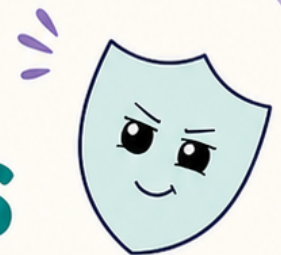


The Big 9 Food Allergens



QUICK REFERENCE FOR FAMILIES

1 PEANUTS



peanut butter,
peanut oil, baked goods

2 TREE NUTS



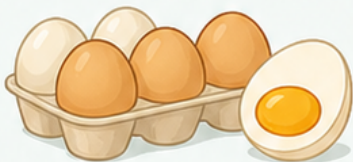
almonds, cashews,
walnuts, pesto

3 MILK



cheese, butter,
yogurt, baked goods

4 EGGS



baked goods,
mayo, pancakes

5 WHEAT



bread, pasta,
crackers, cereal

6 SHELLFISH



shrimp, crab,
lobster

7 FISH



salmon, tuna,
fish sticks

8 SOY



soy sauce, tofu,
processed foods

9 SESAME



seeds, oils,
buns, sauces



Always check labels
– even for foods
you’ve bought before.



“May contain”
means there could
still be risk.



Safe • Included • Understood

