

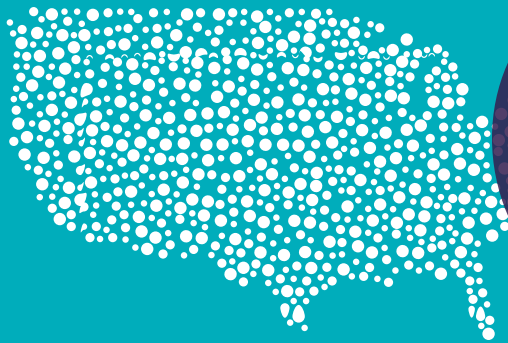
living WITH FOOD ALLERGIES

A FOOD ALLERGY

is an immune reaction to a food protein.



Every 3 minutes, a food allergy reaction sends someone to the hospital.



Up to
15M
Americans are estimated to have food allergies

A FOOD INTOLERANCE

causes a non-immune reaction to food.

with
1 IN 13
children having food allergies

← The prevalence of food allergies in children increased by **50%** between 1997 and 2011!

The **TOP 8 ALLERGENS** account for the vast majority of food allergy reactions:

WHEAT MILK EGG SOY PEANUTS TREE NUTS FISH SHELLFISH

**Statistics provided by Food Allergy Research & Education (FARE).*

TIPS FROM ENJOY LIFE!

DO YOUR RESEARCH. Getting the right information is the most important part of adjusting to an allergy-friendly lifestyle. A quick online search of allergy-friendly organizations will provide you with everything you need to know.

GET PLUGGED IN. Join a local support group and connect online with other people living with allergies to build your support system and easily get advice and recommendations!

GET COOKING. Starting an allergy-friendly lifestyle may mean cooking meals from scratch instead of opting for faster fuel. There are many allergy-friendly cookbooks and blogs with delicious recipes and more food companies are making ingredients and food items that are allergen safe.

EDUCATE YOUR FRIENDS AND FAMILY. Your loved ones may not understand that living an allergy-friendly lifestyle doesn't mean simply "taking the allergen" out of a meal. Let your friends and family know what it means to live allergy-friendly and how they can help you in your health journey.

