



# FOOD ALLERGY FACTS




More than  
**3M**  
Canadians  
are affected by  
food allergy.



Access to accurate  
ingredient information  
is essential in order  
to avoid potentially  
life-threatening reactions.




Given how prevalent food  
is in our culture, it requires  
those impacted to rely on  
others to help them manage  
the condition and stay safe.




The reality is...  
there is no cure for food  
allergy. Avoiding the  
allergenic food is required  
to prevent a reaction.



**1-in-2**  
Canadian  
households  
are impacted  
by food allergy.




A small amount of  
an allergen, if ingested,  
can cause anaphylaxis –  
a severe allergic reaction  
that can be life-threatening.




The severity of an  
allergic reaction to a  
food is unpredictable.



Almost  
**500,000**  
Canadian children  
have food allergy.



Allergic reactions  
can vary from mild  
to severe and be  
different each time in  
the same individual.



The unpredictability of  
reactions and reliance on  
others to stay safe makes  
food allergy a difficult  
condition to manage.



## It's time to act!

Now is the time to reduce the impact of food allergy and improve the quality of life for the more than 3M Canadians living with this medical condition.

Learn more at  
[foodallergycanada.ca](http://foodallergycanada.ca)

