

WATCH OUT FOR THESE ALLERGENS

SOME PEOPLE HAVE LIFE-THREATENING ALLERGIES AND NEED TO AVOID CERTAIN FOODS OR MATERIALS. HERE ARE SOME COMMON ONES.

PEANUTS AND TREE NUTS^{1,2}

- Peanuts
- Almonds
- Brazil nuts
- Walnuts
- Hazelnuts
- Pistachios
- Pecans
- Cashews



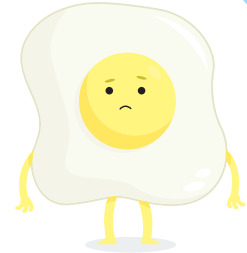
DAIRY^{1,3}

- Milk
- Cheese
- Yogurt
- Pudding
- Sour cream
- Butter
- Ice cream
- Some chocolate
- Baked goods containing dairy



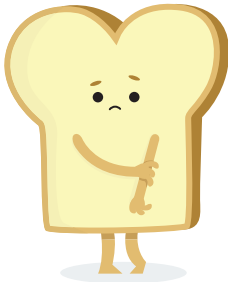
EGGS¹

- Omelettes
- Quiche
- Meringue
- Custard
- Baked goods
- Sauces and condiments containing eggs



WHEAT¹

- Bread
- Crackers
- Cereal
- Baked goods containing wheat



SEAFOOD¹

- Shrimp
- Crab
- Lobster
- Clams
- Mussels
- Oysters
- Scallops
- Octopus
- Squid
- Bass
- Cod
- Flounder
- Salmon
- Tuna



SOY¹

- Tofu
- Edamame
- Miso
- Soy sauce
- Tamari
- Soy milk
- Soy nuts
- Tempeh
- Processed foods containing soy



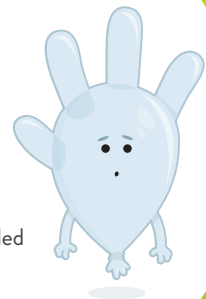
INSECT STINGS⁴

- Bees
- Yellow jackets
- Hornets
- Wasps
- Some ants



LATEX⁵

- Balloons
- Rubber gloves
- Infant pacifiers
- Rubber toys
- Some rubber-handled rackets



References

1. Gupta RS, Warren CM, Smith BM, et al. Prevalence and severity of food allergies among US adults. *JAMA Netw Open*. 2019 Jan 4;2(1):e185630. 2. McWilliam V, Koplin J, Lodge C, Tang M, Dharmage S, Allen K. The prevalence of tree nut allergy: a systematic review. *Curr Allergy Asthma Rep*. 2015 Sep;15(9):54. 3. Lopes JP, Kattan J, Doppelt A, Nowak-Węgrzyn A, Bunyavanich S. Not so sweet: true chocolate and cocoa allergy. *J Allergy Clin Immunol Pract*. 2019 Apr 26. pii: S2213-2198(19)30396-4. 4. Golden D. Stinging insect allergy. *Am Fam Physician*. 2003;67(12):2541-2546. 5. Kelly K, Kurup V, Reijula K. The diagnosis of natural rubber latex allergy. *J Allergy Clin Immunol*. 1994;93(5):813-816.