

## ALLERGY FACTS

The six **tree nut** allergies most commonly reported by children and adults are allergies to:

- walnut
- almond
- hazelnut
- pecan
- cashew
- pistachio

**Allium** is a genus of monocotyledonous flowering plants that includes hundreds of species, including the cultivated onion

- garlic
- scallion
- shallot
- leek
- chives

**Soy** products to avoid include, but are not limited to:

- Tofu
- Miso
- Natto
- Shoyu
- Tempeh
- Soy sauce and tamari
- Edamame
- Vegetable oil, vegetable gum, vegetable broth and vegetable starch

Foods that contain **eggs** can include:

- Marshmallows
- Mayonnaise
- Meringue
- Baked goods
- Breaded foods
- Marzipan
- Frostings
- Processed meat, meatloaf and meatballs
- Puddings and custards
- Salad dressing
- Many pastas
- Foam on alcoholic specialty coffees
- Pretzels

Edible **nightshades** include the following fruits and vegetables:

- white potatoes
- tomatoes
- eggplant
- bell peppers

- chilis
- garden huckleberries
- goji berries

There are two kinds of **shellfish**, crustaceans and mollusks. Here are a few examples of **crustaceans** to watch out for if you're allergic:

- shrimp
- crab
- prawn
- crayfish
- lobster

**Mollusks** include:

- clams
- mussels
- oysters
- squid
- cuttlefish
- octopus
- snails
- scallops