

Top 9 Food Allergens

(Account for 90% of all food allergy reactions in the United States)

Tree Nuts

Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pine nuts, pistachios, trail mix or mixed nuts, walnuts

Dairy

Cheese, cow's milk, creams, custard, ice cream, pudding, yogurt

Eggs

Butter-fried foods, breads and baked goods, crepes, ice cream, mayonnaise, pancakes, pastas, quiche, waffles

Soy

Edamame, soy milk, soy sauce, tofu

Peanuts

Peanut butter, trail mix or mixed nuts

Wheat

Barley, bran, breads, cookies, crackers, croutons, doughnuts and muffins, pancakes, pizza, rye, waffles, wheat-based cereals, flour and pasta

Fish

Anchovies, catfish, cod, salmon, tuna

Shellfish

Crab, lobster, shrimp

Sesame

Salad dressings, hamburger buns, breadsticks, hummus, marinades, granola bars, bagels, chips and crackers

* Food allergens may appear in more food items than those listed. Check ingredients and read food labels to confirm. When in doubt, call the manufacturer to determine if a food is allergy safe.

More than 170 foods have been reported to cause allergic reactions, including:

Apples, Avocados, Celery, Citrus, Corn, Garlic, Gelatin, Meat, Mustard, Poppy seeds, Spices, Sunflower seeds

Allergy Asthma Allergy Which Allergens Peanut Food Of Plant Origin

Minjie Lin



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