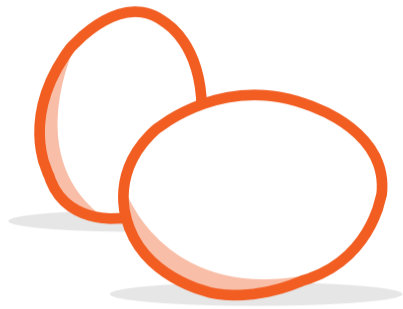
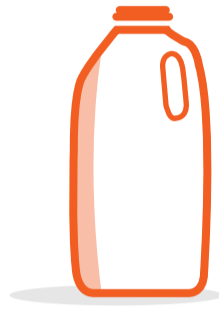


# The Most Common Food Allergies



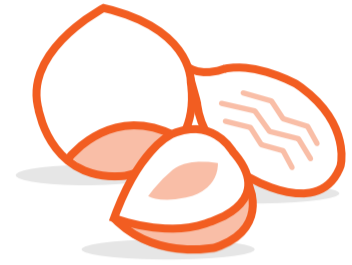
## Eggs

It's possible to be allergic to egg whites, but not the yolks, and vice versa. This is because the proteins in egg whites and egg yolks differ slightly.



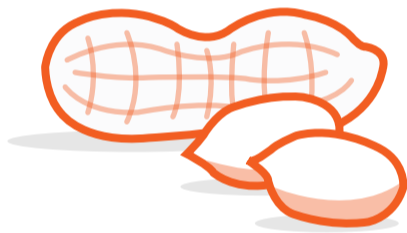
## Milk

If a diagnosis of a cow's milk allergy is made, the only treatment is to avoid cow's milk and foods that contain it.



## Tree Nuts

People with a tree nut allergy will also be allergic to food products made with these nuts, such as nut butters and oils.



## Peanuts

Peanut allergies are very common and can cause severe and potentially fatal allergic reactions.



## Shellfish

A shellfish allergy is caused by your body attacking proteins from the crustacean and mollusk families of fish, which are known as shellfish.



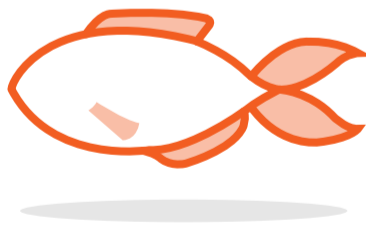
## Wheat

A wheat allergy is an allergic response to one of the proteins found in wheat and tends to affect children the most.



## Soy

Common food triggers of soy allergy include soybeans and soy products like soy milk or soy sauce. Since soy is found in many foods, it's important to read food labels.



## Fish

Shellfish and fish with fins don't carry the same proteins, therefore people who are allergic to shellfish may not be allergic to fish.

For information on our food safety and hygiene courses, please visit

[www.virtual-college.co.uk/food-hygiene-training](http://www.virtual-college.co.uk/food-hygiene-training)

Healthline.com