

# ***FACT OR FICTION***

**Peanut  
is the most  
life-threatening  
food allergy.**



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# **FACT OR FICTION**

# **FALSE**

**No single food allergen is more dangerous than another.  
Any food can trigger a serious allergic reaction.**



# **FACT OR FICTION**

**A mild allergic reaction will always be a mild reaction.**



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# **FACT OR FICTION**

# **FALSE**

**Food allergy reactions are unpredictable, and past reactions don't predict future ones.**



# ***FACT OR FICTION***

**Anyone can  
develop a  
food allergy  
at any point in  
their life.**



# **FACT OR FICTION**

# **TRUE**

**A food allergy can develop at any age, even in adulthood, and even to something you've eaten many times before.**



# **FACT OR FICTION**

**Epinephrine  
is the only  
lifesaving  
medication for  
food allergic  
reactions.**



**FACT OR FICTION**

**TRUE**

**Epinephrine is the only medicine that can help stop a severe allergic reaction. It should be given quickly.**



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# **FACT OR FICTION**

**Food allergies  
and food  
intolerances  
are not  
the same.**



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# **FACT OR FICTION**

# **TRUE**

**Food intolerance doesn't involve the body's immune system. It can be uncomfortable, but it isn't dangerous. Food allergies do involve the immune system and can be life-threatening.**



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# ***FACT OR FICTION***

**Eating a  
small amount  
of food you're  
allergic to  
is safe.**



# **FACT OR FICTION**

# **FALSE**

**Even a tiny amount of a food allergen can trigger a severe reaction. To stay safe, people must completely avoid the allergen.**



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