

# Food Allergens

While there are more than 160 foods that can cause allergies, there are eight of them that account for 90 percent of food allergic reactions. Allergic reactions are serious, and can cause symptoms such as hives, rashes, swelling of the face, abdominal cramps, and difficulty breathing. By law, these eight allergens should be visible on the food label.

Eggs



Fish



Dairy



Shellfish



Soy



Peanuts



Wheat



Tree Nuts

