

# 8 COMMON FOOD **ALLERGENS**

#### **Peanuts**

#### Products that contain PEANUTS:



Arachide Arachis Oil Ground nut

Beer Nuts

Mani

Goobers

Graham Flour

**Pinders** 

#### Wheat

#### Products that contain WHEAT:



Gluten Atta Couscous Pasta Spelt **Bulgur Durum** 

Seitan Semolina Farina

### Soy

#### Products that contain SOY:



Tofu Edamame KinakoNatto Okara Nimame Vegetable Protein Mono-diglyceride Textured Vegetable Protein

#### **Tree Nuts**

#### Products that contain TREE NUTS:



Almonds Cashews Walnuts Pecans Macadamia Nut meats Pine Nuts Marzipan **Brazil Nuts** Chestnuts Filbert Coconut

Hazelnut Nutella Pesto

#### Milk

#### Products that contain MILK:



Casein Curds Whey Rennet
Milk Solids Butter Lactose Cream
Lactalbumin Cheese Yogurt Caramel

# Fish, Crustaceans & Shellfish



<u>FISH:</u> Tuna, Flounder, Catfish, Salmon, Tilapia, etc. <u>CRUSTACEANS:</u> Lobster, Crayfish, Crabs, Prawns, Shrimp, etc. SHELLFISH: Clams, Mussels, Oysters, Calamari, Scallops, etc.

#### **Eggs**

#### Products that contain EGGS:



Meringue Lecithin Pasta

Terms "ovo" and "albumin" mean the product contains egg.

#### Sesame

#### Products that contain (or \*may contain) SESAME:



Tahini Simsim Til, Teel Gingelly, Gingelly Oil

Anjonoli Benne Benne seed Sesame Oil/Flour/Paste/Salt/Seeds

\*MAY INCLUDE: Dressings/Marinades/Sauces, Candies/Chocolates, Baked goods, Cosmetics, Ethnic cuisine, Frozen foods, Snack foods, Processed meats, Spices/Spice Mixes, Hygiene products

## \*A PERSON EXPERIENCING AN ALLERGIC REACTION MAY HAVE ANY OF THESE SYMPTOMS:

- Flushed face, hives or a rash, red and itchy skin
- Swelling of the eyes, face, lips, throat and tongue
- Trouble breathing, speaking or swallowing
- Anxiety, distress, faintness, weakness
- Cramps, diarrhea, vomiting
- A drop in blood pressure, rapid heart beat, loss of consciousness

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