

THE BIG EIGHT UPDATE: FOOD ALLERGY OCCURENCE IN CHILDREN



Soy allergies are rare. The American College of Allergy, Asthma and Immunology estimates **LESS THAN 1% OF ALL CHILDREN** have a soy allergy. Of those, by age 10, an estimated 70% will outgrow it.¹

There are more than 160 foods that can cause allergic reactions in people with food allergies.² The prevalence of soy allergy is lowest among the Big 8 major allergens in children.³



DID YOU KNOW?

Highly refined soybean oil does not cause allergic reactions.⁴ The FDA does not require soybean oil to be labeled as an allergen.⁵

¹Savage, J.H., et al. "The natural history of soy allergy." *J Allergy Clin Immunol*, 2010. 125(3): p. 683-686.

²U.S. Food & Drug Administration Website. Frequently Asked Questions about Food Allergies. Available at: <https://www.fda.gov/food/food-allergens/frequently-asked-questions-about-food-allergies>

³Gupta RS, Warren CM, Smith BM, et al. The Public Health Impact of Parent-Reported Childhood Food Allergies in the United States. *American Academy of Pediatrics*, 2019;142(6):e20181235.

⁴Approaches to Establish Thresholds for Major Food Allergens and for Gluten in Food." U.S. Food & Drug Administration. <https://www.fda.gov/media/78205/download>. March 2006. II. Food Allergy; E,2:Food Ingredients.

⁵Inventory of Notifications Received under 21 U.S.C. 343(w)(7) for Exemptions from Food Allergen Labeling." U.S. Food & Drug Administration. July 16, 2018.