

Common Food Allergens

Milk and dairy products

Eggs and egg products

Fish and shellfish

Wheat and wheat products

Soy and soy products

Peanuts, tree nuts-pecans, walnuts



Symptoms

Itching in and around the mouth, face or scalp

Wheezing or shortness of breath

Tightening in the throat

Hives--whelps

Swelling of the eyes, face, feet, and hands

Abdominal cramps, diarrhea, and vomiting

Loss of consciousness

Death

