

Mayo Clinic Minute

How common are food allergies?

| Video | Audio |
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| Vivien Williams VO: Peanuts, milk, shellfish | How common are peanut and other food allergies? Until a recent study, no one really knew. |
| Avni Joshi, M.D. (SUL0003 2:34) Pediatric Allergy and Immunology Mayo Clinic | “This is the first study which has found the true incidence and prevalence of food allergies in the United States.” |
| Vivien Williams VO: Dr. Joshi/Mayo | Dr. Avni Joshi says their study shows that ... |
| Avni Joshi, M.D. (SUL0003 3:04) | “... food allergies vary based on age. So as an infant, milk is the most common food allergy because that’s the most common first food introduced for a baby. And the second most common, between ages 1 and 4, is peanuts. And, in adults, to our surprise, we found shellfish allergy was the most common food allergy as an adult patient.” |
| Vivien Williams VO: peanuts/allergenic foods to boys and men to peanuts/milk | They also found that food allergies are more common in males and that, for most healthy kids, introducing allergenic foods, such as peanuts, early may help prevent allergies from developing. |
| Avni Joshi, M.D. (SULL0004 2:25) | “This will help pave [the] way for our governing bodies to make recommendations for introduction of allergenic food.” |
| | For the Mayo Clinic News Network, I’m Vivien Williams. |