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Food Allergy Awareness Week: A Slightest Trace Can Be Deadly

Eau Claire, Wis. – May 14, 2019- A food allergy reaction sends someone to the ER every 3 minutes. Next time someone tells you about their food allergies or the allergies of someone they love, react with respect.

Food allergies affect as many as 32 million Americans. Of those people, 5.6 million of them are children. **That's a shocking 1 in every 13 children with food allergies, or about 2 in each classroom.**

Eight foods cause most food allergy reactions:

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

A food allergy reaction can result in anaphylaxis- a severe, whole-body reaction. Symptoms develop quickly, often within seconds or minutes. Symptoms may include hives, vomiting, trouble breathing, swelling of the throat, a sudden drop in blood pressure, shock and death.



“For people living with food allergies, every day brings new situations where food is involved. **Eating even the slightest trace of a food allergen could trigger a severe or deadly reaction.**” says Susan Krahn, Public Health Nutritionist with the Eau Claire City-County Health Department, and mother of a child with a food allergy.

About Food Allergy Awareness Week (May 12-18, 2019): Food Allergy Research & Education (FARE), the nation’s leading non-profit dedicated to food allergy, encourages Americans to recognize food allergy as a serious public health issue. The goal of Food Allergy Awareness Week is to shine a spotlight on the seriousness of food allergies. Spread the word with free resources at www.foodallergyweek.org. Or take a few minutes to learn the facts about food allergies at www.foodallergy.org.

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