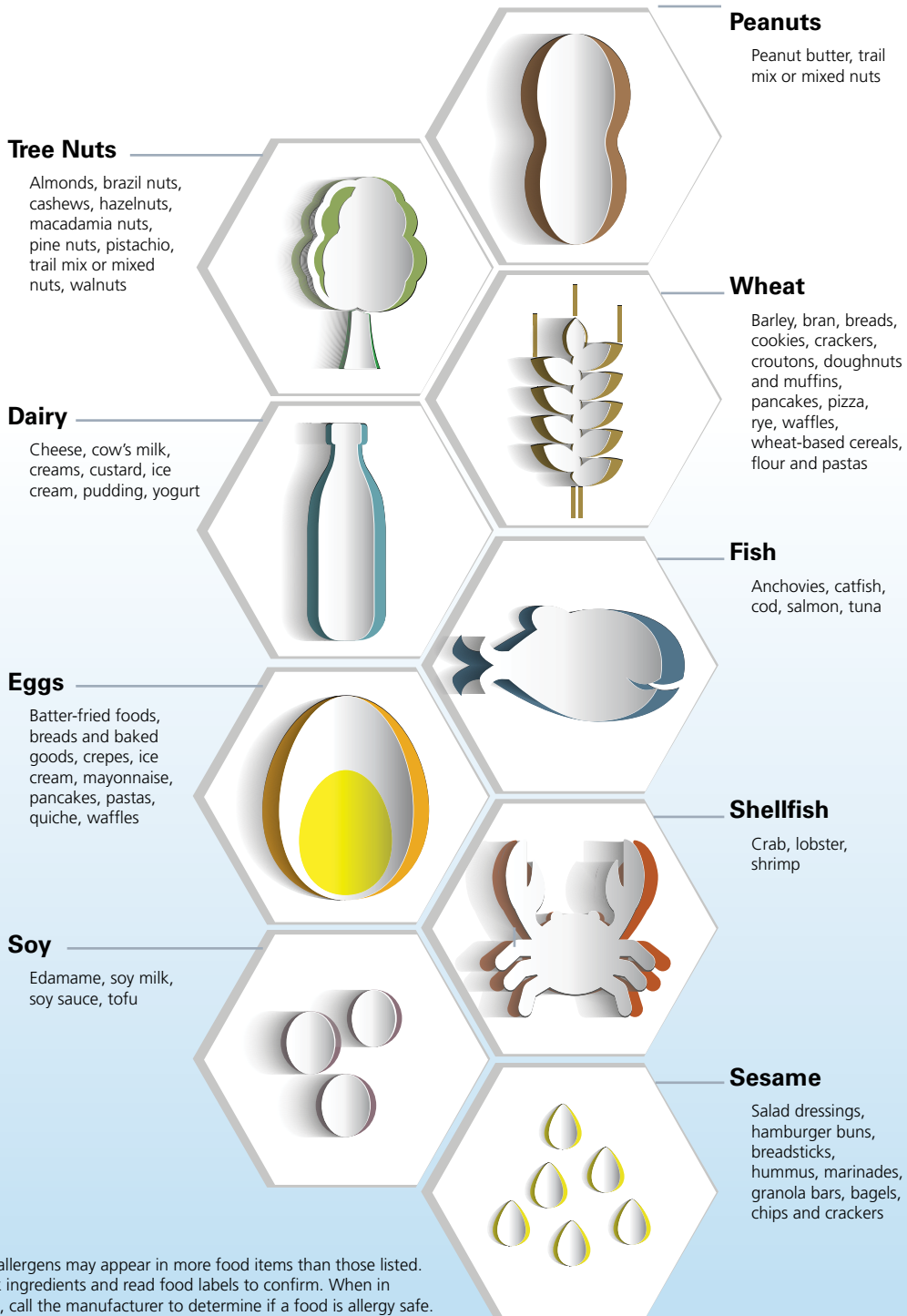


Top 9 Food Allergens

(Account for 90% of all food allergy reactions in the United States)



* Food allergens may appear in more food items than those listed. Check ingredients and read food labels to confirm. When in doubt, call the manufacturer to determine if a food is allergy safe.

More than 170 foods have been reported to cause allergic reactions, including:

Apples, Avocados, Celery, Citrus, Corn, Garlic, Gelatin, Meat, Mustard, Poppy seeds, Spices, Sunflower seeds