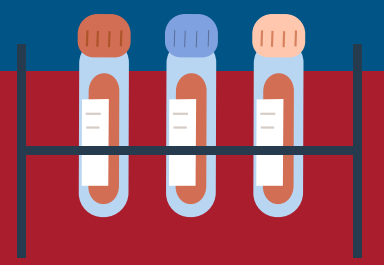


# 5 Food Allergy Myths, Debunked

**MYTH:** Allergy tests tell you how severe your allergy can be.



**TRUTH:** Allergy tests are only a guide to determine likelihood of allergy being present, not the severity.

**MYTH:** Everyone should have food allergy panel testing done to find out what they're allergic to.



**TRUTH:** Panel testing causes misdiagnosis, false positive results, and unnecessary avoidance.

**MYTH:** Food allergy reactions get more severe each time they occur.



**TRUTH:** Not really. There are many cofactors that can worsen severity such as exercise, amount ingested, or acute illness.

**MYTH:** Babies shouldn't eat common food allergens.



**TRUTH:** Guidelines recommend feeding allergenic foods to babies starting around 4-6 months as a way to prevent food allergy development.

**MYTH:** Epinephrine is dangerous and should only be used if someone's airway is closing.



**TRUTH:** Epinephrine works fast, is safe, and can treat all symptoms of a food allergy reaction. Waiting too long can worsen the severity



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