

**SUPPLEMENTARY MATERIAL**

**Table. Offending triggers, alternatives foods, and resolution rates**

Offending trigger		Alternative food	Resolution rates in children (years old)			
Children	Adults					
Fish (47%)	Fish (50.8)	Canned tuna, swordfish, salmon	Fish	<1 (1%)	Egg	<1(1%)
Milk (44.4%)	Shellfish (27.1%)	Cooked milk		1-1.5 (0%)		1-1.5 (3.1%)
Egg (7%)	Milk (10.2%)	Baked egg		1.5-2 (2.9%)		1.5-2 (20.6%)
Rice (0.8%)	Cereals (5.1%)	Corn or rice		2-3 (2%)		2-3 (24.7%)
Shellfish (0.8%)	Legumes (3.4%)	Cephalopods or bivalves	Milk	3-4 (13.7%)	Cereals	> 3 (50.5%)
	Mushrooms (3.4%)			4-5 (15.7%)		
				>5 (64.7%)		
				<1 (1.9%)		<1 (5.2%)
				1-1.5 (25%)		1-1.5 (5.2%)
				1.5-2 (17.3%)		1.5-2 (15.8%)
				<b>2-3 (36.5%)</b>		2-3 (19.7%)
				> 3 (19.2%)		<b>&gt; 3 (53.9%)</b>