

FOOD ALLERGIES IN THE U.S.



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15 **Million** Americans have a food allergy of some kind. They occur when your body's immune system overreacts to a food or a substance in a food and your body identifies it as a danger and a reaction occurs.



90% Of all food reactions occur from one of these types of foods.



The most severe allergic reaction is **anaphylaxis**—a life threatening reaction affecting your whole body, including your breathing and heart rate. It can be fatal and must be treated immediately. Call 911 and if the individual carries an EpiPen (or similar medication), you may need to help administer it to the individual.



30,000 ER visits in the U.S. each year are caused by food allergies.



There is no cure for food allergies. Avoiding food allergens and early recognition of food intolerances are important measures to prevent serious health risks.

