Not All Allergies Are Forever

The good news is that kids can outgrow allergies. Here are the percentages of kids that were found to outgrow the major food allergies, and the average ages at which they did so (according to a 2013 study published by the Annals of Allergy, Asthma & Immunology).

- **Peanut:** 14.3% outgrew by 7.6 years
- **Tree Nut:** 40.2% outgrew by 4.9 years
- **Milk:** 41.1% outgrew by 4.3 years
- **Soy:** 35.7% outgrew by 5.1 years
- **Wheat:** 15.6% outgrew by 6.6 years
- **Shrimp:** 13% outgrew by 8.7 years
- **Egg:** 31.2% outgrew by 4.7 years