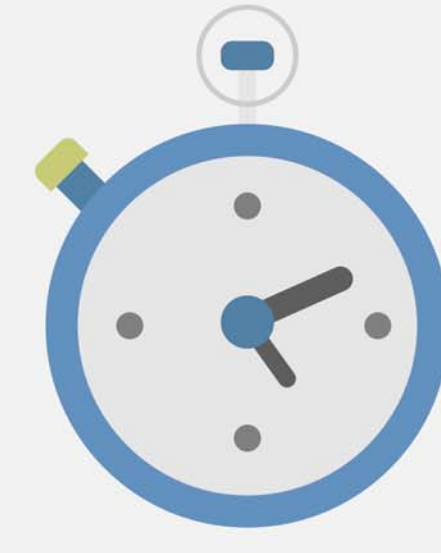


A quick introduction and guide to everything about food allergies

## Fun Facts

1

Every **3 minutes**, a food allergy reaction sends someone to the emergency room.



Approximately **one in 13** children in the United States are affected by food allergies.

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United States families pay nearly **\$25 billion** a year on food allergy related costs.



Children with food allergies are **two to four times more likely** to have other allergic conditions (i.e. asthma or eczema).

4

## Treatments & Trends

### Major Allergens

More than 180 foods have been reported to cause allergic reactions, though there are **Eight Major Food Allergens (90% of all reactions):**



Peanuts



Eggs



Wheat



Milk



Fish



Tree Nuts



Shellfish



Soy

Once anaphylaxis, a serious reaction, starts the drug **Epinephrine** is **the only effective treatment**. If Epinephrine is not injected **within 3 minutes** of reactive symptoms, you may be at risk of a **fatal reaction**.

### Immediate Treatment

### Is There a Cure?

Though some allergies can be "outgrown," allergies cannot be cured. The best way to deal with allergies is to recognize a reaction, and simply avoid the problem food(s).



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