

Food Allergies

The best way to determine if any food is safe is by looking at the label—every time. The manufacturer could have changed the formula/ingredients since the last time you purchased it. But thanks to the Food Allergen Labeling and Consumer Protection Act (FALCPA), any food produced after January 2006 containing one of the eight most frequent food allergens (listed below) will now use the common name for the allergen in the ingredient list.

Food Allergy	Ingredients to Avoid	Hidden Sources
Milk	casein, sodium caseinate, lactose	au gratin foods, mashed potatoes, some margarines, white sauces, salad dressings, deli meat (deli slicers are often used for meat and cheese)
Egg	globulin, albumin	some pastas, marshmallows, Tartar sauce, some egg substitutes
Peanut	arachis oil	egg rolls, Chinese and Thai dishes, marzipan
Tree nut (walnut, pecan, etc)		almond paste, nougat, some lotions and shampoos, BBQ sauce
Fish and Shellfish (crabs, lobster, oysters, shrimp, etc)		Worcestershire sauce, Caesar salad, caponata
Soy (legumes)	textured vegetable protein (TVP), natural and artificial flavoring, vegetable starch	vegetable broth, tofu, tempeh, some cereals, crackers, infant formulas, sausage or deli meats (as a meat extender), canned tuna, peanut butter
Wheat	gluten, bulgur, semolina, starch	cereals, couscous, Acker meal, spelt, some ice creams, hot dogs, imitation crabmeat

**Sources: Cleveland Clinic Health Information Center; Food Allergy and Anaphylaxis Network (FAAN)*