

common food allergies

Asthma

A food allergy is a serious and potentially life-threatening medical condition, especially for patients with asthma. Research indicates patients who suffer from asthma are more likely to have food allergies and those with severe asthma have an increased risk of developing a life-threatening reaction. Common food allergens include milk, soy, egg, peanut, shellfish, fish and tree nuts. Below are tips for managing the most common food allergens. If you suffer from a food allergy, working with registered dietitian who specializes in food allergies is recommended.

General Food Allergy and Asthma Tips:

- Confirm the diagnosis of a food allergy with your health care provider.
- Use this sheet along with the help of a registered dietitian to learn how to avoid all products containing the food allergen.
- Read all food labels to determine if food allergen is present.
- Avoid cross-contact –occurs when allergens are accidentally transferred from one food to another.
- Always wash hands and surfaces – hand sanitizers are not effective at removing allergens from skin or surfaces. Always wash with warm water and soap to prevent exposure.
- Have an emergency action plan.
- Always have medication and an EpiPen®, if necessary, available in case of exposure.
- Carry a chef card with you. Chef cards are an easy way to inform waitstaff at a restaurant about your allergy so you can stay safe.
- Avoid use of alcohol – alcohol of any kind can increase asthma symptoms.
- Talk to your doctor about the use of NSAIDs – NSAIDs can increase the absorption of certain foods which can lead to a quicker allergic response if exposed to a food allergen.

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Milk Allergy		
Avoid foods that contain milk or any of the following ingredients:		
<ul style="list-style-type: none"> • Butter, butter fat, butter oil, butter acid, butter ester(s) • Buttermilk • Casein • Casein hydrolysate • Caseinates – in all forms • Cheese • Cottage cheese • Cream • Curds 	<ul style="list-style-type: none"> • Custard • Diacetyl • Ghee • Half-and-Half • Lactalbumin, lactalbumin phosphate • Lactoferrin • Lactulose • Milk – in all forms • Pudding 	<ul style="list-style-type: none"> • Recaldent • Rennet casein • Sour cream, sour cream solids • Sour milk solids • Tagatose • Whey – in all forms • Whey protein hydrolysate • Yogurt
Potential sources of milk:		
<ul style="list-style-type: none"> • Artificial butter flavor • Baked goods • Caramel candies • Chocolate • Lunch meat, hot dogs, sausages; milk protein, casein, may be used as a binder; deli slicers are often used for both cheese and meat and cross-contamination is not uncommon 	<ul style="list-style-type: none"> • Margarine • Nisin • Non-dairy products – may contain casein • Nougat • Shellfish – sometimes dipped in milk to reduce fishy odor • Tuna fish – some brands contain casein • Some medications contain milk – talk with your health care provider 	

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Egg Allergy		
Avoid foods with the following ingredients:		
<ul style="list-style-type: none"> • Albumin – or albumen • Egg – dried, powdered, solids, white, yolk 	<ul style="list-style-type: none"> • Eggnog • Lysozyme • Mayonnaise 	<ul style="list-style-type: none"> • Meringue • Ovalalbumin
Potential sources of eggs:		
<ul style="list-style-type: none"> • Baked goods. Talk with an allergist as some may be tolerable • Egg substitutes • Ice cream 	<ul style="list-style-type: none"> • Lecithin • Marzipan • Marshmallows • Nougat 	<ul style="list-style-type: none"> • Pasta • Pretzels • Specialty coffee drinks or cocktails
Baking with egg alternatives – each for 1 egg replacement:		
<ul style="list-style-type: none"> • 1 tsp yeast dissolved in ¼ cup warm water • 1 ½ Tbsp water, 1 ½ Tbsp oil, 1 tsp baking powder 	<ul style="list-style-type: none"> • 1 Tbsp chia seed, 3 Tbsp water - mix and let set • 1 Tbsp ground flax seed, 3 Tbsp water - mix and let set 	

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Peanut Allergy		
Avoid foods that contain peanuts or any of the following ingredients:		
<ul style="list-style-type: none"> • Arachis oil – also known as peanut oil • Artificial nuts • Beer nuts • Cold-pressed, expelled or extruded peanut oil • Goobers 	<ul style="list-style-type: none"> • Ground nuts • Lupin – common flour substitute in gluten-free food • Mandelonas – peanuts soaked in almond, walnut, or pecan flavoring • Mixed nuts 	<ul style="list-style-type: none"> • Monkey nuts • Nut meat • Nut pieces • Peanut butter • Peanut flour • Peanut protein hydrolysate
Other potential sources of peanuts:		
<ul style="list-style-type: none"> • African, Asian, and Mexican restaurant food – increased risk of cross contamination (due to use of peanut oil) • Alternative nut butters- often produced on the same equipment as peanuts or peanut butter • Candy • Chili • Egg rolls • Enchilada sauce • Glazes and marinades • Ice creams • Marzipan 	<ul style="list-style-type: none"> • Nougat • Pancakes • Pet food • Sauces: chili sauce, hot sauce, pesto, gravy, mole sauce • Specialty pizza • Sunflower seeds: often processed on equipment with peanuts • Sweets • Vegetarian food products – meat substitutes can often contain peanuts 	

