

COMMON FOOD ALLERGIES

Food Allergen	Common Foods That Often Contain the Allergen*	Food Alternatives
Wheat and gluten	Whole-wheat tortillas, rye, barley and oats; and many breads, pasta, crackers, cookies and pastries	Corn tortillas, brown rice, rice crackers, rice cakes, baked potatoes, quinoa and millet
Peanuts (technically a legume, not a nut)	Peanut butter, peanut butter cookies, trail mix, granola, peanut oil	Almonds, walnuts, cashews and other tree nuts---unless the child is also allergic to tree nuts as well (see below)
Tree nuts, for example almonds, cashews, pecans, walnuts and brazil nuts	Trail mix, granola, baked goods, many Asian dishes	Peanut butter and peanuts---unless the child is also allergic to peanuts too
Shellfish	Shrimp, oysters, crabs (and sometimes, scallops, mussels, oysters and clams)	Fresh and canned fish such as salmon, trout, tuna and halibut
Eggs	Egg-based dishes such as scrambles, omelets, quiches and soufflés. Also use caution with meat-based dishes such as meatballs and baked items	Egg substitute products
Milk protein; lactose intolerance	Dairy products that came from a cow, sheep or goat, for example, yogurt, milk, ice cream, cream, sour cream and cheese Note: Some children may be able to tolerate certain dairy products better than others if they are lactose intolerant vs. having an allergy to the milk protein.	Dairy alternatives including soy, rice, hemp, almond, or coconut milks and yogurts. Soy and rice cheese. Lactaid milk (only if the child does not have a milk allergy and is instead lactose intolerant)
Corn	Canned fruit, candies, cereal, corn tortillas, grits, polenta	Whole-wheat tortillas, rice dishes, wheat or rice cereals
Soy	Tofu, edamame, dairy alternatives, meat substitutes	Other vegetarian sources of protein including legumes, beans, dairy and nuts

Symptoms of Allergies

If a child eats a food they are allergic to, depending on the food and the severity of the allergy, they may experience any of the symptoms below:

- Rash
- Stomach ache
- Diarrhea
- Constipation
- Difficulty breathing
- Anaphylactic shock (in extreme cases)
- Hives
- Wheezing
- Repetitive cough
- Dizziness or confusion
- Swelling of the tongue or lips

*This is not a comprehensive list