8 Major Food Allergens

The 8 major food allergens are fish, shellfish, wheat, peanuts, tree nuts, soy/soybeans, milk/milk by-products, and egg/egg substitute.

You can reduce your risk to food allergens by:

- Reading labels
- Avoiding foods that have caused allergic symptoms
- Recognizing early symptoms
- Practicing good hygiene

Allergic Reaction Symptoms*

**Respiratory**
- problems breathing, wheezing/coughing, tingling sensation of mouth, swelling of tongue and throat, itch/watery eyes

**Gastrointestinal**
- abdominal cramps, diarrhea, vomiting

**Skin**
- facial swelling, itching, hives

* In certain cases, allergic reactions may result in death.