



Public Health
Prevent. Promote. Protect.

Greene County

7 MOST COMMON FOOD ALLERGENS

Peanuts



Products that contain PEANUTS:

Arachide	Arachis Oil	Beer Nuts	Mani
Goobers	Ground nut	Pinders	

Wheat



Products that contain WHEAT:

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

Soy



Products that contain SOY:

Tofu	Edamame	Kinako	Natto
Okara	Nimame	Vegetable Protein	
Textured Vegetable Protein			

Tree Nuts



Products that contain TREE NUTS:

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

Milk



Products that contain MILK:

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

Fish, Crustaceans

& Shellfish



FISH: Tuna, Flounder, Catfish, Salmon, Tilapia, etc.

CRUSTACEANS: Lobster, Crayfish, Crabs, Prawns, Shrimp, etc.

SHELLFISH: Clams, Mussels, Oysters, Calamari, Scallops, etc.

Eggs



Products that contain EGGS:

Meringue Lecithin Pasta

Terms “*ovo*” and “*albumin*” mean the product contains egg.

***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, weakness
- Cramps, diarrhea, vomiting
- A drop in blood pressure, rapid heart beat, loss of consciousness