People can be allergic to any food, but there are 8 foods that cause the most reactions.

Reactions can range from a mild response to **anaphylaxis**, a severe and potentially deadly reaction.

Every 3 minutes a food allergy reaction sends someone to the **ER**.

The number of people who have the disease is growing, increasing **50%** among children between 1997 and 2011.

It now affects **1 in 13** children.

There is no cure for food allergy, but scientists are working to find treatments to prevent life-threatening reactions.