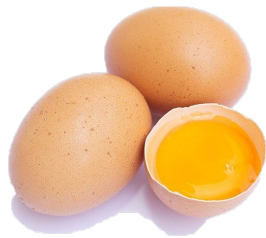


# Food Allergens

**Eight foods account for 90% of allergic reactions to food.**

Allergic reactions can cause hives, rashes, swelling of the face, abdominal cramps, and difficulty breathing. By law, these eight allergens must be visible on food labels. Retail food establishments should be able to identify these foods.

1 Eggs



5 Fish



2 Dairy



6 Shellfish



3 Soy



7 Peanuts



4 Wheat



8 Tree Nuts

