

Common Food Allergies

Did You Know?

Nearly 12 million Americans suffer from food allergies.

8 Most Common Food Allergies

- Peanuts
- Tree Nuts
- Fish
- Shellfish
- Wheat
- Soy
- Milk
- Eggs

What is a food allergy?

A food allergy is an immune system response to specific proteins in foods that are typically harmless to other people.

Tips for Dealing with Food Allergies

Create allergen free zones within your home.

Always read ingredient labels, whether you think the food is safe or not.

Keep “safe” and “unsafe” foods separate within your pantry or refrigerator

Always explain your allergy to your server when you go out to eat.