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Soy Allergy		
Avoid foods that contain soy or any of the following ingredients:		
<ul style="list-style-type: none"> • Cold-pressed, expelled soy oil • Edamame – soy bean • Miso • Natto • Shoyu 	<ul style="list-style-type: none"> • Soy products • Soya • Soybean – curd, granules • Soy protein • Soy Sauce 	<ul style="list-style-type: none"> • Tamari • Tempeh • Textured vegetable protein (TVP) • Tofu
Potential sources of soy:		
<ul style="list-style-type: none"> • Asian cuisine – potential risk of cross contamination • Baked goods • Canned broths and soups • Canned tuna and meat • Cereals 	<ul style="list-style-type: none"> • Cookies • Crackers • High-protein energy bars & snacks • Infant formulas • Low-fat peanut butter • Pet foods 	<ul style="list-style-type: none"> • Processed meats • Sauces • Vegetable broth • Vegetables gum • Vegetable starch

Fish Allergy	
Avoid all fish products including the following ingredients:	
<ul style="list-style-type: none"> • Fish gelatin • Fish oil 	<ul style="list-style-type: none"> • Fish sticks • Surimi
Unexpected sources of fish – be sure to read nutrition labels carefully:	
<ul style="list-style-type: none"> • Barbeque sauce • Bouillabaisse • Caesar salad and Caesar dressing 	<ul style="list-style-type: none"> • Caponata • Imitation or artificial fish or shellfish • Worcestershire sauce

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Shellfish Allergy			
Avoid foods that contain shellfish or any of the following ingredients:			
<ul style="list-style-type: none"> • Abalone • Barnacle • Clams • Cockle • Cuttlefish • Crab 	<ul style="list-style-type: none"> • Crawfish • Krill • Limpet • Lobster • Mussels 	<ul style="list-style-type: none"> • Prawns • Octopus • Oysters • Periwinkle • Sea Cucumber 	<ul style="list-style-type: none"> • Sea Urchin • Scallops • Shrimp • Snails – escargot • Squid
Shellfish can be found in the following:			
<ul style="list-style-type: none"> • Bouillabaisse • Cuttlefish ink 	<ul style="list-style-type: none"> • Glucosamine • Fish stock 	<ul style="list-style-type: none"> • Seafood flavoring • Surimi 	

Tree Nut Allergy			
Avoid foods that contain tree nuts or any of the following ingredients:			
<ul style="list-style-type: none"> • Almonds • Artificial nuts • Beechnut • Black walnut hull extract • Brazil nut • Butternut • Cashew • Chestnut • Chinquapin nut 	<ul style="list-style-type: none"> • Coconut • Filbert/hazelnut • Ginkgo nut • Hickory nut • Lychee nut • Macadamia nut • Marzipan/almond paste • Nagai nut • Natural nut extract 	<ul style="list-style-type: none"> • Nut butters • Nut meal • Nut meat • Nut milks • Nut oils • Nut paste • Nut pieces • Pecan 	<ul style="list-style-type: none"> • Pesto • Pili nut • Pine nut • Pistachio • Praline • Shea nut • Walnut • Walnut flavoring
Unexpected sources of tree nuts			
<ul style="list-style-type: none"> • Tree nut proteins can be in foods such as cereals, crackers, cookies, candy bars, energy bars and flavored coffee. 		<ul style="list-style-type: none"> • Avoid cross-contact when dining out, especially at Chinese, African and Indian restaurants because of the use of various tree nut oils. 	

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Wheat Allergy			
Avoid foods that contain wheat or any of the following ingredients:			
<ul style="list-style-type: none"> • Bread crumbs • Bulgur • Cereal extract • Club wheat • Couscous • Cracker meal • Durum • Einkorn • Emmer • Farina • Farro 	<ul style="list-style-type: none"> • Flour – all purpose, bread, cake, durum, enriched, graham, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat • Freekah • Hydrolyzed wheat protein • Kamut® • Matzoh meal • Pasta • Seitan • Semolina 	<ul style="list-style-type: none"> • Spelt • Sprouted wheat • Triticale • Vital wheat gluten • Wheat- bran, durum, germ, gluten, grass, malt, sprouts, starch • Wheat bran hydrolysate • Wheat germ oil • Wheat grass • Wheat protein isolate • Whole wheat berries 	
Potential sources of wheat:			
<ul style="list-style-type: none"> • Glucose syrup • Soy sauce 		<ul style="list-style-type: none"> • Starch • Surimi 	
Unexpected sources of wheat:			
<ul style="list-style-type: none"> • Ale • Asian dishes • Baked goods • Baking mixes • Batter-fried foods • Beer 	<ul style="list-style-type: none"> • Breaded foods • Breakfast cereals • Candy • Crackers • Frozen meals • Hot dogs 	<ul style="list-style-type: none"> • Imitation crab meat • Ice cream • Marinara sauces • Potato chips • Processed meats 	<ul style="list-style-type: none"> • Rice cakes • Salad dressings • Sauces • Soups • Turkey patties