

THE “BIG NINE” FOOD ALLERGENS

While over 170 foods can trigger allergic reactions, the “Big Nine” account for 90% of cases. It’s vital for your employees to recognize these versatile ingredients to help protect your customers’ well-being and uphold your brand’s reputation.



Eggs

Albumin, conalbumin, globulin, lecithin, livetin, lysozyme, meringue, ovalbumin, ovoglobulin, ovolactohydrolyzed proteins, ovomacroglobulin, ovomucin, ovomucoid, ovotranferin, ovovitellin, silico-albuminate, vitellin, yolk



Fish

All finned fish, including but not limited to: anchovies, bass, catfish, caviar, cod, flounder, grouper, haddock, hake, herring, mahi mahi, perch, pike, pollock, salmon, scrod, sole, snapper, swordfish, tilapia, trout, tuna



Milk

Butter, buttermilk, casein, caseinate, cheese, cream, curds, custard, diacetyl, ghee, lactose, sour cream, whey, yogurt



Peanuts

Arachis oil, beer nuts, ground nuts, mixed nuts, monkey nuts



Sesame

Benne, benne seed, benniseed, gingelly, gingelly oil, gomasio (sesame salt), halvah, sesamol, sesamum indicum, sesemolina, sim sim, tahini, tahina, tehina, til



Shellfish

Barnacle, crab, crayfish, echinoderms, crustaceans, krill, lobster, prawns, sea urchin, shrimp



Soy

Edamame, lecithin, miso, natto, shoyu, soya, soybean, soy protein, soy sauce, tamari, tempeh, textured vegetable protein, tofu



Tree Nuts

Almond, beechnut, brazil nut, bush nut, cashew, chestnut, filbert, ginko nut, hazelnut, lichee nut, macadamia nut, pecan pine nut, pistachio, shea nut, walnut



Wheat

Durham, food starch, kamut, spelt, triticale, wheat protein, farro
Note: wheat free does not always mean gluten free

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Food Allergy Research & Education (FARE). [“What’s on an Allergy-Free Menu?”](#)

