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