

manifestation of specific signs and symptoms are necessary to categorize an individual as having a food allergy (Boyce, Assa'ad, Burks, et al, 2010). The most common food allergens are listed in Box 10-1.

### **Box 10-1**

## **Common Allergenic Foods and Sources**

**Nuts\***: Some chocolates, candy, baked goods, cherry soda (may be flavored with a nut extract), walnut oil

**Eggs\***: Mayonnaise, creamy salad dressing, baked goods, egg noodles, some cake icing, meringue, custard, pancakes, French toast, root beer

**Wheat\***: Almost all baked goods, wieners, bologna, pressed or chopped cold cuts, gravy, pasta, malt, soy sauce, some canned soups

**Legumes**: Peanuts, \* peanut butter or oil, beans, peas, lentils

**Fish or shellfish\***: Cod liver oil, pizza with anchovies, Caesar salad dressing, any food fried in same oil as fish

**Soy\***: Soy sauce, teriyaki or Worcestershire sauce, tofu, baked goods using soy flour or oil, soy nuts, soy infant formulas or milk, soybean paste, tuna packed in vegetable oil, many margarines

**Chocolate**: Cola beverages, cocoa, chocolate-flavored drinks

**Milk**: Ice cream, butter, margarine (if it contains dairy products), yogurt, cheese, pudding, baked goods, wieners, bologna, canned creamed soups, instant breakfast drinks, powdered milk drinks, milk chocolate

**Buckwheat**: Some cereals, pancakes

**Pork, chicken**: Bacon, wieners, sausage, pork fat, chicken broth

**Strawberries, melon, pineapple**: Gelatin, syrups