



# The Big 9 Food Allergens



A QUICK GUIDE FOR PARENTS

Safe • Included • Understood

**1 THE BIG 9** These 9 foods cause most of the serious allergic reactions.

## 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

## 2 HOW TO READ LABELS

Look for these phrases:



**“Contains: [allergen]”**

This food definitely has it.



**“May contain [allergen]”**

There is a risk of cross-contact.



**No warning listed?**

Still check the ingredient list carefully.



**Ingredients can change — check every time!** ♥

## 3 HOW YOU CAN HELP KEEP KIDS SAFE



Don't send food to school for sharing.



Teach your child not to share food.



Respect classroom food rules.



Encourage your child to ask: “Is this safe?”



Model taking food allergies seriously.



For a child with food allergies, even a tiny amount of the wrong food can cause a serious reaction.

*Small actions from all of us make a big difference.*



**Be an Allergy Ally!** ♥ Together, we can create safe, inclusive spaces for every child.