









The Big Triggers

People can be allergic to any food. But in the U.S., eight major food allergens account for 90% of all allergic reactions: eggs, fish, milk, peanuts, shellfish, soy, tree nuts and wheat. When people eat foods that they are allergic to, they can break out in hives, get sick and even have trouble breathing. Very small amounts of a food allergen can cause a reaction. The only way to prevent a reaction is to avoid eating (or in some cases touching) the food.

The chart below shows the top food allergens and gives examples of products that contain them. Read the chart. Then use it to answer the questions.

FOOD ALLERGEN	SOME FOODS THAT CONTAIN IT
Eggs 	eggs (in all forms); eggnog; mayonnaise; meringue
Fish 	all kinds of fish (such as salmon, tuna, whitefish, halibut, sole, flounder, cod, trout and snapper); fish sauce
Milk 	butter; cheese; cream; milk (in all forms); nougat; pudding; yogurt
Peanuts 	artificial nuts; peanut oil; goobers; mixed nuts; peanuts (in all forms, including peanut butter)
Shellfish 	clams; crab; crawfish; lobster; mollusks; mussels; octopus; oysters; prawns; scallops; shrimp; snails; squid
Soy 	edamame; miso; soy (in all forms); soy sauce; tofu
Tree Nuts 	almonds; artificial nuts; Brazil nuts; cashews; chestnuts; hazelnuts; macadamia nuts; nougat; pecans; pesto; pine nuts; pistachios; pralines; walnuts
Wheat 	bran; bread crumbs; couscous; flour; pasta; wheat (in all forms)

1. Name at least one food that a person with a soy allergy must avoid at an Asian restaurant. _____
2. Name at least one candy that a person with a peanut allergy must avoid. _____
3. Should a person allergic to shellfish eat crab cakes? Why or why not? _____
4. Why can it be tricky for a person with a wheat allergy to eat at a pizza restaurant? _____
5. Lisa is allergic to milk. Is it safe for her to put butter on the bagel that she eats for breakfast? _____
6. What could Lisa put on her bagel instead of butter? _____