

Information on Food Allergies

Did you know....

Anaphylaxis in Canada

- 1.2 million Canadians have a food allergy.
- Within the first three years of life, 6% - 8% of children are affected by food allergy.
- Up to 80% of children outgrow their milk and egg allergy by age 10.
- Up to 20% of children outgrow their peanut allergy by age 5.

The Most Common Allergies in Canada

- Peanuts
- Eggs
- Milk
- Mustard
- Soy
- Sesame Seeds
- Seafood (Fish, Crustaceans, and Shellfish)
- Sulphites
- Tree Nuts
- Wheat

Helpful links:

- Anaphylaxis symptom [poster](#) F.A.S.T.
- Anaphylaxis [overview](#)
- Anaphylaxis [fact sheet](#)
- [Food Allergies](#)
- [Sweet Caroline Foundation](#)
- [Allerject®](#)
- [EpiPen®Canada](#)