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

College of Tropical Agriculture and Human Resources
University of Hawaiʻi at Mānoa

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KEEPING IT SEAFARERS SAFE

Nutrition Education for Wellness