

FOOD ALLERGY LIFEMAP

A food allergy diagnosis is life-changing, but knowledge, awareness and planning can empower you to live safely and well.

32 MILLION
Americans have food allergies

1 IN 13 CHILDREN

1 IN 10 ADULTS

INFANCY: First Steps

For some babies, first foods cause first food allergy reactions.



Early introduction of peanut and other foods can sometimes, but not always, prevent food allergy. Consult an allergist or pediatrician for advice.



Constant vigilance: Anxiety from managing a child's food allergy can lead to harmful effects on mom's cardiovascular health.

EARLY CHILDHOOD: Rules of the Road

From preschool to play dates, caregivers train to avoid emergencies and respond when needed.



Share Emergency Action Plan with family, friends and care providers.



Always carry epinephrine to treat any serious symptom or mild symptoms in more than one organ system.



ADOLESCENCE: Testing the Waters

As teens become more responsible for what they eat, their risk for fatal food allergy reaction increases.



Take a watchful back seat while your young person reads labels, orders food and explains their needs. Supervised missteps can be learning opportunities.



Talk about new territory like dating, kissing and parties. Teens should always carry epinephrine, know how to use it, and teach their friends how to help.

ELEMENTARY YEARS: Time for Training Wheels

Classrooms, cafeterias and camps, oh my! The elementary years introduce kids to longer periods of time outside the home, and more opportunities for exposure.



Know your rights: Consider seeking accommodations, such as a 504 plan for school, to make sure your kids stay safe away from home.



Teach kids tools they need to thrive, such as reading labels, ordering in restaurants, and self-administering epinephrine.

Make sure epinephrine auto-injectors are in stock wherever kids are: schools, after-care, camps and more.



INDEPENDENT LIVING: Time to Fly

Adventures await! You've been practicing a lifetime for this day.



Speak up for what you need in campus housing, dining halls, disability services and studying abroad.



Use your action plan: Carry two auto-injectors with you, plus any medications in your action plan. A hot car can cause your epinephrine to break down more quickly.



FARE

Food Allergy Research & Education

At each age and stage, food allergy impacts quality of life. Don't be afraid to seek support. You are not alone on this journey!

For more information, visit foodallergy.org

ADULTHOOD: Charting Your Own Course

Whether you've had food allergy since childhood or been recently diagnosed, adult food allergies are increasingly common.



Be prepared: Daily lunches, business meals, office parties and travel plans require more forethought when managing food allergies.



Do your research: While many food allergy clinical trials exclude adults, new therapies are being tested now in patients aged 18 and older.

