



# Food Allergy Action Month

More than 170 foods have caused allergic reactions. However, about 90% of allergic reactions occur from food on the “Big 8” list. Those common foods include:

- |             |             |
|-------------|-------------|
| ❖ Milk      | ❖ Wheat     |
| ❖ Eggs      | ❖ Soy       |
| ❖ Fish      | ❖ Peanuts   |
| ❖ Shellfish | ❖ Tree nuts |

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