

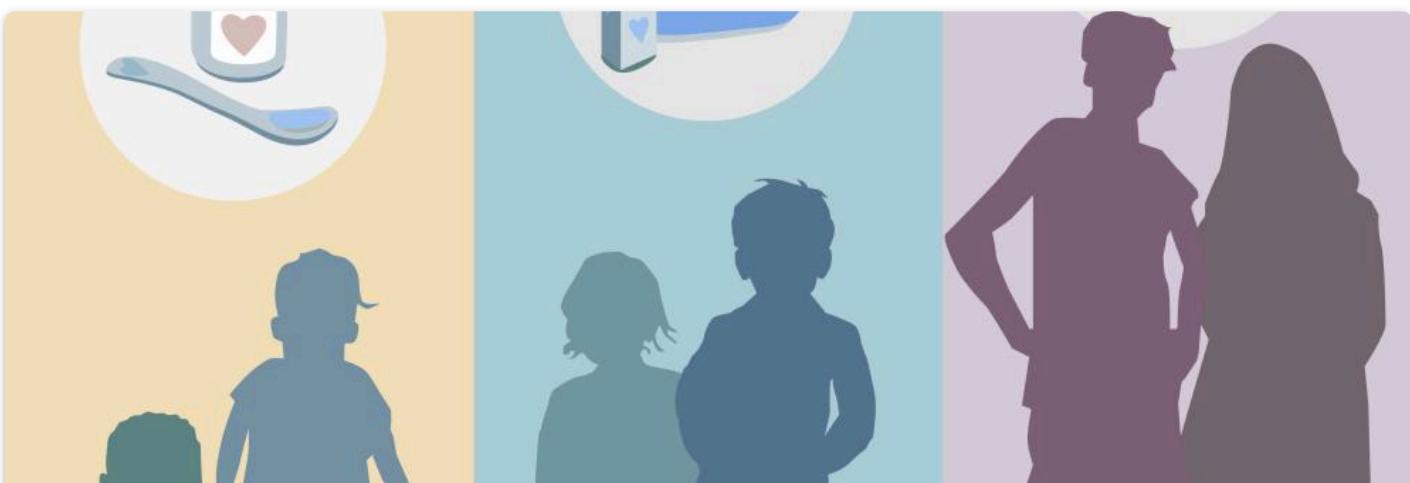


## Food Allergy

NIAID is the lead institute at the National Institutes of Health conducting research on food allergy, a condition that affects approximately 8 percent of children and nearly 11 percent of adults in the United States. In a person with food allergy, the immune system reacts abnormally to a component of a food, sometimes producing a severe and life-threatening response.

NIAID support for food allergy research encompasses basic research in allergy and immunology, epidemiological and observational studies to identify risk factors, and clinical trials of new strategies for prevention and treatment. Read more about why the study of [food allergy is a priority for NIAID](#) and the steps NIAID is taking to address this growing problem.

## Highlights



## Introducing Peanut in Infancy Prevents Peanut Allergy into Adolescence

Feeding children peanut products regularly from infancy to age 5 years reduced the rate of peanut allergy in adolescence by 71%, even when the children ate or avoided peanut



## Antibody Reduces Allergic Reactions to Multiple Foods in NIH Trial

A 16-week course of a monoclonal antibody, omalizumab, increased the amount of peanut, tree nuts, egg, milk and wheat that multi-food allergic children as young as 1 year could consume without an allergic reaction in a late-stage clinical trial.



## NIH Trial Data Underpins FDA Approval of Omalizumab for Food Allergy

FDA has approved omalizumab for the reduction of allergic reactions, including anaphylaxis, that may occur with an accidental exposure to one or more foods in adults and children aged 1 year and older with food allergy.

## News Releases

- [Omalizumab Treats Multi-Food Allergy Better than Oral Immunotherapy](#)  
March 3, 2025
- [Therapy Helps Peanut-Allergic Kids Tolerate Tablespoons of Peanut Butter](#)  
February 10, 2025
- [Introducing Peanut in Infancy Prevents Peanut Allergy into Adolescence](#)  
May 28, 2024

[See all Food Allergy related news releases >](#)

## NIAID Now Blog

- [NIAID Renews Consortium for Food Allergy Research in Its 19th Year](#)  
April 5, 2024
- [NIAID Recognizes October as Eczema Awareness Month](#)  
October 17, 2022
- [First FDA-Approved Treatment for Eosinophilic Esophagitis Has Roots in NIAID-Funded Research](#)  
September 15, 2022

[See all Food Allergy related NIAID Now posts >](#)

## Funded Research News

- [How a Microbe and a Prebiotic Work Together Against Food Allergies ↗](#)  
June 20, 2024
- [NIH Awards \\$2.3 Million to Arkansas Children's Research Institute, Continuing Discoveries of the Arkansas Center for Food Allergy Research ↗](#)  
May 14, 2024
- [Grant Bolsters Food Allergy Research Efforts ↗](#)  
April 29, 2024

[See all Food Allergy funded research news >](#)

## Clinical Trials

NIAID and the National Institutes of Health (NIH) conduct ongoing clinical trials on food allergies and other allergic conditions. Read more about the active clinical trials below:

- [Natural History and Genetics of Food Allergy and Related Conditions](#)
- [Early Peanut Introduction: Translation to Clinical Practice \(EPI\)](#)

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[See all Food Allergy clinical trials >](#)

## Related Public Health and Government Information

If you have a food allergy and need [practical ways to avoid packaged products that contain food allergens](#), the Food and Drug Administration provides advice and information.

Content last reviewed on September 5, 2024