

People can be allergic to any food, but there are

8 FOODS THAT CAUSE THE MOST REACTIONS.



Milk



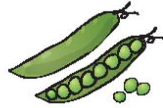
Eggs



Peanut



Tree Nuts



Soy



Wheat



Fish



Shellfish

Reactions can range from a mild response to **anaphylaxis**, a severe and potentially deadly reaction.

Every 3 minutes a food allergy reaction sends someone to the **ER**.



The number of people who have the disease is growing, increasing **50% among children** between **1997 and 2011**.

It now affects
1 IN 13
children



There is **no cure for food allergy**, but scientists are working to find treatments to prevent life-threatening reactions.