



## 8 MOST COMMON FOOD ALLERGENS



**Eggs:** If you are allergic to egg protein, you should avoid any food product with the word egg in on the label.

Some common food items with egg protein: Baked goods & packaged mixes, marshmallows, pancakes & waffles, salad dressings, pastas/egg noodles, soups etc.



**Tree Nuts:** The raw nut protein usually causes a more severe reaction than the oil, and extra roasting or processing can reduce the allergic reaction. Ice cream parlors and bakeries are considered high-risk for people with tree nut allergy due to the common use of nuts and the possibility of cross contamination. (Walnuts, pecans, almonds, cashews, chestnuts, hazelnuts, macadamia nuts, pistachios, coconut, nutmeg, and more)

Some foods that include tree nuts: Cereals, crackers, cookies, baked goods, candy, chocolates, energy/granola bars, flavored coffee, frozen desserts, marinades etc.



**Fish** is a potent allergen among children. Certain species of fish contain high levels of histidine (an amino acid), which can be converted into histamine by bacteria.

Some common food items with fish protein: Worcestershire/Steak Sauce, hot dogs, bologna, fish sauce, pizza toppings, etc.



**Milk:** Individuals with milk protein allergies should avoid all types of milk, ice cream, yogurt, and cheese. Allergic individuals should avoid food with the terms butter, cream, casein, whey, or emulsifier on labels.

Common food items with milk protein: Battered foods, baked goods, gravies, ice cream, yogurt, chocolate, soups, caramel, margarine, etc.



**Peanuts:** The terms peanut, peanut butter, ground-nut, flavoring, extract, and oriental sauce on a product label generally indicate the presence of peanut protein.

Some common food items with peanuts: Snacks/candy (ready label), baked good items, cereal based products, etc.



**Shellfish:** Shellfish tend to be a more potent allergen among adults. Although seafood might be incorporated into a variety of foods during processing, the products label generally states this clearly.

Includes: Mollusks (squid, octopus, clams, scallops) and crustaceans (crab, lobster, crawfish, shrimp)

Common food items with shellfish: Many the same as may contain fish, vitamin supplements (check label), Caesar dressing, etc.



**Wheat:** Individuals who are allergic to wheat proteins should avoid any product that contains the term wheat, bulgur, couscous, bran, gluten, breadcrumbs, or hydrolyzed wheat proteins on the label.

Some common food items with wheat: Bread & baked goods, chocolate, cereals, pasta, soups, gravies, ale/beer/wine/ whiskey



**Soy:** Many people with a soy allergy can tolerate small or moderate amounts of soy protein: the typical dose needed to induce an allergic response is about 100 times higher than for many other food allergens.

Some common food items with soy proteins: Soy sauce, baked goods, cereal, hamburger patties, tofu, seasoning sauces and salt, ice cream, bouillon cubes

