

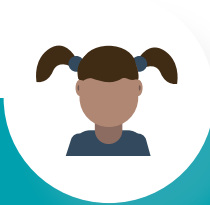
Food Allergy Action Month

Food allergies are a growing food safety and health concern that affects millions of Americans. A food allergy is an immune system reaction that occurs to specific foods—and some reactions can be life-threatening. May is Food Allergy Action Month and a great time to learn about food allergies to help keep people with allergies safe at home, at work and in the classroom.

Food Allergies in the United States



1 in 10 adults have a food allergy.



1 in 13 children have a food allergy.



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

The Big 8

More than 170 foods have caused allergic reactions. However, about 90% of allergic reactions occur from foods on the “**Big 8**” list. Those common food allergens include:

Milk

Wheat

Eggs

Soy

Fish

Peanuts

Shellfish

Tree nuts



Since food allergies can be serious, it’s important to be aware of the warning signs. The most common food allergy symptoms include:

- Tingling in the mouth
- Facial swelling
- Hives or itchy skin
- Wheezing or difficulty breathing
- Diarrhea, nausea or vomiting
- Dizziness or fainting

If you have food allergy symptoms shortly after eating, see a doctor. If possible, it’s best to see your doctor when the allergic reaction is occurring.