

Sources:

<http://acaai.org/allergies/types/food-allergies/types-food-allergy>

<https://www.webmd.com/allergies/food-triggers#1>



Corn Allergy

Triggers:

- Corn syrup (including high-fructose corn syrup)
- Corn flour
- Corn and vegetable oil

Note that maize is the same as corn.

Corn and corn-derived products are found in a wide variety of packaged foods, including:

- Cereals
- Candies
- Jams
- Syrups
- Sauces
- Snack foods

- Canned fruits
- Prepared meats, such as hot dogs and deli meats
- Beverages



Egg Allergy

Triggers:

- Egg powder
- Dried eggs
- Egg solids

You probably know that lots of baked goods have eggs in them. Many other items may also, including:

1. Breaded and batter-fried foods
2. Caesar salad dressing
3. Cream pies, fillings, and puffs
4. Crepes and waffles
5. Custards, puddings, and ice cream
6. Eggnog
7. Eggrolls
8. Egg substitutes

9. Coffee drinks like cappuccino (eggs are sometimes used to help create the foam)
10. Fizzes
11. Lollipops and other candies
12. Marshmallows and marzipan
13. Mayonnaise
14. Meatloaf and meatballs
15. Meringue and frostings
16. Pastas
17. Sauces, including Hollandaise and tartar sauce
18. Simplex (fat substitute)
19. Soufflés
20. Some soups and consommés
21. Wine (Egg whites may be used in the process of making wine.)

Eggs by Other Names

If you see these ingredients on food labels, it means the food may contain egg proteins:

- Albumin
- Globulin
- Lecithin
- Lysozyme
- Ovalbumin
- Ovovitellin



Fish Allergy

Triggers:

These foods may contain anchovies:

- Worcestershire sauce
- Barbecue sauces made with Worcestershire
- Caesar salad and Caesar dressing
- Caponata (Sicilian eggplant relish)

Other foods that have fish:

- Caviar and fish roe (fish eggs)
- Artificial fish like surimi, an imitation crabmeat sometimes used in sushi
- Fish sauce, oils, and gelatin



Meat Allergy



Milk Allergy

Milk Allergy triggers

- Butter and butter fat
- Cheese, including cottage cheese and cheese sauces
- Cream, including sour cream
- Custard
- Milk, including buttermilk, powdered milk, and evaporated milk
- Yogurt
- Ice cream
- Pudding
- Foods With Milk in Them

These foods often contain cow's milk protein. Check their labels before buying. If you're eating out, ask if milk was used to make them.

- Au gratin dishes and white sauces

- Baked goods -- bread, cookies, crackers, cakes
- Cake mix
- Cereals
- Chewing gum
- Chocolate and cream candy
- Coffee creamers
- Creamed or scalloped foods
- Donuts
- Malted milk
- Margarine
- Mashed potatoes
- Meats -- canned and processed, including cold cuts and deli meats
- Nougat, found in some candy
- Salad dressings
- Sherbet



Peanut Allergy



Shellfish Allergy



Soy Allergy

Triggers:

Soy Foods to Stay Away From

- Edamame
- Miso
- Natto
- Soy sauce and shoyu sauce
- Soy-based fiber, flour, grits, nuts, or sprouts
- Soy-based milk, yogurt, ice cream, or cheese
- Soy protein
- Tamari
- Tempeh
- Textured vegetable protein (TVP)

- Tofu

Foods That May Contain Soy

- Baked goods (breads, cookies, and crackers)
- Canned broth and soup
- Canned tuna and meat
- Cereals
- High-protein energy bars and snacks
- Infant formula
- Low-fat peanut butter
- Processed meats, like deli meats
- Vegetable oil
- Worcestershire sauce



Tree Nut Allergy

Triggers:

Nuts

Nuts butter



Wheat Allergy

Trigger

Foods with wheat protein include:

- Bran
- Bread crumbs
- Bulgur
- Couscous
- Durum, durum flour, and durum wheat
- Einkorn
- Farina
- Farro (also known as emmer)
- Kamut
- Semolina
- Sprouted wheat
- Triticale
- Wheat (bran, germ, gluten, grass, malt, starch)
- Wheat berries
- Wheat flour (all types, including all-purpose, cake, enriched, graham, high protein or high gluten, and pastry)

Ingredients With Wheat

If you see any of these listed on a label, the food may have wheat in it:

Continue Reading Below

- Gelatinized starch
- Gluten or vital gluten
- Hydrolyzed vegetable protein
- Natural flavoring
- Starch, modified starch, modified food starch
- Vegetable gum or starch



FPIES Allergy

FPIES Triggers

- Soy and dairy products, particularly infant formula
- Some cereal grains, such as rice and oats
- Chicken, turkey and fish