



**Public Health**  
Prevent. Promote. Protect.  
**Greene County**

# 8 COMMON FOOD ALLERGENS

## **Peanuts**



Products that contain PEANUTS:

Arachide	Arachis Oil	Beer Nuts	Mani
Goobers	Ground nut	Pinders	

## **Wheat**



Products that contain WHEAT:

Gluten	Atta	Bulgur Durum
Couscous Pasta	Spelt	Seitan Semolina Farina
Graham Flour		

## **Soy**



Products that contain SOY:

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

## **Tree Nuts**



Products that contain TREE NUTS:

Almonds	Cashews	Walnuts	Pecans
Macadamia	Nut meats	Marzipan	Pine Nuts
Brazil Nuts	Chestnuts	Filbert	Coconut
Hazelnut	Nutella	Pesto	

