

BABY & TODDLER, PRESCHOOLER & UP

Food Allergies in Children in Singapore: Why Auntie

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There are plenty of myths about food allergies in Singapore. Myth #1: Not many people have them. Myth #2: Allergies are not a big deal — just a rash around the mouth, or maybe a little diarrhea. Myth #3: Asians don't get nut allergies — only Caucasians do. Myth #4 (otherwise known as "the old Auntie's cure"): Give your child a little bit of the food they are allergic to, and they'll 'build up their immunity'.

That kind of misinformation can land your child in the hospital.

Here're some facts.

* About 6% of children in Singapore have food allergies. That's more than one in 20.