WHAT IS A FOOD ALLERGY?

When it comes to food allergies, the body reacts as though that particular food product is harmful. As a result, the body’s immune system creates antibodies to fight the food allergen (the substance in the food that triggers the allergy). The next time that person comes in contact with the same food by touching, eating, or inhaling its particles; the body will release chemicals in order to try and protect itself. These chemicals trigger allergic symptoms that can affect the respiratory system, skin, cardiovascular system and/or gastrointestinal tract.

WHO IS AFFECTED

Although they are less common in adults, overall food allergies affect nearly 11 million people in the United States.

About 6% of children in the United States under the age of 3 suffer from food allergies.

1 in 13 children (under the age of 18) have a food allergy.

COMMON FOOD ALLERGIES

Children can be allergic to any kind of food; however the eight most common allergens that account for about 90% of all reactions in kids are:

- Milk
- Peanuts
- Soy
- Eggs
- Wheat
- Tree Nuts
- Fish
- Shellfish

For any questions about allergies or other nutritional needs, please contact:

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