

Food Allergens

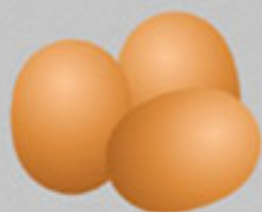
are Serious Business

Potential effects of allergies include:



- ✗ Hives, swelling or itchy skin
- ✗ Swelling of lips, tongue or throat
- ✗ Nasal congestion or runny nose
- ✗ Passing out or fainting
- ✗ Chest pains
- ✗ Death

Top 8 Food Allergens



Eggs



Fish



Milk



Peanuts



Shellfish



Soy



Tree Nuts



Wheat

