Top 9 Food Allergens

(Account for 90% of all food allergy reactions in the United States)

More than 170 foods have been reported to cause allergic reactions, including:

- Apples
- Avocados
- Celery
- Citrus
- Corn
- Garlic
- Gelatin
- Meat
- Mustard
- Poppy seeds
- Spices
- Sunflower seeds

- **Peanuts**
  - Peanut butter, trail mix or mixed nuts

- **Tree Nuts**
  - Almonds, brazil nuts, cashews, hazelnuts, macadamia nuts, pine nuts, pistachio, trail mix or mixed nuts, walnuts

- **Wheat**
  - Barley, bran, breads, cookies, crackers, croutons, doughnuts and muffins, pancakes, pizza, rye, waffles, wheat-based cereals, flour and pastas

- **Dairy**
  - Cheese, cow’s milk, creams, custard, ice cream, pudding, yogurt

- **Fish**
  - Anchovies, catfish, cod, salmon, tuna

- **Eggs**
  - Batter-fried foods, breads and baked goods, crepes, ice cream, mayonnaise, pancakes, pastas, quiche, waffles

- **Soy**
  - Edamame, soy milk, soy sauce, tofu

- **Shellfish**
  - Crab, lobster, shrimp

- **Sesame**
  - Salad dressings, hamburger buns, breadsticks, hummus, marinades, granola bars, bagels, chips and crackers

*Food allergens may appear in more food items than those listed. Check ingredients and read food labels to confirm. When in doubt, call the manufacturer to determine if a food is allergy safe.*