**MYTH:** peanut allergy is the most dangerous food allergy.

**FACT:** for someone with a food allergy, even a small amount of a food allergen can cause a serious allergic reaction.

**MYTH:** food allergies are not serious.

**FACT:** any food can cause an allergic reaction. no single food allergy is more dangerous than another.

**MYTH:** eating a little bit of a food you’re allergic to won’t hurt.

**FACT:** for someone with a food allergy, even a small amount of a food allergen can cause a serious allergic reaction.

**MYTH:** a food allergy always develops in childhood, then you’re stuck with it for life.

**FACT:** a person can develop a food allergy anytime, even as an adult. kids may outgrow a food allergy, especially allergies to milk, egg, soy, and wheat.

**FACT:** food allergies are very serious. people with food allergies must be careful about what they eat all the time and always be prepared for an allergic reaction.