**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
* Tree Nuts
* Wheat
* Soy
* Sesame Seeds
* Seafood (Fish, Crustaceans, and Shellfish)
* Sulphites

**Helpful links:**

* Anaphylaxis symptom poster F.A.S.T. <http://foodallergycanada.ca/wp-content/uploads/Think-FAST-poster-2017.pdf>
* Anaphylaxis overview <http://foodallergycanada.ca/wp-content/uploads/Anaphylaxis.pdf>
* Anaphylaxis fact sheet <http://foodallergycanada.ca/wp-content/uploads/Anaphylaxis-Information-Sheet.pdf>
* Sweet Caroline Foundation [www.sweetcarolinefoundation.ca](http://www.sweetcarolinefoundation.ca)
* WhyRiskit.ca <http://www.whyriskit.ca/what-is-it.html>