

COMMON FOOD ALLERGENS

Corn Allergies

Always read the ingredients on a product label to be sure they don't contain a substance you are allergic or sensitive to. When complete ingredients are not available, use the information here as a general guide.

The following is a list of products that contain corn.

- * Adhesives (envelopes, labels, stickers, tapes, stamps)
- * Any products that contain cornmeal, corn flour, corn oil, cornstarch, corn sugar, corn syrup or sorbitol.
- * Aspirin
- * Bacon
- * Baking powder (most)
- * Bath or body powder
- * Beer, ale, gin, whisky
- * Biscuits
- * Bisquick
- * Breads (commercial)
- * Brown sugar
- * Cake, pancake and pie mixes
- * Candied fruit
- * Candy
- * Canned fruits (sweetened)
- * Canned or bottled juice drinks
- * Capsules
- * Carob (CaraCoa)
- * Cereals (presweetened)
- * Coffee (instant)
- * Coffee Rich
- * Confectioner's sugar
- * Cookies
- * Corn kernels
- * Corn cereal
- * Corn chips
- * Cornmeal
- * Corn oil and anything fried in it
- * Cornstarch
- * Corn sugar
- * Corn syrup
- * Cottage cheese (thickened)

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- * Cranberry juice (some)
- * Custards
- * Doughnuts
- * Dried fruits (sweetened)
- * Fritos
- * Frostings
- * Frozen fruits (sweetened)
- * Fruit desserts
- * Graham crackers
- * Gravies
- * Ham (cured)
- * Hominy
- * Hot dogs
- * Ice cream
- * Infant formulas (Enfamil, Similac, Advance, Portagen, Lofenalac, Isomil, Prosobee, Nursoy
- * Powder [not liquid], Soyalac [not I-Soyalac], Pedialyte, Hydrolyzed casein, Nutramigen, Progestimil
- * Jellies and gelatin mixes
- * Luncheon meats
- * Maize
- * Milk in paper containers
- * Monosodium glutamate (MSG)
- * Ointments
- * Oleomargarine
- * Orange juice (some frozen or sweetened)
- * Paper cups, cartons, plates and any liquids contained in them
- * Peanut butter (commercial sweetened
- * Pie fillings
- * Plastic food wrappers (some)
- * Popcorn
- * Puddings
- * Sandwich spreads
- * Sauces that have been thickened but are transparent (e.g. Chinese style)
- * Sausages
- * Sherbet
- * Sticky portion of envelopes and stamps
- * Sorbitol
- * Succotash
- * Suppositories

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- * Tablets (most medicinal)
- * Tea (instant)
- * Toothpastes/powders
- * Vitamins (some)
- * Yogurt (thickened or sweetened)
- * Zest soap

*A major portion of this list comes from Doris J. Rapp, M.D., *Is This Your Child?* William Morrow, New York, 1991.

Egg Allergies

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The following is a list of products that contain egg.

- * Albumen
- * Baked goods (cakes, cookies, muffins, some pies, etc.)
- * Some bread, candy and coffee
- * Creamed foods
- * Croquettes
- * Crusts (if shiny bread, etc.)
- * Custards
- * Egg whites
- * Powdered or dried egg
- * French toast
- * Fritters
- * Frostings
- * Ice cream (Bavarian, custard, French vanilla)
- * Mayonnaise
- * Meringue
- * Mousse
- * Root beer
- * Salad dressing
- * Sauces (hollandaise)
- * Sausage
- * Souffle
- * Soups (some)

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Milk Allergies

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The following is a list of products that contain milk.

Dried, condensed, evaporated or liquid whole, 2%, 1%, skim, lactase treated, acidophilus milk and buttermilk. Anything made with any of the items in this list:

- * Breaded meat, fish or poultry
 - * Butter
 - * Casein or caseinate (milk protein)
 - * Cheese
 - * Cream
 - * Custard
 - * Egg replacers
 - * Half-and-half
 - * High calcium cereals
 - * Hot dogs
 - * Ice cream
 - * Ice milk
 - * Instant cocoa preparations
 - * Lactalbumen
 - * Lactoglobulin
 - * Lactose (milk sugar)
 - * Luncheon meats
 - * Margarines (some)
 - * Mashed, creamed, au gratin or scalloped dishes
 - * "Nondairy" substitutes such as Coffee-Mate, Prem, and Cool Whip
- contain casein or caseinate
- * Omelets
 - * Scrambled eggs
 - * Sherbet
 - * Sour cream
 - * Whey

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- * Whipped topping
- * Yogurt

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Soy Allergies

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The following is a list of products that contain soy.

- * Adhesives
- * Animal fodder
- * Automobile parts
- * Blankets
- * Candles
- * Celluloid
- * Cloth
- * Cosmetics
- * Crisco
- * Dog and cat food (some)
- * Enamel
- * Fertilizer
- * Glycerin
- * Ice cream and ice milk
- * Infant soy formulas (Soyalac, I- Soyalac, Nursoy, Isomil, and Prosobee) ?Infant milk formulas (Enfamil, SMA, Similac, Advance, Portagen, Alimentum, Good Start)
- * Lecithin
- * Linoleum
- * Liquid protein foods
- * Margarine (Mrs. Filbert's soft, Land O'Lakes, Imperial, Parkay, Promise, Farmdale, Blue Bonnet, Mazola)
- * "Massage oils and creams
- * Nondairy products
- * Oils
- * Paint
- * Paper sizing and finishes

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- * Protein bars and powders
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- * Puritan oil
- * Sherbet
- * Soap
- * Soybeans
- * Soy oil
- * Soy sauce
- * Soy nuts
- * Soy noodles
- * Soy sprouts
- * Spry Varnish

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Wheat Allergies

Always read the ingredients on a product label to be sure they don't contain a substance you are allergic or sensitive to. When complete ingredients are not available, use the information here as a general guide.

The following is a list of products that contain wheat.

- * Any products that contain flour, bran, wheat germ, wheat starch or gluten
- * Baked goods
- * Bagels
- * Biscuits
- * Bread crumbs
- * Bread
- * Breakfast cereals
- * Cakes
- * Coffee substitutes
- * Cookies
- * Cracker meal
- * Crackers
- * Deep-fried foods (chicken, fish, vegetables, cheese sticks, etc.)
- * Dinner rolls
- * Doughnuts
- * Dumplings

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- * Ice cream cones and sandwiches
- * Gravy
- * Hamburgers
- * Hot dogs
- * Luncheon meats
- * Malt
- * Muffins
- * Pancakes
- * Pasta (macaroni, spaghetti, lasagna, etc.)
- * Pies
- * Pizza
- * Salad dressing
- * Sauces that have been thickened but are opaque (e.g. cream sauce)
- * Soups
- * Stuffing
- * Swiss steak
- * Waffles

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