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.

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.

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.

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