



Major Food Allergens



Wheat



Eggs



Fish



Tree Nuts



Shellfish



Soy



Peanuts



Milk



Sesame

- **MILK** – includes butter, buttermilk, cheese, cottage cheese, cream, curds custard, half-and-half, lactose, milk, pudding, sour cream, yogurt, etc.
- **WHEAT** – includes soy sauce, starch, ale, bread crumbs, cereal extract, flour, pasta, wheat bran, wheat grass, wheat germ, wheat protein isolate, spelt, baked goods, potato chips, rice cakes, hot dogs, ice cream, etc.
- **FISH** – includes anchovies, bass, catfish, cod, flounder, grouper, haddock, hake, halibut, herring, mahi mahi, perch, pike, pollock, salmon, scrod, swordfish, sole, snapper, tilapia, trout, tuna, Caesar dressing, Worcestershire sauce, bouillabaisse, barbecue sauce, etc.
- **CRUSTACEAN SHELLFISH** – includes crab, lobster, shrimp, crawfish, krill, prawns, barnacle, glucosamine, etc.
- **SOY** – includes soy milk, soy protein, miso, edamame, natto, tamari, soy sauce, tofu, textured vegetable protein, Asian cuisine, vegetable gum, vegetable starch, vegetable broth, baked goods, cereals, etc.
- **EGG** – includes baked goods, egg substitutes, macaroni, marzipan, marshmallows, nougat, pasta, egg wash on pretzels, topping for coffee drinks, etc.
- **PEANUTS** – includes beer nuts, goobers, peanut butter, peanut flour, egg rolls, enchilada sauce, nougat, candies, baked goods, chili, mole sauce, marzipan, glazes and marinades, pancakes, etc.
- **TREE NUTS** – includes almond, beech nut, Brazil nut, butternut, cashew, chestnut, chinquapin, coconut, hazelnut, ginko nut, hickory nut, lichee nut, macadamia nut, pecan, pine nut, pili nut, pistachio, sheanut, walnut, etc.
- **SESAME** (e.g. sesame oil, tahini, baked goods such as bagels, bread, breadsticks, hamburger buns and rolls, bread crumbs, cereals such as granola and muesli, chips such as bagel chips, pita chips and tortilla chips, Crackers such as melba toast and sesame snap bars, etc)

It is estimated that anaphylaxis (life-threatening allergic reaction) to food each year in the U.S. results in 30,000 emergency room visits, 2,000 hospitalizations, and 150 deaths. Symptoms typically appear within a few minutes to two hours after eating and can be life-threatening.