# Common food allergens and additional potential triggers

list of common food allergens and additional potential triggers. These allergens vary in their prevalence and severity, with some being more typical in specific geographic regions and dietary habits.

### **Major Food Allergens (The “Big 9”)**

These are the nine most common allergens that account for the majority of food allergies:

1. **Milk**
   * Commonly includes cow's milk and products derived from it (cheese, yogurt, butter, whey, casein).
2. **Eggs**
   * Includes whole eggs, egg whites, and yolk, as well as powdered egg products often found in processed foods.
3. **Fish**
   * Varieties include cod, salmon, tuna, and other finned fish; may also include fish oils.
4. **Shellfish**
   * Split into crustaceans (shrimp, crab, lobster) and mollusks (clams, mussels, oysters, scallops).
5. **Tree Nuts**
   * Includes almonds, walnuts, cashews, hazelnuts, pistachios, pecans, macadamia nuts, Brazil nuts.
6. **Peanuts**
   * A legume allergy, though distinct from tree nuts, but often avoided in conjunction with them.
7. **Wheat**
   * Includes wheat flour, whole wheat, and gluten-containing products; common in baked goods, pasta.
8. **Soy**
   * Includes soybeans, soy milk, soy protein, tofu, miso, and soy sauce.
9. **Sesame**
   * Recently added to the major allergen list; includes sesame seeds and sesame oil.

### **Additional Common and Regional Allergens**

These allergens may not be as prevalent globally but can be significant for sensitive individuals.

1. **Corn**
   * Includes corn syrup, cornmeal, corn starch, popcorn, and cornstarch by-products in processed foods.
2. **Gluten**
   * Protein found in wheat, rye, barley, and oats (if cross-contaminated); includes pasta, bread, and cereals.
3. **Mustard**
   * Includes mustard seeds, mustard flour, and products containing mustard.
4. **Celery**
   * Can include celery root (celeriac) and celery seed, common in European cuisine.
5. **Lupin**
   * A legume used in gluten-free and vegan products, primarily seen in Europe.
6. **Buckwheat**
   * Technically a seed, used in gluten-free foods; can trigger cross-reactions with other nuts and seeds.
7. **Fruit Allergies**
   * Common triggers include apples, bananas, citrus fruits, strawberries, melons, kiwi, and mango; associated with oral allergy syndrome.
8. **Vegetable Allergies**
   * Includes tomatoes, carrots, potatoes, peppers, and peas, with sensitivities that vary by individual.
9. **Poultry and Meat Allergies**
   * Rare but can include allergies to chicken, turkey, beef, pork; linked to alpha-gal syndrome in some cases.

### **Food Additives and Preservatives**

Certain food additives may cause allergic or sensitivity reactions.

1. **Sulfites**
   * Commonly found in dried fruits, wine, and some processed foods.
2. **Monosodium Glutamate (MSG)**
   * Commonly used as a flavor enhancer in processed foods and certain cuisines.
3. **Tartrazine (Yellow #5)**
   * A synthetic dye that can cause reactions in sensitive individuals, commonly in candies, soft drinks, and cereals.
4. **Aspartame**
   * An artificial sweetener that may cause reactions in those with phenylketonuria (PKU).

### **Cross-Reactive Foods**

Certain foods can cross-react due to similarities in protein structures.

1. **Oral Allergy Syndrome (OAS)**
   * Occurs when individuals allergic to pollen react to certain fruits and vegetables, such as apples (birch pollen), melons (ragweed), and peaches (grass pollen).
2. **Latex-Fruit Syndrome**
   * Individuals allergic to latex may react to foods like bananas, avocados, kiwis, chestnuts, and papayas.