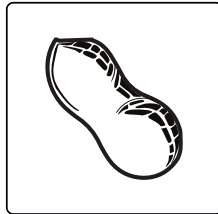
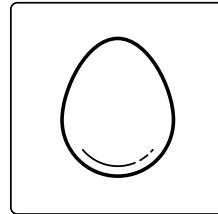


TOP 9 FOOD ALLERGENS

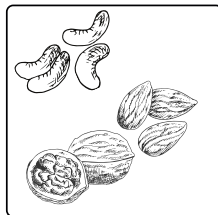
SOURCE: Food Allergy Research and Education
LEARN MORE: www.foodallergy.org



peanuts



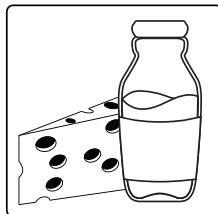
eggs



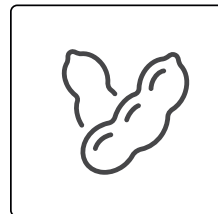
tree nuts



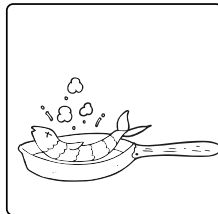
wheat



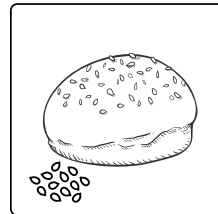
milk



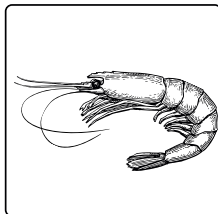
soy



fish



sesame



shellfish

There are lots of other food allergens, too. Do you know someone with a food allergy not on this list?

WHAT IS A FOOD ALLERGY?

Allergies happen when someone's body mistakes a harmless thing (like safe foods) for a threat (like a virus). This causes the immune system, our body's defense, to attack. That attack makes someone with allergies very sick.

Food allergies are when someone's body thinks a food is dangerous.