

Major Food Allergens



-Milk (butter, buttermilk, cheese, cottage cheese, cream, curds, custard, half and half, lactose, milk, pudding, sour cream, yogurt, etc.)

-Egg (e.g. baked goods, egg substitutes, macaroni, marzipan, marshmallows, nougat, pasta, egg wash on pretzels, topping for coffee drinks, etc.)

-Fish (e.g. 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 (e.g. crab, lobster, shrimp, crawfish, krill, prawns, barnacle, Glucosamine, etc.)

-Tree Nuts (e.g. almonds, beech nuts, brazil nuts, butternut, cashew, chestnut, chinquapin, coconut, hazelnut, ginko nut, hickory nut, lichee nit, macadamia nut, pecan, pine nut, pili nut, pistachio, sheanut, walnut, etc.)

-Peanuts (e.g. beer nuts, goobers, peanut butter, peanut flour, egg rolls, enchilada sauce, nougat, candies, baked goods, chili, mole sauce, marzipan, glazes, marinade, pancakes, etc.)

-Wheat (e.g. 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.)

-Soy (e.g. 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.)

-Sesame (e.g. hummus, crackers, breads, cereal, falafel, salads, asain cuisine, granola bars, margarine, sushi, soups, sesame oil and paste, tahini, 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 occurs within a few minutes to two hours after eating and can be life-threatening.