

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.



Public Health
Prevent. Promote. Protect.

**Macon County
Health Department**