10 things you need to know about food allergies and intolerances...

1. Around **5% of children will develop a food allergy by 2 years** of age.
2. Food allergy is **common in children with** significant or moderate to severe early onset **eczema**.
3. There are 2 types of food allergy which can affect children; **IgE (immediate) and non-IgE mediated (delayed) food allergy.**
4. **IgE mediated (immediate) food allergy can be diagnosed with an allergy test,** either a skin prick test or a specific IgE blood test.
5. **There is no test available for non-IgE mediated** (delayed) food allergy.

6 **All children with an IgE mediated (immediate) food allergy should have an Allergy Action Plan which details emergency medication and states which foods a child is allergic to.**

7 **Children can have a contact reaction to food. This is not a food allergy and does not necessarily have to be avoided in the diet.**

8 **Children with non-IgE mediated (delayed) food allergy are more likely to grow out of their food allergy compared to children with IgE mediated (immediate) food allergy.**

9 **Most children with non-IgE mediated (delayed) milk allergy can start to reintroduce milk at around 1 year of age or after eliminating the food for 6 months.**

10 **Children with an IgE mediated (immediate) food allergy should be under the care of an allergy team.**

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This factsheet was created with input from Dr Penny Barnard. Penny is a registered dietitian with over 25 years' experience working as an NHS paediatric dietitian. She specialises in paediatric food allergy and gastroenterology.

This information is evidenced based and correct at the time of writing (March 2024). It is not intended to replace advice given to a child by a healthcare professional. Any concerns about a child's health should be discussed with a GP in the first instance without delay.