

Top 20 Common Food Allergies

Almonds
Brazil Nuts
Cashew Nuts
Chili Peppers
Corn
Cow's Milk
Egg White
Egg yolk
Garlic
Gluten
Hazelnuts
Kiwi Fruit
Lentils
Oats
Peanuts
Sesame Seeds
Soya Beans
Sunflower Seeds
Wheat Gliadin
Yeast