

Food Allergies

Food allergies are on the rise, an estimated 15 million Americans have food allergies. Food allergies can become very dangerous and can even lead to anaphylaxis or death.

COMMON ALLERGIES

Listed below are the eight most common food allergies today:

- Peanuts
- Wheat
- Soy
- Milk/Dairy
- Tree Nuts (walnuts/cashews)
- Eggs
- Shellfish (shrimp, lobster, crab)
- Fish (pollock, salmon, cod, tuna, snapper, eel, tilapia)

WHAT CAN I DO TO BETTER MANAGE MY ALLERGIES?

Read your labels

- One of the most important things an individual who has food allergies can do is read labels. Become familiar with all the food terms for your specific allergy.

Avoid cross contamination

- Cross contamination is also a possibility. Meaning, foods you aren't specifically allergic to could have trace amounts of food you are allergic to because both food items were processed/produced in the same place.

Talk with your server

- When eating out speak with the server and/or manager about the allergies you have before deciding on a meal. Some menu items may be prepared with allergens, and you may not know it. This will also decrease the chances of inadvertent cross contamination to occur.

ALLERGY EDUCATION RESOURCES

[The Food Allergy & Anaphylaxis Network](#)

[Academy of Nutrition & Dietetics](#)

[American College of Allergy, Asthma & Immunology](#)

