

Food Allergies

What You Need To Know

These 8 foods account for 90% of food allergy reactions.



Eggs

Egg allergy is a common food allergy for children. While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.



Fish

Salmon, tuna and halibut are the most common kinds of fish to which people are allergic. Many people do not experience their first reaction until they are adults.



Milk

Milk allergy and lactose intolerance are not the same thing. Symptoms of milk allergy can range from wheezing problems to vomiting and diarrhea.



Peanuts

Even a tiny amount of peanuts may cause an allergic reaction in some people. Foods that don't contain peanuts can get contaminated, if prepared in the same location.



Shellfish

Shellfish include clams, shrimp crabs, scallops, oysters and more. Some people are sensitive to shellfish protein released into the air when shellfish is being cooked.



Soy

Soybeans are a big part of processed foods. Aside from the obvious soy sauce and tofu, those with a soy allergy may need to avoid baked goods, canned goods, and more.



Tree Nuts

Tree nuts, such as walnuts, almonds, hazelnuts or cashews can cause a potentially fatal reaction. They are considered separate from peanuts, which are a legume.



Wheat

Wheat allergy is extremely common, so those afflicted should look to alternate grains such as barley, corn, oat, rice, rye and tapioca.