# Study Reveals High Prevalence of Food Allergies in UK Adults



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A recent study conducted by the Food Standards Agency (FSA) has revealed that 6% of adults in the UK, approximately 2.4 million people, have a clinically confirmed food allergy. The research highlights allergies to peanuts, tree nuts (such as hazelnuts, walnuts, and almonds), and fresh fruits like apples as the most common. Milk and fish allergies were less frequent.

The study underscores the emergence of plant-based allergies, a significant consideration given the growing trend toward alternative diets. About 30% of survey participants reported symptoms of food hypersensitivity, which can include allergies, intolerances, and coeliac disease.

Prof Robin May, the FSA's chief scientific adviser, emphasized that the findings offer valuable insights into how food allergies develop from childhood into adulthood. The data suggests that childhood food allergies often persist into early adulthood and may increase later in life, particularly with the adoption of plant-based diets.

The FSA remains focused on ensuring accurate allergen labeling, aiming to support people living with food allergies across the UK. The study, titled Patterns and Prevalence of Adult Food Allergy (PAFA), involved participants completing questionnaires about their food reactions, followed by clinical assessments to confirm the data.