

8 MOST COMMON FOOD ALLERGIES



PEANUTS



TREE NUTS



MILK



EGG



WHEAT



SOY



FISH



SHELLFISH

**WITH MORE THAN 170 FOODS KNOWN TO
CAUSE ALLERGIC REACTIONS**

@FoodInsight

For more information about allergen and food safety visit:

Allergen Control for Food Industry

<https://farrp.unl.edu/allergen-control-food-industry>

FDA Food Allergies

<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

FoodInsight: What you know could save a life

https://foodinsight.org/food-allergy-facts-what-you-know-could-save-a-life/?fbclid=IwAR3ZGwppgQvRX0G58PegsO5AF1MbRsg_sz0ow-jQ5bkGDACurf6RfOhYk0k