

## Common Allergens

Eight foods account for 90% of all food-allergic reactions. They are milk, egg, peanut, tree nuts, fish, shellfish, wheat, and soy.

While individuals may be allergic to other foods, these are what is considered in the U.S. the “Top 8 Allergens”. Allergic reactions have been reported to corn, gelatin, meat (beef, chicken, mutton, and pork), seeds (sesame, sunflower, and poppy being the most common), and spices such as caraway, coriander, garlic, and mustard.

## Uncommon Allergens & Label Laws

The Food Allergen Labeling and Consumer Protection Act (FALCPA) requires food manufacturers to disclose, in plain English, whether products contain any of the top 8 food allergens, listed above, when used as an ingredient, even in colors, flavors, or spice blends. One common misconception is that manufacturers label for cross contact. This is FALSE. Precautionary cross contact statements such as “may contain” or “made in a facility with” are voluntary and are not required under FALCPA.



If you are allergic to a food or ingredient that is exempt from FALCPA, be aware that the ingredient you are avoiding may be hidden under terms such as colors, flavors, or spices on food labels.

If you have a question about ingredients in a food product, it is recommended that you contact the manufacturer for more information.

Some individuals are allergic to foods not considered to be on the top 8 allergens list, like sesame. However, allergic reactions to sesame can occur and can be severe. If you have been diagnosed with a sesame allergy, or any food allergy, read all labels carefully, and contact manufacturers with any questions you have about the products.

### Resources

Food Allergy & Anaphylaxis Connection Team (FAACT): <http://www.FoodAllergyAwareness.org>

Food Allergy Research & Awareness (FARE): <http://www.Foodallergy.org>

Food & Drug Administration (FDA): <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm106187.htm>

