

SNEAKY FOOD ALLERGENS

KNOW WHERE THEY LURK

TOP 9 FOOD ALLERGENS



↓ MAY HIDE IN... ↓

GROCERY STORES

PACKAGED FOODS

Check ingredients



Nutrition Facts

Serving Size 1 cup (300g)	
Serving per container 4	
Amount per serving	
Calories 328	Calories from fat 50
% Daily Value*	
Total Fat 10%	30%
Saturated Fat 2.1%	13%
Trans Fat	
Cholesterol 70mg	24%
	>10mg



WARNING!
Food labels only list the presence of the top 9 allergens. If you're allergic to something else, like strawberries or cinnamon, be extra careful. Call the manufacturer if you have doubts.

BULK FOODS

Scoops & bins



Most food labels show allergens right after the ingredients list:

DELI / BAKERY

Knives, slicers, cutting boards



In parentheses after the name of the ingredient.

OR

Ingredients: Apples, Pie Crust (flour, shortening, egg, salt), Sugar, Flour, Lemon Juice, Whole milk, Spices.

Contains: Wheat, Eggs, Milk.
May contain pecans

WHAT TO DO

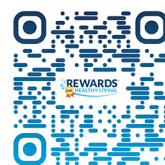
Read food labels carefully.

Even if you bought the food before. The same brand may use different factories, or a factory may change how it processes certain foods.

Call the food company if you're unsure.

They're usually eager to help. Look for the number on the label.

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HOME

**DISHES
UTENSILS
POTS & PANS**



**SPONGES
SCRUB BRUSHES
DISHWASHER**



**TOASTERS
REFRIGERATORS
MICROWAVES**



WHAT TO DO

Don't bring allergens home.

Don't buy them or foods containing them. If you can't avoid it ...

Label everything.

Make sure grandparents and babysitters know what foods are safe. Write down clear instructions for how to cook, serve, and clean up.

Separate.

Use separate kitchen tools, utensils, and sponges for allergen-free use. Set your dishwasher to the hottest setting. To be ultra-safe, you can wash allergen-free dishes separately.

Bring your own food.

When eating at friends' houses, or anywhere you can't be sure food is prepared safely.

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PEANUTS



TREE
NUTS



MILK



EGGS



SESAME



FISH



SHELLFISH



SOY



WHEAT

↓ MAY HIDE IN... ↓

RESTAURANTS

COUNTERTOPS



GRILLS & GRIDDLES



FRYERS & WOKS



WHAT TO DO

Ask your server.

Find out what's in your meal and how it's prepared.

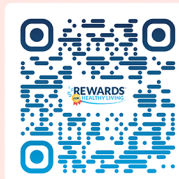
Check individual ingredients.

Your tacos may be egg-free, but the canned beans may have been processed on shared equipment.

Avoid salad bars and buffets.

Foods, tongs, and spoons often get moved around.

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