



Public Health
Prevent. Promote. Protect.
Greene County

8 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	KinakoNatto
Okara	Nimame	Vegetable Protein
Textured Vegetable Protein		Mono-diglyceride

Tree Nuts



Products that contain TREE NUTS:

Almonds	Cashews	Walnuts	Pecans	Palm
Macadamia	Nut meats	Marzipan	Pine Nuts Chestnuts	Pili
Brazil Nuts	Chestnuts	Filbert	Ginkgo	Shea
Hazelnut	Nutella	Pesto	Hickory	Kola/Cola nuts
Butternut			Litchi	Chinquapin

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.

Sesame



Products that contain (or *may contain) SESAME:

Tahini	Simsim	Til, Teel	Gingelly, Gingelly Oil
Anjonoli	Benne	Benne seed	Sesame Oil/Flour/Paste/Salt/Seeds

**MAY INCLUDE: Dressings/Marinades/Sauces, Candies/Chocolates, Baked goods, Cosmetics, Ethnic cuisine, Frozen foods, Snack foods, Processed meats, Spices/Spice Mixes, Hygiene products*

***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