



Summit County Public Health

1867 West Market Street ♦ Akron, Ohio 44313-6901

Phone: (330) 926-5600 ♦ Toll-free: 1 (877) 687-0002 ♦ Fax: (330) 923-6436

www.scphoh.org

MAJOR FOOD ALLERGENS



Milk



Egg



Shellfish



Fish



Tree Nuts



Wheat



Peanut



Soybean

How to remember the allergens: MWF (Monday, Wednesday, Friday) for Milk, Wheat, Fish SSEPT (September) for Shellfish, Soy, Egg, Peanuts, Tree nuts

- **Milk** (butter, buttermilk, cheese, cottage cheese, cream, curds, custard, half-and-half, lactose, milk, pudding, sour cream, yogurt, 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.)
- **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.)
- **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.)
- **Egg** (e.g. baked goods, egg substitutes, macaroni, marzipan, marshmallows, nougat, pasta, egg wash on pretzels, topping for coffee drinks, etc.)
- **Peanuts** (e.g. beer nuts, goobers, peanut butter, peanut flour, egg rolls, enchilada sauce, nougat, candies, baked goods, chili, mole sauce, marzipan, glazes and marinade, pancakes, etc.)
- **Tree Nuts** (e.g. almonds, beech nut, brazil nut, butternut, cashew, chestnut, chinquapin, coconut, hazelnut, ginko nut, hickory nut, lichee nut, macadamia nut, pecan, pine nut, pili nut, pistachio, sheanut, walnut, 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 appear within a few minutes to two hours after eating and can be life-threatening

Sources:

U.S. Food and Drug Administration (Food Allergies: What You Need to Know), 09/02/2015 <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm>

U.S. Food and Drug Administration, 01/16/2015 <http://www.fda.gov/ForIndustry/FDABasicsforIndustry/ucm238807.htm>

Image by: www.mastertraineradriannepelt.com

<https://www.foodallergy.org/allergens/>

<https://www.foodallergy.org/treating-an-allergic-reaction>