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\textsuperscript{1,2}
- Peanuts
- almonds
- Brazil nuts
- Walnuts
- Hazelnuts
- Pistachios
- pecans
- Cashews

DAIRY\textsuperscript{1,3}
- Milk
- Cheese
- Yogurt
- Pudding
- Sour cream
- Butter
- Ice cream
- Some chocolate
- Baked goods containing dairy

EGGS\textsuperscript{1}
- Omelettes
- Quiche
- Meringue
- Custard
- Baked goods
- Sauces and condiments containing eggs

SEAFOOD\textsuperscript{1}
- Shrimp
- Crab
- Lobster
- Clams
- Mussels
- Oysters
- Scallops
- Octopus
- Squid

SOY\textsuperscript{1}
- Tofu
- Edamame
- Miso
- Soy sauce
- Tamari
- Soy milk
- Soy nuts
- Tempeh
- Processed foods containing soy

WHEAT\textsuperscript{1}
- Bread
- Crackers
- Cereal
- Baked goods containing wheat

INSECT STINGS\textsuperscript{4}
- Bees
- Yellow jackets
- Hornets
- Wasps
- Some ants

LATEX\textsuperscript{5}
- Balloons
- Rubber gloves
- Infant pacifiers
- Rubber toys
- Some rubber-handled rackets

References

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