

# Children and Food Allergies

An infographic outlining child food allergy statistics, trends, how to be prepared, and what treatments are available.



**3.9%**

of all children in the United States were reported to have a food allergy in the previous 12 months.

Once an allergic reaction starts, if not treated within

**3 minutes**

a life-threatening reaction may occur.

In a two year period, approx. **9500** hospital cases discharged children with a diagnosis related to a food allergy reaction.

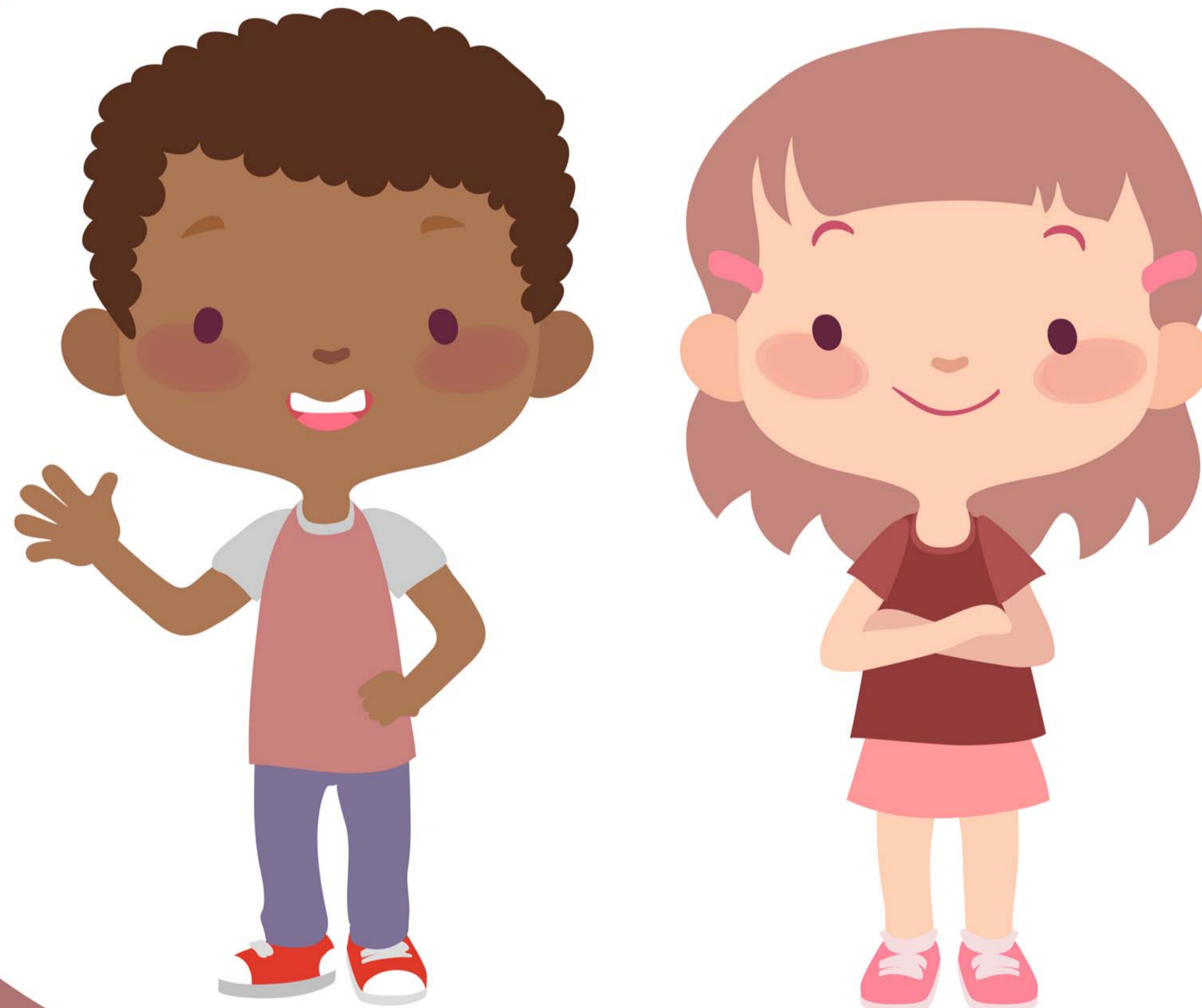
**~30%**

of children between the ages of 0-3 outgrow their allergic food reactions.

Children with reported food allergies are

**2-4x's**

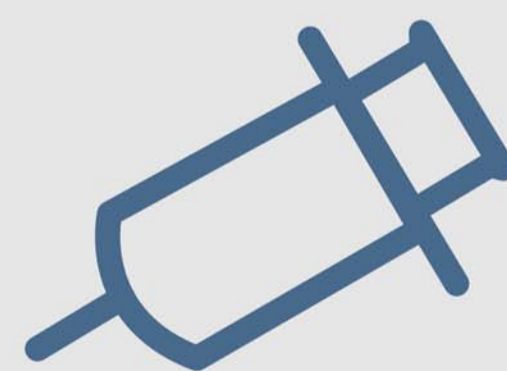
more likely to have other allergic conditions (asthma, etc.).



**90%**

of all allergic food reactions come from 8 sources: milk, eggs, peanuts, tree nuts, wheat, soy, fish, and shellfish.

The **ONLY EFFECTIVE TREATMENT** to a serious allergic reaction (anaphylaxis) is the drug **epinephrine**.



If you are at all suspicious that your child may have an allergic reaction, keep track of each item that they eat and try to find the source of the reaction. Though there is no direct cure for food allergies, some people may just grow out of them. Keep an Epi-Pen for serious reactions, and make sure your child knows how to use it.



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Information and statistics gathered from: The Centers for Disease Control and Prevention, Food Allergy Research & Education, and AllergyChild.com

