9 MAJOR FOOD ALLERGENS

Food items that commonly contain **EGG** include marshmallows, mayonnaise and salad dressings containing mayonnaise, processed meats, some breaded meats, corn dogs, meatloaf, meatballs, cookies, cakes, pancakes, French toast, muffins, soft pretzels, bread, bagels, crackers, casseroles, and pasta. *

Food items that may contain **MILK** in addition to milk, butter, cheese, and yogurt may include baked goods/breaded food items, candy (caramel, chocolate, or nougat), flavoring (artificial butter, caramel, or natural) luncheon meats, hot dogs, or sausages (may use casein as a binder), margarine, milk substitutes (soy-, nut- or rice-based dairy products, possible cross-contact), nondairy products (may contain casein), shellfish (may be dipped in milk to reduce fishy odor) and tuna (may contain casein). *

Food items that may contain **PEANUTS** include peanuts, peanut butter, candy, nougat, egg rolls, enchilada sauce, glazes, marinades, granola bars, cereal bars, breakfast bars, hydrolyzed vegetable or plant protein, chili sauce, spaghetti sauce, pesto, gravy, salad dressings, cookies, vegetarian food products, especially those advertised as meat substitutes. *

Food items that may contain **TREE NUTS** include all tree nuts, artificial nut flavoring, baked goods, barbeque sauces, breading for chicken, energy bars, fish dishes, granola bars, honey, marinades, meat-free burgers, mortadella, natural nut extracts, flavorings (almond, walnut), nougat, nut butters (cashew butter), nut milk (almond milk, cashew milk), nut oils (walnut oil or almond oil), pancakes, waffles, pasta, pesto, pie crust, salads, and salad dressing. Tree nuts include almonds, Brazil nuts, cashews, chestnuts, coconut, filberts, hazelnuts, hickory nuts, lychee nuts, macadamia nuts, nut pieces, pecans, pine nuts, pistachios, walnuts. *

Food items that may contain **FISH** include all finned fish, barbecue sauce (may contain Worcestershire sauce) breaded fish sticks, fish fillets, Caesar salad, Caesar dressing, fish sauces, imitation fish or shellfish and Worcestershire sauce. Finned fish include anchovies (which may be used as an ingredient), catfish, cod, flounder, pollock, salmon, tilapia, trout, and tuna). *

Food items that may contain **SESAME** include Asian cuisine, baked goods (bagels, bread, hamburger buns, rolls), breadcrumbs, cereals (granola, muesli), chips (bagel, pita, tortilla), crackers (melba toast) dipping sauces, dressings, falafel, flavored rice, flavored noodles, gravies, hummus, margarine, marinades, processed meats, sausages, protein bars, energy bars, sauces, snack foods (pretzels, candy, rice cakes), stir fries, soups, sushi, tempeh, and vegetarian burgers. The following ingredients indicate the presence of sesame and should be avoided by allergic individuals: benne seed, sesame flour, sesame paste and tahini. *

Food items that may contain **WHEAT** include baking mixes, bread, bread products (bagels, muffins, rolls, pastries, donuts, pancakes, waffles), bread crumbs, breaded meat, poultry, breaded fish, bulgur, cakes, cookies, pies, other baked goods, cereals (most varieties), chips, pretzels, chocolate, condiments (soy sauce, ketchup, mustard, Worcestershire sauce, salad dressings, barbeque sauces, marinades, glazes, some vinegars), crackers, cracker meal, durum, farina, farro, flour (all-purpose, enriched, graham, high-gluten, high-protein, instant, pastry, self-rising, soft wheat, steel ground, stone-ground, whole wheat), flour tortillas, gravies, sauces thickened with flour or starch, hydrolyzed wheat protein, ice cream, meat or poultry packaged with broth, pasta, noodle products, processed entrees (meat, poultry, or fish with fillers; luncheon meats; hot dogs), pudding, seitan (vegetarian meat substitute), semolina, spelt, triticale (wheat-rye hybrid plant), wheat (bran, gluten, grass, malt, sprouts, starch), wheat germ, wheat germ oil, wheat protein isolate, whole wheat berries, yogurt, Asian dishes, candy, glucose syrup, soup, broth, starch (gelatinized, modified, vegetable) and surimi. *

Food items that may contain **SHELLFISH** include Asian foods and sauces (fried rice, oyster sauce), egg rolls, fish sticks or fish portions, fish stock, imitation seafood products (imitation crab), gumbo, jambalaya, seafood flavorings (crab or clam extract), surimi and Worcestershire sauce. Ground crustaceans are sometimes used for red coloring in seasonings and foods. *

Food items that may contain **SOY** include bean curd, cold-pressed, expelled, or extruded soy oil, edamame miso, processed meats (hot dogs), soy lecithin, soy milk (soy cheese, soy yogurt, soy ice cream), soy nuts, soy nut butter, soy protein (concentrate, hydrolyzed, isolate), soy sauce, other sauces, tamari, tempeh (fermented soybean product), teriyaki sauce, textured soy flour (TSF), textured soy protein (TSP), textured vegetable protein (TVP), tofu and Worcestershire sauce. Soy may be found in artificial flavoring, Asian foods (e.g., Japanese, Chinese, Indian, Indonesian, Thai, Vietnamese, etc.), baked goods (cookies, crackers, etc.), canned items (broths, soups, tuna, meats), cereals, high-protein energy bars, high protein snacks, hydrolyzed plant protein, hydrolyzed vegetable protein (HVP), lecithin, low-fat peanut butter, natural flavoring, vegetable broth, vegetable gum and vegetable starch. *

***Always check the ingredient label to verify ingredients and check for potential cross-contact.**

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