



**Public Health**  
Prevent. Promote. Protect.  
**Greene County**

# 8 COMMON FOOD ALLERGENS

## **Peanuts**



### Products that contain PEANUTS:

Arachide  
Goobers

Arachis Oil  
Ground nut

Beer Nuts  
Pinders

Mani

## **Wheat**



### Products that contain WHEAT:

Gluten  
Couscous Pasta  
Graham Flour

Atta  
Spelt

Bulgur Durum  
Seitan Semolina Farina

## **Soy**



### Products that contain SOY:

Tofu  
Okara  
Textured Vegetable Protein

Edamame  
Nimame

KinakoNatto  
Vegetable Protein  
Mono-diglyceride

## **Tree Nuts**



### Products that contain TREE NUTS:

Almonds  
Macadamia  
Brazil Nuts  
Hazelnut

Cashews  
Nut meats  
Chestnuts  
Nutella

Walnuts  
Marzipan  
Filbert  
Pesto

Pecans  
Pine Nuts  
Coconut

## 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