

# 7 MOST COMMON FOOD ALLERGENS



## Peanuts

Other names for peanuts:

Arachide	Arachis Oil	Beer Nuts	Goobers
Ground nut	Pinders	Mani	



## Wheat

Other names for wheat:

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



## Soy

Other names for soy:

Tofu	Vegetable Protein	Textured Vegetable Protein
Edamame	Kinako	Natto
Nimame	Okara	Mono-diglyceride



## Tree Nuts

Other names for tree nuts:

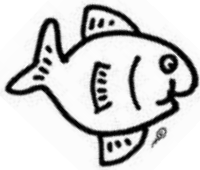
Almonds	Cashews	Walnuts	Pecans	Macadamia
Nut meats	Marzipan	Pine Nuts	Brazil Nuts	Chestnuts
Filbert	Coconut	Hazelnut	Nutella	Pesto



Other names for milk:

Casein	Curds	Whey	Rennet	Milk Solids
Butter	Lactose	Cream	Lactalbumin	
Cheese	Yogurt	Caramel		

**Milk**



Fish: (Tuna, flounder, catfish, salmon, etc.)

Crustaceans: (Lobster, crayfish, crab, prawns, shrimp, etc.)



Shellfish: (Clams, mussels, oysters, scallops, calamari, etc.)

**Fish, Crustaceans, Shellfish**



Other names for eggs :

Meringue	Lecithin	Pasta
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Terms “ovo” and”albumin” mean the product contains egg.

**Eggs**

**\*A PERSON EXPERIENCING AN ALLERGIC REACTION MAY HAVE ANY OF THESE SYMPTOMS:**

- Flushed face, hives or a rash, red and itchy skin
- Swelling of the eyes, face, lips, throat and tongue
- Trouble breathing, speaking or swallowing
- Anxiety, distress, faintness, paleness, sense of doom, weakness
- Cramps, diarrhea, vomiting

A drop in blood pressure, rapid heart beat, loss of consciousness

03/09



**GCCHD**

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